

Course Learner Objectives Andrews Institute of Rehabilitation Symposium: Upper Extremity March 6-7, 2020	
	Video Demonstration – Anatomy of the Wrist/Hand Identify anatomy of the wrist/hand Identify various origin and insertion points of anatomy in the wrist/hand
	Flexor/Extensor Tendon Anatomy and Surgical Repair Techniques Identify specific components of flexor and extensor tendon anatomy Recognize understanding of decision matrix to determine surgical course of action Identify complications of multi trauma and mechanism of injury to surgical tendon repair and outcomes
	Provocative Testing, Examination and Imaging of the Wrist/Hand Identify various special tests when examining the wrist/hand Describe the steps regarding a thorough wrist/hand examination Define normal imaging of the wrist/hand
	Surgical and Non-Surgical Treatment of Common Arthritic Conditions of the Hand and Wrist Identify specific articular anatomy of the hand and wrist Recognize hand/wrist joints most at risk for dysfunction due to arthritis Describe the decision matrix in determining best course of action and treatment options for correcting joint deformities
	Biomechanics and Management of the Carpal Dislocations & Instabilities Discuss and understand the anatomical structures of the wrist joint Demonstrate knowledge of normal carpal motion Describe carpal instability patterns Discuss structure therapeutic intervention
	Physiology of Digital Motion Describe and understand the complex anatomy of the fingers and thumb Discuss and understand the mechanism of digital and thumb motion Describe how the skeletal, ligamentous and tendinous structures interplay during motion
	Mobilizing the Stiff Joints: Tissue's Response to Stress Identify the anatomical structures of the joint Demonstrate the physiology of motion and causes of joint stiffness Describe various stages of wound healing and its effect of joint stiffness Demonstrate how stresses cause remodeling of adhesions Recognize how to effectively manage stiff joints
	CMC Arthritis, Evaluation and Treatment Recognize and evaluate a patient with CMC arthritis Describe the operative and non-operative treatments of CMC arthritis Discuss mechanism and treatment of failed CMC arthritis

	Biomechanics of the Thumb
	Describe architecture of the CMC joint
	Describe and understand the ligamentous contribution to joint stability
	Describe the mechanism of thumb extension and opposition
	Identify and understand various thumb deformities including OA
	Secondary Deformities of the Hand
	Identify structures of the kinematic chain
	Discuss and understand mechanism of digital motion
	Identify cause of swan neck and boutonniere deformities
	Describe how to prevent and treat these conditions therapeutically
	Wrist, Hand and Thumb Fractures: "Common" Does Not Mean "Easy"
	Distinguish structural anatomy of wrist, hand and finger
	Recognize specific types of hand fractures and determine best course of action
	Identify orthoses options based on fracture classifications and patient's functional/work demands
	Distal Phalanx Injuries: Small Structures/Big Problems
	Identify and differentiate structural anatomy
	Identify signs, symptoms, and complications of distal phalanx injuries and determine method of treatment
	Describe best practice selection of specific orthoses
	An Update on Flexor Tendon Repairs
	Discuss and master flexor tendon anatomy and physiology
	Describe updated flexor tendon rehabilitation protocols
	Explain and apply knowledge of the above to specific patient cases for better outcomes
	The Purpose, Benefits, and Applications of Taping Hand/Wrist
	Identify uses and benefits of taping to address pain, decompression and neurosensory input
	Identify precautions/contraindications regarding proper candidates for who may benefit from taping
	Demonstrate proper taping techniques related to hand/wrist in order to Prto reduce pain, improve soft tissue mobility, and to promote functional use of upper extremity