

Course Dates & Locations

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Dates & Locations

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Certificates of attendance are given upon
successful completion of the course.

This course is 15.0 contact hours/1.50 CEUs

This course is 18 hours/ 1.8 CEUs for therapists licensed in the
District of Columbia, Florida, Illinois and New York

This course is applicable for PT, PTA, OT, COTA, AT. This course meets the continuing education requirements for physical therapists in the States of Alaska, Colorado, Connecticut, Idaho, Massachusetts, Missouri, Montana, New Hampshire, North Carolina, Oregon, Rhode Island, Utah, Vermont, Virginia, Washington and Wisconsin. This course meets the ceu requirements specified in the Utah Physical Therapy Practice Act Rule. This course meets the standards set forth in section 1399.96 of the California Code of Regulation and is approved for 15.0 hrs, 1.5 CEU's for physical therapy continuing competency license renewal requirements in the State of California, approval #PTNAS-2018.73. This course can be used for continuing education competency for license renewal for OT's in the State of California. This course meets the ceu requirements set forth by the Nevada Board of Physical Therapy for 1.5 units. This course meets the ceu requirements set forth by the Board of District of Columbia. This course meets the ceu requirements set forth by the MD PT Board of Examiners. The New York State Education Department, Office of the Professions has approved NAS as a continuing education sponsor for physical therapists and assistants licensed in New York. NAS is approved by the IDPR for physical therapy ceus in the state of Illinois. IL PT provider #216000074. This course meets the ceu requirements set for by the Pennsylvania and New Jersey Boards of Physical Therapy, call for approval numbers. This activity is provided by the Texas Board of Physical Therapy Examiners Accredited Provider # 1907038TX and meets continuing competence requirements for physical therapist and physical therapist assistant licensure renewal in Texas for 15 ccu's. Approval period: 7/12016-6/30/2019. The assignment of Texas PT CCU's does not imply endorsement of specific content, products, or clinical procedures by TPTA or TBPTTE. Call for FPTA approval status. North American Seminars, Inc. is an AOTA provider for continuing education, provider #4487. AOTA approval hours are 15. The AOTA does not endorse specific course content, products or clinical procedures. The Alaska, Arkansas, Delaware, District of Columbia, Illinois, Indiana, Kentucky, Louisiana, Maryland, Minnesota, Mississippi, Missouri, Montana, Nevada, New Hampshire, New York, North Carolina, North Dakota, Ohio, Oregon, Oklahoma, Pennsylvania, Rhode Island, South Carolina, Tennessee, Texas, Vermont and Virginia occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements. Additionally, this course meets the ceu requirements for OT's licensed in AL, AZ, CA, CO, CT, FL, GA, HI, ID, KS, ME, MA, MI, NE, NJ, NY, ND, UT, VA, WA, WV, WI and WY. Meets the NBCOT requirements. BOC category A, call for BOC Evidence-Based status.

The Post-Surgical Elbow, Wrist and Hand



Presented by
Rozanni Senanayake,
OTD, MS, OTR/L, CEAS, CHT

North American Seminars, Inc.
1-800-300-5512 | Fax 1-800-310-5920
www.healthclick.com

PT, OT, PTA and AT
Continuing Education Course

Day One

7:30	8:00	Registration	
8:00	8:30		
		Anatomy and Physiology	
		• Surface anatomy of the elbow, wrist and hand	
		• Anatomy and kinesiology of the elbow, wrist and hand	
		• Anatomic and physiologic differences between children and adults and between the elderly and adult patients	
8:30	8:45	Case Examples/Lab Examination Lab	
8:45	9:15		
		• Accurate and thorough assessment of patient	
		• Upper Quarter screen	
		• Functional Assessment	
9:15	9:30	Break	
9:30	10:30		
		Brief Overview of Musculoskeletal Imaging	
		• Role of imaging in therapy intervention	
		• When to recommend imaging	
		• Clinical decision making and clinical practice guidelines	
10:30	11:00	Case Examples: Lab Clinical Wound Healing-Management	
11:00	12:00		
		• Treatment and management	
		• Wound cleansing/dressings	
		• Review of surgical procedures for wound management	
12:00	1:00	Lunch (on your own) Fracture Healing	
1:00	2:00		
		• Three phases of healing	
		• Factors that influence healing	
		• Complications in fracture healing	
2:00	3:00	Nerve Injuries and Repair	
		• Nerve injury classifications	
		• Nerve repair protocols	
3:00	3:15	Break	
3:15	4:00		
		Tendon Injuries	
		• Tendon healing	2:15
		• Zones	2:30
		• Repair and suture type	3:30
4:00	5:00	Stiffness/Scar	
		• Post-operative care and the scar response	
		• Pathophysiology of stiffness	
5:00	6:00	Post Operative Management of Pain and Inflammation	
		• Patient education	
		• Pharmacokinetics and the effect of therapy interventions	
		• Analgesics and anti-inflammatory agents	3:30
		• Edema management	4:00

Day Two

8:00	9:00	Splint Patterns Specific for Postoperative Patients (Lab)	
		• Thumb spica	
		• Short opponens	
		• Dorsal/Volar cockups	
9:00	10:30	Therapist's Management of the Complex Injury	
		• Treatment plan be established for various diagnoses of the elbow, forearm, wrist and hand	
		• Compartmental Syndrome	
		• Gunshot injury	
		• Cross finger flap	
		• Amputated finger	
10:30	10:45	Break	
10:45	11:15		
		Discussion Q and A	
		• Case examples/orthotic interventions	
11:15	12:15	Splint Patterns for Postoperative Patients (Lab)	
		• Sugar tong	
		• Digit splint design	
12:15	1:15	Lunch (on your own) Forearm, Wrist and Hand (Lecture/Lab)	
1:15	2:15		
		• Common injuries	
		- Scaphoid fractures and non-unions	
		- Wrist arthritis – arthrodesis, arthroplasty, Proximal row carpectomy	
		- Distal radius fractures	
		- TFCC debridement/repair	
		- Ligament injuries	
		- Digital fractures	
		• Patient history and observation	
		• Postoperative precautions/therapy	
		• Evidence-based protocols	
2:15	2:30	Break	
2:30	3:30		
		Common Elbow Injuries	
		• Case studies	
		- Elbow fractures and dislocations	
		- UCL repair	
		- Elbow arthroscopy	
		• Patient history and observation	
		• Postoperative precautions/therapy	
		• Evidence-based protocols	
3:30	4:00	Case Study-Group Discussion	
		• Discussion/Q&A	

About the Educator

Rozanni Senanayake, OTD, MS, OTR/L CHT, has been practicing as an Occupational Therapist for over 20 years. She obtained her Bachelor of Science degree in Biology from Oregon State University and then a Master's in Occupational Therapy from the University of Puget Sound. She went on to become credentialed as a Certified Ergonomic Assessment Specialist (CEAS) and as a Certified Hand Therapist (CHT). A strong believer in lifelong learning and evidence-based practice, she went on to obtain her post-professional doctorate in OT with an emphasis in hand rehabilitation. Her drive to help patients pushes her to treat a never-ending stream of patients that know they can rely on her careful treatment planning and informed clinical decisions.

After many years of working in other practice settings, Dr. Senanayake realized that she could help even more patients by starting her own practice. So in 2003, she founded Washington Hand Therapy, which has quickly grown to four locations. She shares her philosophy of lifelong learning, by making continuing education a priority for herself and her therapists and ensuring that all treatment is based on the most current evidence-based research. Under her guidance, the practice is driven by personalized care, where treatments progress the patients through the three-part path to wellness and functional recovery: pain relief, physical rehabilitation, and injury prevention / maintenance. Coupling strong positive results with strong relationships to referring sources, Dr. Senanayake, and her therapists, truly differentiate themselves from other practices in the area.

It is without a doubt, that as a therapist, business owner, and lecturer, Dr. Senanayake has had a huge impact on a great number of both patients and therapists and her passion for the diffusion of knowledge and care only drives her to infect others to join her in her pursuit of positive patient experience.



Why You Should Attend This Course

How comfortable are you in managing a post-surgical patient? Are you dependent on generalized protocols, or can you think outside the box? Do you feel confident treating a post-op patient who walks into the clinic with bulky dressings and no prescription? Therapists who are not only empowered with the knowledge of healing properties of tissue, but also the evidence to support specific treatments, find that clinical reasoning produces much better outcomes than standardized protocols.

This two-day advanced course is designed to give you the tools needed to become a critical thinker when developing a comprehensive program for the post-op elbow wrist and hand.

A systematic overview of the anatomy/physiology and common structures involved in specific diagnoses will be provided along with healing timelines for fractures, nerves, tendons and soft tissue. Post-operative wound care will also be discussed, including dupuytren's release, pin/fracture care and incision/open wound management.

This evidence based information will give you the confidence to progress your patient through the healing stages while considering the pathophysiology and pharmacological effects in the rehabilitation of your post-surgical patient. Review of post-operative diagnostic images will help increase your capacity to correlate imaging and clinical findings. Throughout this course, the importance of patient-centered care, professional collaboration and current evidence-based interventions will be emphasized to ensure exceptional patient outcomes.

At the end of this seminar, participants will be able to utilize clinical reasoning skills to establish treatment plans to promote proper healing and function in the post-surgical elbow, wrist and hand patient.

Course Objectives

Upon completion of this course the participant will be able to:

- Identify critical anatomical structures of the elbow, wrist and hand and the ranges of motion available at each joint.
- Identify plans and procedures integrating clinical reasoning and evidence to facilitate best outcomes on injured tissues.
- Understand and discuss the healing properties of tendon, nerves, ligaments and bone and apply the knowledge into any clinical situation.
- Identify common radiographic views of the upper extremity.
- Identify and explain the significance of the impact of abnormal skeletal findings on rehabilitation.
- Assess and treat post-surgical wound, with detailed patient education for follow through and patient compliance.
- Identify an appropriate dressing/treatment protocol for a wound, based upon exudate, wound status and products discussed.
- Identify common medications and side effects that may impede rehabilitation interventions.
- Develop appropriate rehab programs for specific diagnoses to include: Olecranon and radial head fractures, DRUK dislocations, Capsulodesis and ligament reconstructions, CMC arthroplasty with AIN release, ORIF PIP Fx & Hemi hamate arthroplasty and digital amputations.
- Apply the appropriate orthosis justifying healing structures and evidence-based protocols.
- Execute a patient-centered evidence-based treatment plan applying theory into practice.

Registration Form

RS17

Name	_____	Profession	_____
Home	_____		
Address	_____		

City	_____	State	_____
Phone	_____	Zip	_____
	_____	Fax	_____
Credit Card	_____		
expiration date	_____	e-mail	_____
Location of attendance	_____		

The Post- Surgical Elbow, Wrist and Hand

See website for tuition

Send tuition to: North American Seminars, Inc.

2000 Mallory Lane Suite 130-67 Franklin, TN 37067

1-800-300-5512 Fax 1-800-310-5920 www.healthclick.com

All cancellations must be submitted with written notice and received 14 days prior to the course date. Refunds and transfers minus the deposit fee of \$75.00 are provided until 14 business days prior to the course date. No refunds or transfers will be issued if notice is received after 14 days prior to the course date. North American Seminars, Inc. (NAS) reserves the right to cancel any course and will not be responsible for any charges incurred by the registrant due to cancellation. A full course tuition refund will be issued if NAS cancels the course. NAS reserves the right to change a course date, location or instructor. No refund will be issued if course is in progress and is interrupted by an Act of War or God or issue beyond our control. NAS, Inc. will not be responsible for any participant expenses other than a course tuition refund for course cancellations.