

FACULTY

Angelina C. Chilcoat, OTR/L, CHT is a certified hand therapist with vast clinical experience in hospital based rehabilitation settings. She earned her degree in occupational therapy from Towson State University and is a Certified Hand Therapist. She has provided care to pediatric and adult populations in inpatient and outpatient programs. She has supervised multidisciplinary teams delivering care to a variety of service lines including chronic pain, TBI/ABI, vestibular, pelvic floor, lymphedema, low vision and orthopedics. Currently, Angelina is a clinician in a comprehensive outpatient rehabilitation program serving individuals with complex medical conditions. She specializes in chronic pain and upper extremity conditions. Angelina is interested in the emerging science of functional medicine. She is an AIP certified Coach and incorporates nutrition and lifestyle redesign concepts into rehabilitation plans of care.

EDUCATIONAL CREDIT

A certificate of attendance for **15 Contact Hours** (17 in FL/WA) will be awarded to each participant. All Therapy Network Seminars are pre-approved for CEUs in the state where the course is conducted when required for **PT, OT, AT and Assistants**.

Therapy Network, Inc. (BOC AP#: P2563) is approved by the Board of Certification, Inc. to provide continuing education to Certified Athletic Trainers. This program is eligible for a maximum of 15 Category A Category hours/CEUs. ATs should claim only those hours actually spent in the educational program.

AOTA Approved Provider of Continuing Education # 3073
The assignment of AOTA CEUs does not imply endorsements of specific course content, products, or clinical procedures by AOTA



APPROVED PROVIDER of
CONTINUING EDUCATION
by The American Occupational
Therapy Association, Inc.



2020 LOCATIONS & DATES

Aug. 15/16	Boston, MA (Metheun) Holy Family Hospital
Sept. 26/27	Oakland, CA Alta Bates Hand Therapy
Oct. 10/11	Washington, DC NovaCare Rehab
Nov. 14/15	Seattle, WA (Lynnwood) NovaCare Rehab

A list of area hotels will be sent with confirmation. Please utilize hotel brand websites for guaranteed best rates for specified dates.

AUDIENCE

This is an **intermediate level** workshop designed for OTs, PTs, ATs and Assistants.

CANCELLATION POLICY

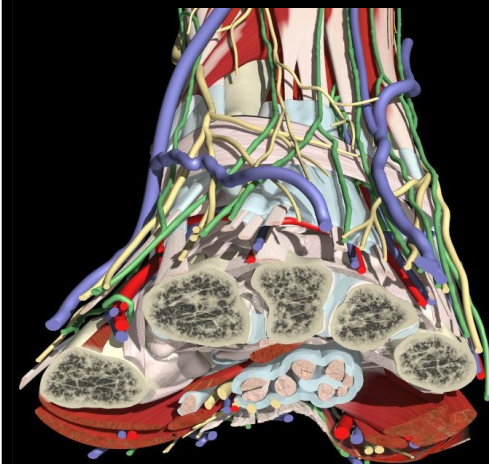
POLICY: Registration fee less a **\$75 administrative charge** is refundable if cancellation received 14 days prior to program date. No refunds will be given after that time. Therapy Network, Inc. reserves the right to cancel a seminar and will refund in full the registration fee only. TNS is NOT liable for registrants non-refundable airfare, accommodations or fees.

MANAGEMENT OF NERVE & TENDON PAIN IN THE UPPER EXTREMITY

AN EVIDENCED BASED APPROACH

FACULTY

ANGELINA C. CHILCOAT
OTR/L, CHT



Therapy **NETWORK** SEMINARS

www.TNSeminars.com

OBJECTIVES

The participant will be able to identify the anatomical and biomechanical foundations for Repetitive Stress Injuries.

The participant will be able to identify sound biologically based treatment plans for RSI management.

The participant will demonstrate soft tissue mobilization strategies for remediation for the presented pathologies.

The participant will demonstrate Proximal assessment and pain control intervention strategies.

The participant will be able select and prioritize appropriate splinting and immobilization strategies for workplace management and pain control.

DESCRIPTION

This seminar is designed to advance clinical competence in working with the neurological and musculoskeletal issues associated with repetitive stress injuries through the application of current clinical evidence. A thorough review of tendon/nerve physiology, pathomechanics, and surgical techniques will create a foundation for proper intervention. This foundation will then be used to develop assessment and treatment approaches to pathology associated with repetitive stress injuries. Course content includes current conservative and surgical treatment options, ergonomic assessment/intervention, imaging, post-surgical guidelines, splinting options, joint and soft tissue mobilization, modalities and specific therapeutic exercise techniques. The student will participate in lecture and small group discussion before implementing assessment and treatment strategies in laboratory sessions.

PARTICIPANTS COMMENTS

"This course completely changed my way of thinking about RSI's."

"What a terrific 2 days. The course certainly made me re-think some things and Paul's teaching style and humor was so refreshing"

"Excellent presentation style ...coming from a background of experience and knowledge"

"Kept the emphasis on the important items that you should remember in terms of pathology, evidence, interventions and guidelines rather than protocols."

SCHEDULE

Musculoskeletal Issues in CTDs

- 8:00 Registration and Continental Breakfast
8:30 Muscle and tendon structure and physiology:
What is normal?
9:00 Tendinopathy:
Definition & implication for therapy
9:30 BREAK
9:45 Classification system of soft tissue pain
Implication for assessment and treatment
10:00 Defined tendon disorders
-Shoulder: rotator cuff & bicipital tendinopathy
-Elbow: lateral and medial tendinopathy
-Hand and wrist: synovial tenosynovitis
12:00 LUNCH (on your own)
1:00 **LAB:** Tendon disorder Dx & intervention
2:00 Myofascial pain of the upper extremity:
**trigger point assessment
2:45 BREAK
3:00 **LAB:** Joint & Soft tissue Dx & treatment.
5:30 Q/A and Adjourn

Neurological Issues in CTDs

- 8:00 Peripheral nerve anatomy and neurophysiology
9:15 Pathophysiology of compressive neuropathy
9:45 BREAK
10:00 Compressive neuropathies
-Cubital Tunnel Syndrome
-Carpal Tunnel Syndrome
-Pronator Syndrome
-Radial Tunnel Syndrome
11:00 Case study discussion
12:00 LUNCH (on your own)
1:00 **LAB:** Compressive neuropathy assessment and treatment
2:00 Pain: physiology and cultural implications
2:45 BREAK
3:00 The Thoracic Outlet: proximal pain syndromes
3:45 Non-Anatomic pain issues. Fictional disorders:
Recognizing & managing the non-organic pain client.
4:00 **LAB:** Proximal assessment and pain control intervention.
5:00 Q/A & Adjourn

REGISTRATION

NTP Course

Please note the course location you are attending:
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Bring a Buddy Registration: \$445 p/p

(No Deadline) Must be done simultaneously

Early Registration: \$495

Postmarked 30 days prior to date of course

Late Registration: \$545

Postmarked within 30 days of course date

4 WAYS TO ENROLL

Mail registration and payment to:

MAIL

Therapy Network, Inc.
217 Paragon Pkwy, #201
Clyde, NC 28721

PHONE

1.800.785.1855

FAX

SECURE DIGITAL
928.222.0578
(Credit Cards Only)

ON LINE

www.TNSeminars.com

Name: _____

OT PT OTA PTA AT

Home Add: _____

City: _____ State: _____

Zip _____

Cell Ph: _____

Email: _____

To Receive your Confirmation
Make check/money order payable to:

Therapy Network, Inc.

Charge my credit card: VISA MC AMEX DISC

CC # _____/_____/_____/_____

Expiration Date: ____/____/____ CV2_____

Signature: _____

I agree to comply with the card holder agreement