

Course Title: Hand Therapy 129-130 – Common Conditions of the Elbow

Hand Therapy 129 – Understanding Lateral Epicondylitis and Treatment Options

Hand Therapy 130 – Common Causes for Medial-Sided Elbow Pain

Course Description: Hand Therapy 129-130 is a 3-hour course designed for the clinician interested in learning more about common conditions that effect the elbow. The first, 2-hour course section will explore lateral epicondylitis which can effect people of all ages, but is most common in adults between the ages of 30 and 50. This course will present a comprehensive overview of the condition including normal anatomy, pathophysiology, causative factors, and more! Treatment options including conservative and surgical options will also be reviewed. The second, 1-hour course section will include information on common causes for medial-sided elbow pain including normal anatomy, biomechanics, differential diagnosis, throwing mechanics and more! Common conditions reviewed include: medial epicondylitis, ulnar lateral ligament tear, snapping triceps, cubital tunnel syndrome, valgus extension overload syndrome, C8-T1 radiculopathy and medial epicondyle avulsion fracture.

Target Audience: OT / OTA, PT/PTA and other healthcare professionals

Course Type: Video vs. Text-based

Educational Level: Beginner, Intermediate, Advanced

CE Hours: 3 contact hours / .3 ceu

Course Prerequisites: None

Course Author / Instructor: Joanne Brown, MS, OTR/L, CHT

Learning Objectives:

Hour 1 - 2

- Understand, identify and describe the significance of the lateral epicondyle and the common extensor tendon
- Explain 3 causative factors that may lead to developing LE
- Identify the main movements or activities that put someone at risk for LE
- Describe the pathophysiology involved in LE
- Describe 5 conservative treatment interventions for LE
- Outline and describe post-operative rehab protocols following surgery and list 3 possible complications
- Discuss what prolotherapy is, what it does, how it works and what the research says
- State 2 indications for surgical intervention

- Outline the basic principles of surgery and list 3 operative techniques
- Discuss research findings and the efficacy of elbow surgery and the efficacy of treatment techniques

Hour 3

- Describe the 3 joints that make up the elbow and explain static and dynamic forces that stabilize the elbow
- Define the boundaries of the cubital tunnel and explain the route of the ulnar nerve as it travels around the elbow
- List and describe the phases involved in throwing and how this activity places stress on the medial aspect of the elbow
- List and describe 5 conditions that produce medial-sided elbow pain including presenting signs and symptoms and how each condition is diagnosed
- Consider differential diagnosis and list 2 conditions that result in anterior, posterior and lateral elbow pain

Agenda

Hour #1

Meet Bob –A Case study

Tennis elbow and terminology

Elbow anatomy

Causes and risk factors including overuse and trauma

Pathophysiology and the role of the Extensor Carpi Radialis Brevis muscle

Presenting signs and symptoms

How to diagnosis LE as well as differential diagnosis for ruling out other pathology

Hour #2

Conservative Treatment options (rest, splinting, hot and cold modalities, therapeutic exercise, steroid injection, prolotherapy)

Surgical Treatment options – including basic principles

Post therapy goals and guidelines

Complications

Take a deeper look at research findings related to epidemiology, conservative and surgical treatment approaches

Hour #3

Elbow anatomy

Epidemiology and Etiology

Throwing mechanics

Sports and elbow pain

Common conditions that produce elbow pain

Differential diagnosis

Medial epicondylitis

Ulnar collateral ligament tear

Snapping triceps
Little league elbow
Cubital tunnel syndrome
Medial epicondyle avulsion fracture C8 – T1 radiculopathy
Valgus extension overload syndrome

Course Completion Requirements:

A passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course and completing a satisfaction survey, you will receive your certificate of completion.

Additional Course Information

Course Registration: Register for Free at www.OnlineCE.com. Once registered, you can begin to purchase courses. Contact info@onlinece.com for special needs requests and assistance.

Refund Policy: There will be no refunds for courses taken at OnlineCE.com or monies deposited into My CE Bank. Any money on account will be used for taking future courses. If you start a course in error, or if you are dissatisfied with a course, please contact us in the first part of the course and we will void the course and you can select a replacement course.

Cancellation Policy: Only available courses are offered online and on-demand and available for purchase. No registration fees are collected for courses that are not provided on-demand. Due to the online and on demand format, courses are not cancelled.

Course Date and Location: This is an independent course that is available 24/7 on-demand at www.OnlineCE.com.

Required Materials and Equipment: Courses offered on OnlineCE.com can be accessed on any type of computer or device. No special software is required but we do recommend the use of the Chrome Browser (recommended, not required). All course materials are contained within the courses and no prerequisites are required.



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