



**Course Title:** Hand Therapy 141 - Biomechanical Factors in the Stability of the Forearm

**Course Source:** Hand Clinics, Nov. 2020

**Course Description:** The forearm has evolved into a highly complex and versatile part of human anatomy. Ligaments and joints act in unison to facilitate placement of the hand in 3-dimensional space and transmit loads across the upper extremity. Intricate but effective forearm stabilizers facilitate physiologic motions and restrict abnormal ones. This lesson is intended to integrate current knowledge of forearm biomechanics into cohesive and practical picture.

**Target Audience:** OT / OTA and other healthcare professionals

**Course Type:** Video vs. Text-based

**Educational Level:** Beginner, Intermediate, Advanced

**CE Hours:** 1 contact hour / .1 ceu

**Course Prerequisites:** None

**Course Author / Instructor:** Jorge L. Orbay, MD and Richard Cambo, MD / Brown, MS, OTR/L, CHT

**Learning Objectives:**

- Describe biomechanical factors that influence the stability of the forearm
- Examine the structure and function of the forearm
- Describe injuries of the PRUJ Describe injuries of the DRUJ
- Describe injuries of the Central Band
- Describe injuries associated with attrition of the central band

**Agenda:**

**Hour #1**

Basic structure and function  
Proximal radioulnar joint injury  
Central band injury  
Central band attrition  
Distal radioulnar joint injury  
Summary  
Highlights and key points

**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](http://www.OnlineCE.com). Once registered, you can begin to purchase courses. Contact [info@onlinece.com](mailto: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](http://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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