



Online Continuing Education Courses
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AOTA Approved Provider #4023

Course Title: Basic Principles of Hand Therapy

Target Audience: OT/OTA

Course Description: Basic Principles of Hand Therapy is a 3-hour course designed for the beginning or non-specialized clinician. This course provides an excellent introduction into the world of hand therapy and includes a historical perspective on the development of hand therapy, commonly used reference books, as well as materials and supplies. Learn about common hand problems, evaluation techniques for measuring range of motion, sensation, strength and dexterity. Treatment techniques including the use of therapeutic exercises and the use of modalities as an adjunct to treatment including the use of both thermal and electrical modalities will be discussed.

Course Length: 3 hours

Course Author/Instructor: Amini, OT, CHT / Brown, MS, OTR/L, CHT

Educational Level: Introductory, Intermediate, Advanced

Course Objectives:

At the conclusion of the course, participants will be able to:

- Differentiate hand therapy from traditional OT/PT practice
- Discuss the history of hand therapy
- Define 10 resources and terminology related to hand therapy
- Identify 5 evaluation tools used in hand therapy

Outline of Content:

Hour #1

Getting Started in Hand Therapy
Hand Therapy Resources
The Hand Therapist's Toolbox
Hand Therapy Terminology
Common Hand Conditions

Hour #2

Evaluation
Evaluating Strength in Hand Therapy
Sensory Testing in the Hand
Measuring Testing of the Hand

Measuring Hand Edema

Hour #3

Dexterity

Edema Control in Hand Therapy

Scar Control in Hand Therapy

Therapeutic Exercise

Thermal Modalities in Hand Therapy

Electrical Modalities in Hand Therapy

Instructional Methods and Formats:

Online course available 24/7 at www.OnlineCE.com includes PDF downloadable course. See course formats for additional details.

Course Completion Requirements:

A minimum 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, you will receive your certificate of completion and AOTA eligible CEUs.

AOTA Classification Codes:

Category 1: Domain of OT

Category 2: Occupational Therapy Process

Category 3: Professional Issues

Additional Policies:

OnlineCE Policies are available by clicking on the tab – Policies – located in the left hand navigation bar.

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