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AOTA Approved Provider #4023

**Course Title:** Hand Therapy 101

**Sub-Title:** Hand, Elbow and Shoulder: Core Knowledge in Orthopedics

**Course Description:** Hand Therapy 101 is a comprehensive course designed for the intermediate to advanced practitioner. This course provides a clear and concise approach to a broad range of disorders of the hand. Topics are clinically-relevant and include: Anatomy and physical examination of the hand, fractures and fracture management, carpal instabilities, flexor and extensor tendon injuries, various types of tenosynovitis conditions, compression neuropathy along with information on nerve physiology and repair, complex regional pain syndrome, amputations along with wound management and soft tissue coverage, infections, arthritis and more. This course includes key concepts and core knowledge that is up-to-date and easy to follow. A general overview of each condition is presented followed by additional information on the treatment and surgical management of each condition. The clinician working with patients with hand injuries must understand the current techniques used by surgeons in order to develop appropriate treatment and design interventions that are effective to restoring maximum hand function. This course includes 140 interactive, multiple-choice questions that are embedded within the material as part of the learning module and as a way to test learner knowledge related to learning objectives.

**Target Audience:** OT/OTA

**Course Length:** 45 hours

**Course Author/Instructor:** Trumble, MD / Brown, MS, OTR/L, CHT

**Educational Level:** Introductory, Intermediate, Advanced

**Course Objectives:**

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

- Understand normal anatomy of the hand which is fundamental to recognizing and treating pathology.
- Understand components involved in a comprehensive physical examination of the hand.
- Describe various types of phalangeal fractures and understand general principles of conservative and operative treatment interventions.
- Describe various types of metacarpal fractures and understand general principles of conservative and operative treatment interventions.

- Understand fractures of the thumb and how various fractures are treated.
- Become familiar with classification of thumb injuries and methods of thumb reconstruction.
- Understand diagnostic techniques and management of distal radius fractures and outcome measures.
- Differentiate various surgical techniques used to stabilize fractures and how these techniques impact rehabilitation protocols.
- Understand the distal radioulnar joint and triangular fibrocartilage complex and types of injuries that result in ulnar-sided wrist pain.
- Recognize the importance of carpal kinematics and the role of the scaphoid along with carpal anatomy and biomechanics.
- Become familiar with various aspects of scaphoid fractures and nonunions as well as current treatment options.
- Recognize the incidence and impact of all carpal bone fractures as well as carpal instabilities ? how they are diagnosed and treated both conservatively and surgically.
- Become familiar with diagnostic methods used to diagnosis carpal instabilities and understand each classification or category of carpal instability.
- Define flexor tendon zones, tendon nutrition and healing as well as repair techniques and treatment protocols.
- Define extensor tendon zones of injury, repair techniques and treatment protocols.
- Become familiar with a wide range of tendonitis conditions, differential diagnosis and treatment options.
- Review nerve anatomy and physiology and understand how nerve regenerate.
- Differentiate between various levels of nerve injury, predict outcome and understand classification of nerve injury.
- Understand nerve compression and recognize common site of entrapment for peripheral nerves.
- Recognize signs and symptoms of complex regional pain syndrome as well as differentiate stages and symptoms of a more advanced condition.
- Become familiar with the basic tenants of tendon transfers as well as pre-operative evaluation of muscles and nerves commonly transferred to restore function after paralysis.
- Understand the pathoanatomy and pathophysiology of Dupuytren's disease and list common surgical interventions and complications/outcomes.

- Describe various type of fingertip injuries including nail bed and fingertip amputations and understand options for soft tissue coverage and management.
- Understand the importance of a comprehensive history and physical exam with hand infections and list principles of treatment.
- Become familiar with specific anatomic infections and how infection can impair hand function.
- Familiarize yourself with key concepts in replantation as well as contraindications.
- Understand the pathophysiology of osteoarthritis on joints of the hand and wrist.
- Become familiar with surgical treatment options for osteoarthritis in the wrist and hand.
- Identify outcomes after surgical intervention for arthritic conditions of the hand and wrist.
- Differentiate rheumatoid arthritis (RA) including clinical features, pathophysiology and management of RA.
- Become familiar with the different operative techniques and surgical procedures often performed on patients with RA and indicate functional outcomes.
- Become familiar with soft tissue neoplasms (benign and malignant) and basic principles of tumor diagnostics, and various classifications. And stages of tumors.
- Become familiar with various bone tumors of the upper extremity.

### **Outline of Chapter Content of E-book:**

Anatomy and Physical Examination of the Hand  
 Phalangeal Fractures and Dislocations  
 Fractures and Dislocations Involving the Metacarpal Bone  
 Fractures and Dislocations of the Thumb  
 Thumb Reconstruction  
 Distal Radius Fractures  
 DRUJ, TFCC Injuries, and Ulnar Sided Wrist Pain  
 Scaphoid Fractures and Nonunions  
 Carpal Bone Fractures Excluding the Scaphoid  
 Carpal Instability Including Dislocations  
 Osteonecrosis of the Carpus  
 Flexor Tendon Injuries  
 Extensor Tendon Repair and Reconstruction  
 Tenosynovitis: Trigger Finger, Dequervain's Syndrome, FCR and ECU  
 Nerve Physiology and Repair  
 Compression Neuropathy

Complex regional Pain Syndrome  
Tendon transfers for Peripheral Nerve Injuries  
Dupuytren's Disease  
Fingertip Injuries, Nailbed Injuries, and Amputations Soft-Tissue Coverage of the Hand  
Hand Infections  
Replantation  
Osteoarthritis of the Hand and Wrist  
Rheumatoid Arthritis-Hand and Wrist Skeletal Reconstruction  
Rheumatoid Arthritis-Hand and Wrist-Soft Tissue Reconstruction  
Soft Tissue Neoplasm: Benign and Malignant  
Bone Tumors: Benign and Malignant

**Instructional Methods and Formats:**

Online course available 24/7 at [www.OnlineCE.com](http://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:**

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