



Online Continuing Education Courses
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AOTA Approved Provider #4023

Course Title: Hand Therapy 113

Sub-Title: Elbow Tendinopathies: Clinical Presentation and Therapist's Management of Tennis Elbow

Course Description: Hand Therapy 113, Elbow Tendinopathies: Clinical Presentation and Therapist's Mngmt of Tennis Elbow is a 1-hour course designed for the intermediate clinician working with patients with upper extremity injuries including tennis elbow. This course begins with an overview of the structure and function of normal tendon and then discusses the histopathology of tendinopathies. Clinicians will learn how to differentiate tennis elbow from other injuries that occur around the elbow and have similar presenting features. Clinical presentation, examination for tennis elbow and common therapy interventions such as physical agents, exercise, splinting, massage, and work modification will all be reviewed. At the end of this course, the learner will have a greater understanding and awareness of how to manage and treat patients with elbow tendinopathies in order to develop effective treatment plans for the best possible outcome.

Target Audience: OT/OTA

Course Length: 1 hour

Course Author/Instructor: Fedorczyk, PT, PhD, CHT, ATC/ Brown, MS, OTR/L, CHT

Educational Level: Introductory, Intermediate, Advanced

Course Objectives:

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

- Understand the histopathology of tendinopathies
- Become familiar with differential diagnosis for lateral epicondylitis
- Describe the presenting features of tennis elbow
- Outline components of a clinical exam for tennis elbow
- Outline and describe the phases of rehab for tennis elbow

Outline of Content:

Hour #1

Introduction

Tendon Structure and Function

Histopathology of Tendinopathies

Differential Diagnosis

Clinical Presentation

Components of the Clinical Examination

Therapist's Management: The Need for a Comprehensive Rehabilitation Program

Summary

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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