



Online Continuing Education Courses
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AOTA Approved Provider #4023

Course Title: Hand Therapy 115

Sub-Title: Clinical Examination of the Wrist

Target Audience: OT/OTA

Course Length: 2 hours

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

Educational Level: Introductory, Intermediate, Advanced

The course is written at the intermediate level, but learners of all levels will benefit from the information.

Course Objectives:

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

- Describe components involved in a comprehensive evaluation of the wrist
- Describe the relevance for the use of injection in diagnosing wrist pathologies
- Name the 5 zones of the wrist and list important structures within each zone
- Become familiar with conditions that may effect each of the 5 zones of the wrist
- Outline steps involved in performing the grind test
- Describe various tests for assessing scaphoid instability
- Describe tests for assessing the TFCC and ulnar sided instability

Outline of Content:

Hour #1

History of the Injury or Onset
Inspection of the Wrist
Objective Assessments
Diagnostic Injection
Physical Examination

Hour #2

Radial Dorsal Zone
Central Dorsal Zone
Ulnar Dorsal Zone

Radial Volar Zone
Ulnar Volar Zone
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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