



Online Continuing Education Courses
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AOTA Approved Provider #4023

Course Title: Hand Therapy 121

Sub-Title: Management of Hand and Wrist Tendinopathies

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:

- Become familiar with the management of hand and wrist tendinopathies
- Describe the pathology involved in stenosing tendovaginitis
- List and describe 3 principles and interventions for managing tendinopathies
- Outline the anatomy and pathomechanics involved in trigger finger
- Describe the pathology, diagnosis and management of de Quervain's
- Describe the anatomy and management of intersection syndrome
- Become familiar with tenosynovitis associated with systemic disorders and infections

Outline of Content:

Hour #1

Stenosing Tendovaginitis

Pathology

Demographics and Etiology

Assessment

General Principles of Management

Types of Stenosing Tendovaginitis

Insertional Tendinopathies

Radial Wrist Extensors

Interosseous Tendons

Hour #2

Tenosynovitis Associated with Systemic Disorders and Infection

Congenital Trigger Digit

Diabetes Mellitus

Rheumatologic Disorders

Hypothyroidism

Crystalline Tendinopathies

Deposition Diseases

Sarcoidosis

Septic Tenosynovitis

Congenital Trigger Digit

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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