



Online Continuing Education Courses
www.OnlineCE.com



AOTA Approved Provider #4023

Course Title: Hand Therapy 129 - 130

Course Subtitle:

Part 1 – Understanding Lateral Epicondylitis

Part 2 – Common Causes of Medial Sided Elbow Pain

Target Audience: OT/OTA, PT/PTA, AT

Course Length: 3 hours

Course Format: Audiovisual presentation

Course Author/Instructor: Joanne 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 end of the course, participants will be able to:

Hour 1 - 2

- Understand, identify and describe the significance of the lateral epicondyle and the common extensor tendon
- Explain 3 causative factors that may lead to developing LE
- Identify the main movements or activities that put someone at risk for LE
- Describe the pathophysiology involved in LE
- Describe 5 conservative treatment interventions for LE
- Outline and describe post-operative rehab protocols following surgery and list 3 possible complications
- Discuss what prolotherapy is, what it does, how it works and what the research says
- State 2 indications for surgical intervention
- Outline the basic principles of surgery and list 3 operative techniques
- Discuss research findings and the efficacy of elbow surgery and the efficacy of treatment techniques

Hour 3

- Describe the 3 joints that make up the elbow and explain static and dynamic forces that stabilize the elbow

- Define the boundaries of the cubital tunnel and explain the route of the ulnar nerve as it travels around the elbow
- List and describe the phases involved in throwing and how this activity places stress on the medial aspect of the elbow
- List and describe 5 conditions that produce medial-sided elbow pain including presenting signs and symptoms and how each condition is diagnosed
- Consider differential diagnosis and list 2 conditions that result in anterior, posterior and lateral elbow pain

Outline of Content:

Hour 1 – 2

Meet Bob –A Case study

Tennis elbow and terminology

Elbow anatomy

Causes and risk factors including overuse and trauma

Pathophysiology and the role of the Extensor Carpi Radialis Brevis muscle

Presenting signs and symptoms

How to diagnosis LE as well as differential diagnosis for ruling out other pathology

Conservative Treatment options (rest, splinting, hot and cold modalities, therapeutic exercise, steroid injection, prolotherapy)

Surgical Treatment options – including basic principles

Post therapy goals and guidelines

Complications

Take a deeper look at research findings related to epidemiology, conservative and surgical treatment approaches

Hour #3

Elbow anatomy

Epidemiology and Etiology

Throwing mechanics

Sports and elbow pain

Common conditions that produce elbow pain

Differential diagnosis

Medial epicondylitis

Ulnar collateral ligament tear

Snapping triceps

Little league elbow

Cubital tunnel syndrome

Medial epicondyle avulsion fracture

C8 – T1 radiculopathy

Valgus extension overload syndrome

Instructional Methods and Formats:

Online course available 24/7 at www.OnlineCE.com includes AUDIOVISUAL course.

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.

OnlineCE.com is an AOTA Approved Provider of continuing education. AOTA does not endorse specific course content, products, or clinical procedures.