



Course Title: Hand Therapy 130 - Understanding Lateral Epicondylitis

Target Audience: OT / OTA and other healthcare professionals

Course Type: Video vs. Text-based

Educational Level: Beginner, Intermediate, Advanced

CE Hours: 1 contact hour / .1 ceu

Course Prerequisites: None

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

Learning Objectives:

- 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

Agenda:

Hour #1

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

Course Completion Requirements:

A 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 and completing a satisfaction survey, you will receive your certificate of completion.

Additional Course Information

Course Registration: Register for Free at www.OnlineCE.com. Once registered, you can begin to purchase courses. Contact info@onlinece.com for special needs requests and assistance.

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Cancellation Policy: Only available courses are offered online and on-demand and available for purchase. No registration fees are collected for courses that are not provided on-demand. Due to the online and on demand format, courses are not cancelled.

Course Date and Location: This is an independent course that is available 24/7 on-demand at www.OnlineCE.com.

Required Materials and Equipment: Courses offered on OnlineCE.com can be accessed on any type of computer or device. No special software is required but we do recommend the use of the Chrome Browser (recommended, not required). All course materials are contained within the courses and no prerequisites are required.



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