



Online Continuing Education Courses
www.OnlineCE.com



AOTA Approved Provider #4023

Course Title: Hand Therapy 130

Course Subtitle: Understanding Lateral Epicondylitis

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

Course Length: 1 hour

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:

- 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

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. 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.

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