



Online Continuing Education Courses
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AOTA Approved Provider #4023

Course Title: Hand Therapy 132

Course Subtitles: Clinical Examination of the Wrist

Course Source: Rehabilitation of the Hand, 6th ed.

Target Audience: OT/OTA, PT/PTA

Course Length: 2 hours

Course Author: Multiple

Course 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:

- Identify 3 key components to a through wrist examination
- List the 3 dorsal zones of the wrist and describe 3 important anatomic structures located within each zone
- List the 2 volar zones of the wrist and describe 3 important anatomic structures located within each zone
- Name the 6 extensor compartments of the wrist and list the tendons located within each compartment
- Describe 3 clinical syndromes that effect the extensor tendons
- List and describe 3 clinical syndromes that effect each dorsal zone of the wrist
- List and describe 3 clinical syndromes that effect each volar zone of the wrist
- Describe 1 test used to assess scaphoid instability
- Explain the significance of the Allen's test
- List and describe 2 tests used to identify Median Nerve compression

Outline of Content:

Hour #1

History of the Injury or Onset

Inspection of the Wrist

Objective Assessments

Diagnostic Injection

Physical Examination

Dorsal Zones
Radial Dorsal Zone

Hour #2

Physical Examination continued
Central Dorsal Zone
Ulnar Dorsal Zone
Volar Zone
Radial Volar Zone
Ulnar Volar Zone

General Tests

Summary

Instructional Methods and Formats:

Online course available 24/7 at www.OnlineCE.com includes Audiovisual course with downloadable course handout.

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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