



Course Title: Hand Therapy 134 – Anatomy and Kinesiology of the Wrist

Course Source: Rehab of the Hand, 6th Edition

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: Multiple / Brown, MS, OTR/L, CHT

Learning Objectives:

- Describe the bony anatomy of the carpus and identify the 8 individual bones of the wrist
- Locate and identify the joints that make up the wrist including the radiocarpal and midcarpal joints
- List and identify 5 ligaments that play a role in stabilizing the carpus
- Discuss the vascular anatomy of the carpus and list 2 sources of blood supply
- Examine and explain the kinematics of the wrist and describe the significance of individual movement of the carpal bones
- Discuss the kinetics of the carpus and explain how force is transmitted through the distal radius and ulna

Agenda:

Hour #1

Bony Anatomy

- Distal radius and ulna
- Proximal carpal row bones
- Distal carpal row bones

Joint Anatomy

- Radiocarpal joint
- Midcarpal joint
- Interosseous Joints: Proximal and Distal rows

Ligament Anatomy

- Overview
- Distal radioulnar ligaments
- Palmar radiocarpal ligaments

Dorsal radiocarpal ligament
Ulnocarpal ligament
Midcarpal ligament
Proximal row interosseous ligaments
Distal row interosseous ligaments
Tendons
Vascular Anatomy
Extraosseous blood supply
Intraosseous blood supply
Kinematics
Overview
Individual carpal bone motion
Palmar flexion/dorsiflexion
Radioulnar deviation
Kinetics
Force analysis
Normal joint forces
Normal joint contact area and pressure
Summary

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.

Refund Policy: There will be no refunds for courses taken at OnlineCE.com or monies deposited into My CE Bank. Any money on account will be used for taking future courses. If you start a course in error, or if you are dissatisfied with a course, please contact us in the first part of the course and we will void the course and you can select a replacement course.

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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