



Course Title: Hand Therapy 136 – Clinical Examination of the Hand, Wrist and Elbow

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: 5 contact hour / .5 ceu

Course Prerequisites: None

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

Learning Objectives:

Part I: Clinical Exam of the Hand

- Outline and describe components of a comprehensive hand evaluation
- Describe techniques for testing intrinsic and extrinsic muscles of the hand
- Describe manual muscle testing grades for muscles of the hand
- Perform tests to evaluate for intrinsic tightness and tightness of the oblique retinacular ligament
- Review testing procedures for grip and pinch strengths
- Describe nerve supply to the hand including motor and sensory function
- Review vascularity of the hand and describe the Allen's test

Part II: Clinical Exam of the Wrist

- Describe components involved in a comprehensive evaluation of the wrist
- Describe the relevance for the use of injection in diagnosing wrist pathologies
- Name the 5 zones of the wrist and list important structures within each zone
- Become familiar with conditions that may affect each of the 5 zones of the wrist
- Outline steps involved in performing the grind test
- Describe various tests for assessing scaphoid instability
- Describe tests for assessing the TFCC and ulnar sided instability

Part III: Clinical Exam of the Elbow

- Describe components involved in a comprehensive evaluation of the elbow
- Outline components involved in the physical exam of the elbow
- Describe conditions that effect the medial side of the elbow
- Describe conditions that effect the lateral side of the elbow
- Describe tests for assessing conditions that effect the elbow

Agenda:

Part I: Clinical Exam of the Hand

Hour #1

- History
- Physical Examination
- Range of Motion
- Muscle Testing

Hour #2

- Strength
- Nerve Supply of Hand – Motor and Sensory
- Vascularity
- Medical Screening and Review of Systems

Part II: Clinical Exam of the Wrist

Hour #3

- History of the Injury or Onset
- Inspection of the Wrist
- Objective Assessments
- Diagnostic Injection
- Physical Examination

Hour #4

- Radial Dorsal Zone
- Central Dorsal Zone

- Ulnar Dorsal Zone Radial Volar Zone
- Ulnar Volar Zone
- Summary

Part III: Clinical Exam of the Elbow

Hour #5

- History
- Physical Examination
- Specific Diagnostic Maneuvers
- Additional Diagnostic Modalities
- Elbow Scoring Systems and Self-Report Measures
- 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.

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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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