

Course Title: Hand Therapy 142

Course Subtitle: Acute Distal Radioulnar Joint Instability: Evaluation and Treatment

Course Description: Pronation and supination of the forearm occur through the proximal radioulnar joint (PRUJ) and distal radioulnar joint (DRUJ), which function as 1 unit. A combination of bony support and ligamentous constraints are essential for stability and motion. Failure to recognize, anatomically reduce, and stabilize injuries to these joints leads to instability, stiffness, and/or painful arthritis. This lesson focuses on acute DRUJ instability in the context of triangular fibrocartilage complex (TFCC) injuries, distal radius fractures (DRFs), distal ulnar fractures, Galeazzi fractures, Essex-Lopresti injuries, and DRUJ dislocation. The emphasis is on understanding the primary and secondary stabilizers of the DRUJ and PRUJ so that acute injuries to these stabilizers are recognized and treated before the need for later salvage procedures arises.

Course Source: Hand Clinics

Course Length: 1 hour

Course Format: Audiovisual presentation with downloadable PDF handout

Course Authors: Louis Poppler, MD, MSCI and Steven Moran, MD

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

Target Audience: OT/OTA's, PT/PTAs

Educational Level: Introductory, Intermediate, Advanced

Course Objectives:

At the end of the course, participants will be able to:

- Outline and describe the anatomy of the distal radioulnar joint (DRUJ) and list primary and secondary stabilizers of the joint
- Differentiate simple vs complex DRUJ dislocations
- Explore TFCC injuries and describe Palmer's classification of injuries
- Examine clinical and radiographic methods for diagnosing DRUJ instability
- Describe Galeazzi and Essex-Lopresti and how they affect the stability of the DRUJ

Outline of Content:

Hour #1

Introduction

Anatomy

Diagnosis of Distal Radioulnar Joint Instability

Acute Distal Radioulnar Joint Dislocation

Triangular Fibrocartilage Complex Injuries

Distal Radius Fractures and Distal Radioulnar Joint Instability

Distal Ulnar Fractures and Distal Radioulnar Joint Instability

Galeazzi Fractures and Distal Radioulnar Joint Instability

Essex-Lopresti Fractures and Distal Radioulnar Joint Instability

Instructional Methods and Formats:

Online course available 24/7 at www.OnlineCE.com includes audiovisual course with downloadable PDF slide notes.

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 top-navigation bar.

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