

Course Title: Hand Therapy 147

Course Subtitle: Conditions and Injuries Affecting the Nerves Around the Elbow

Course Description: Peripheral nerve injuries account for less than 0.5% of all sports-related injuries. Sports-related peripheral neuropathies account for 6% of all peripheral neuropathies and most commonly involve the upper extremity. Sunderland described the route of the median, radial, and ulnar nerves in 1945. They are positioned in arrangements of pulleys and sheaths to glide smoothly around the elbow. However, this anatomic relationship exposes each nerve to a risk for compression. The underlying mechanisms of the athletic nerve injury are compression, ischemia, traction, and friction. Chronic athletic nerve compression may cause damage with moderate or low pressure for long or intermittent periods of time and is the primary factor. This lesson will review the anatomy of the peripheral nerves of the upper extremity and review conditions effecting each nerve including iatrogenic and surgical injuries to the nerves.

Course Source: Clinics in Sports Medicine

Course Length: 2 hours

Course Authors: Multiple

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

Target Audience: OT/OTAs, PT/PTAs, ATs

Educational Level: Introductory, Intermediate, Advanced

Course Objectives:

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

- *Describe and outline the anatomy of the Median nerve
- *Describe and outline the anatomy of the Ulnar nerve
- *Describe and outline the anatomy of the Radial nerve
- *List five most common sites for compression of the ulnar nerve around the elbow
- *Outline and describe 3 conditions that effect each nerve: median, ulnar and radial

Outline of Content:

Hour #1

Mechanisms of athletic nerve injury
Ulnar nerve

- Anatomy
- Ulnar neuritis
- Cubital tunnel syndrome
- Ulnar nerve instability
- Anconeus Epitrochlearis
- Median nerve
 - Anatomy
 - Pronator teres syndrome
 - Lacertus syndrome
 - Ligament of struthers
 - Anterior interosseous syndrome
- Radial nerve
 - Anatomy
 - Posterior interosseous nerve syndrome

Hour #2

Iatrogenic and Surgery Injuries

- Iatrogenic injuries to the ulnar nerve
 - Ulnar collateral ligament reconstruction
 - Elbow arthroscopy
- Iatrogenic injuries to the median nerve
 - Palmaris graft harvest
 - Distal biceps repair
- Iatrogenic injuries to the radial nerve
 - Superficial radial nerve
- Radial nerve gliding exercises
 - Median, ulnar and radial nerve gliding exercises

Instructional Methods and Formats:

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

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