



Course Title: ~~Course Title:~~ Hand Therapy 147 - Conditions and Injuries Affecting the Nerves Around the Elbow

Course Source: Clinics in Sports Medicine, July 2020.

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.

Target Audience: OT / OTA and other healthcare professionals

Course Type: Video vs. Text-based

Educational Level: Beginner, Intermediate, Advanced

CE Hours: 2 contact hour / .2 ceu

Course Prerequisites: None

Course Author / Instructor: Mark S. Schickendantz, MD and Sercan Yalcin, MD / Brown, MS, OTR/L, CHT

Learning Objectives:

- *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

Agenda:

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

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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