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AOTA Approved Provider #4023

**Course Title:** Kinesiology 103

**Sub-Title:** Kinesiology of the Wrist

**Course Description:** Kinesiology 103, Kinesiology of the Wrist, is a 2-hour course designed for the clinician interested in exploring the link between structure and function of the musculoskeletal system. This comprehensive, research-based course reveals the fundamental principles and kinesiology of the wrist complex before moving onto more complex material. Clinical concepts and connections to clinical application will also be emphasized. At the end of this course, the clinician will have a more thorough and confident understanding of kinesiology which is fundamental to designing safe and effective treatment plans.

**Target Audience:** OT/OTA

**Course Length:** 2 hours

**Course Author/Instructor:** Neumann, PT, PhD, FAPTA / Brown, MS, OTR/L, CHT

**Educational Level:** Introductory, Intermediate, Advanced

The course is written at the intermediate level, but learners of all levels will benefit from the information.

**Course Objectives:**

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

- Identify carpal bones and osteologic features of the bones of the wrist
- Discuss joint structures and ligaments of the wrist
- Describe the kinematics of wrist motion
- Define carpal instability
- Understand muscle and joint interactions of the wrist
- Outline functional innervations of the wrist
- Discuss the function of muscles of the wrist

**Outline of Content:**

**Hour #1**

**OSTEOLOGY**

Distal Forearm

Carpal Bones

Scaphoid

Lunate

Triquetrum

Pisiform

Capitate

Trapezium

Trapezoid

Hamate

Carpal Tunnel

## **ARTHROLOGY**

Joint Structure and Ligaments of the Wrist

Joint Structure

Wrist Ligaments

Kinematics of Wrist Motion

Osteokinematics

Arthrokinematics

Carpal Instability

Rotational Collapse of the Wrist

Ulnar Translocation of the Carpus

## **Hour #2**

### **MUSCLE AND JOINT INTERACTION**

Innervation of the Wrist Muscles and Joints

Innervation of Muscle

Sensory Innervation of the Joints

Function of the Muscles at the Wrist

Function of the Wrist Extensors

Function of the Wrist Flexors,

Function of the Radial and Ulnar Deviators

### **Instructional Methods and Formats:**

Online course available 24/7 at [www.OnlineCE.com](http://www.OnlineCE.com) includes PDF downloadable course. See course formats for additional details.

### **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 left hand navigation bar.

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