



Course Title: Kinesiology 103 – 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 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 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: Neumann, PT, PhD, FAPTA / Brown, MS, OTR/L, CHT

Learning Objectives:

- 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
- Compare and contrast muscle and joint interactions of the wrist
- Outline functional innervations of the wrist
- Discuss the function of muscles of the wrist

Agenda:

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
- Osteo kinematics
- 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
- SYNOPSIS
- ADDITIONAL CLINICAL CONNECTIONS

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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