



Online Continuing Education Courses  
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AOTA Approved Provider #4023

**Course Title:** Kinesiology 104

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

**Course Description:** Kinesiology 104, Kinesiology of the Hand, is a 4-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 hand 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:** 4 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:

- Recognize acute situations for which homeopathic remedies are appropriate and effective
- Apply limited homeopathic remedies to acute care situations that arise in practice and day- to-day life
- Evaluate methods of application of homeopathic remedies to fit the situation at hand
- Distinguish between the available homeopathic remedies for a specific situation in order to select the most appropriate remedy for the individual
- Use homeopathic remedies in concert with existing therapeutic training

**Outline of Content:**

**Hour #1**

## **TERMINOLOGY**

### **OSTEOLOGY**

Metacarpals

Phalanges

Arches of the Hand

### **ARTHROLOGY**

Carpometacarpal Joints

Second through Fifth Carpometacarpal  
Joints

Carpometacarpal Joint of the Thumb

Metacarpophalangeal Joints

### **Hour #2**

Fingers

Thumb

Interphalangeal Joints

Fingers

Thumb

### **MUSCLE AND JOINT INTERACTION**

Innervation of Muscles, Skin, and Joints  
of the Hand

Muscle and Skin Innervation

Sensory Innervation to the Joints

Muscular Function of the Hand

### **Hour #3**

Extrinsic Flexors of the Digits

Extrinsic Extensors of the Fingers

Extrinsic Extensors of the Thumb

Intrinsic Muscles of the Hand

Interaction of the Extrinsic and Intrinsic

Muscles of the Fingers

Opening the Hand: Finger Extension

Closing the Hand: Finger Flexion

### **HAND AS AN EFFECTOR ORGAN**

### **Hour #4**

#### **JOINT DEFORMITIES TYPICALLY CAUSED BY RHEUMATOID ARTHRITIS**

Zigzag Deformity of the Thumb Destruction of the Metacarpophalangeal

Joints of the Finger

Palmar Dislocation of the

Metacarpophalangeal Joint

Ulnar Drift,

Zigzag Deformities of the Fingers

Swan-Neck Deformity

Boutonniere Deformity

**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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