



Online Continuing Education Courses
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AOTA Approved Provider #4023

Course Title: An Overview of Carpal Tunnel Syndrome

Course Description: An Overview of Carpal Tunnel Syndrome is a 1-hour course designed for the beginning and intermediate clinician working with patients with carpal tunnel syndrome (CTS). This course provides an in-depth overview of carpal tunnel syndrome including anatomy, clinical and differential diagnosis, common signs and symptoms of CTS and treatment options. Conservative and surgical treatment methods are reviewed and include interventions such as splinting, tendon gliding exercises, patient education and more. Surgical treatment may include open or endoscopic release of the carpal tunnel. Expected outcomes, possible complications and rehabilitation protocols are also discussed. Clinicians must be up to date and knowledgeable regarding CTS in order to design appropriate treatment plans, effective therapy interventions and to maximize functional outcomes for the client

Target Audience: OTs, PTs and other healthcare professionals

Course Length: 1 hour

Course Author/Instructor: Joanne 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 end of the course, participants will be able to:

- *Define CTS and discuss its prevalence
- *Describe the anatomy of the CT including bony and soft tissue anatomy
- *List and describe 3 symptoms of CTS
- *Describe 3 techniques for diagnosing CTS
- *Describe 3 conservative treatment interventions for CTS
- *Describe 2 surgical techniques including advantages and disadvantages of each technique and possible complications following surgery

Outline of Content:

Hour #1

What is CTS?

Common signs and symptoms

Causes and risk factors

Anatomy of the carpal tunnel

Making a diagnosis

Treatment interventions

-Conservative Treatment

Splinting, Tendon and nerve gliding exercises, Therapeutic modalities, Massage, Patient education and ergonomics, Steroid injection

-Surgical Treatment

Open carpal tunnel release,

Endoscopic carpal tunnel release

Complications

Post Op protocol

Instructional Methods and Formats:

Online course available 24/7 at 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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