



Online Continuing Education Courses  
www.OnlineCE.com



AOTA Approved Provider #4023

**Course Title:** Rehab 187

**Course Subtitle:** Therapeutic Programs for Musculoskeletal Programs Involving the Wrist and Hand

**Source:** Therapeutic Programs for Musculoskeletal Disorders, by James F. Wyss and Amrish D. Patel

**Source Description:** Therapeutic Programs for Musculoskeletal Disorders is a guide for musculoskeletal medicine trainees and physicians to the art and science of writing therapy prescriptions and developing individualized treatment plans. Chapters are written by teams of musculoskeletal physicians, allied health professionals, and trainees to underscore the importance of collaboration in designing programs and improving outcomes.

The book employs a literature-driven treatment approach to the common musculoskeletal problems that clinicians encounter on a daily basis. Each condition-specific chapter includes clinical background and presentation, physical examination, and diagnostics, followed by a comprehensive look at the rehabilitation program. Case examples with detailed therapy prescriptions reinforce key points.

See course outline below for details

**Target Audience:** OT/OTA, PT/PTA and other healthcare professionals

**Course Length:** 1 hour

**Course Author/Instructor:** Wyss, MD, PT and Patel, MD, PT / 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:

- Summarize 5 characteristics and clinical features of DeQuervain's tenosynovitis
- Outline 5 components of the rehab program for DeQuervain's tenosynovitis
- Summarize 5 characteristics and clinical features of Carpal Tunnel Syndrome
- Outline 5 components of the rehab program for Carpal Tunnel Syndrome

- Summarize 5 characteristics and clinical features of Carpometacarpal Osteoarthritis
- Outline 5 components of the rehab program for Carpometacarpal Osteoarthritis
- Describe diagnostic criteria for each of the following conditions: DeQuervain's, CTS and Carpometacarpal Osteoarthritis

**Outline of Content:**

**Hour #1**

DeQuervain's Tenosynovitis

- Introduction
- The Rehabilitation Program
- Therapeutic Modalities
- Manual Therapy
- Therapeutic Exercise
- Specialized Techniques
- Home Exercise Program
- Summary
- Sample Case
- Sample Therapy Prescription

Carpal Tunnel Syndrome

- Introduction
- The Rehabilitation Program
- Therapeutic Modalities
- Manual Therapy
- Specialized Techniques
- Home Exercise Program
- Summary
- Sample Case
- Sample Therapy Prescription

Carpometacarpal Osteoarthritis

- Introduction
- The Rehabilitation Program
- Therapeutic Modalities
- Manual Therapy
- Therapeutic Exercise
- Specialized Techniques
- Home Exercise Program
- Summary
- Sample Case
- Sample Therapy Prescription

**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 the 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.

*OnlineCE.com is an AOTA Approved Provider of continuing education. AOTA does not endorse specific course content, products, or clinical procedures.*