

Dorsal Dynamics

The dorsal aspect of the hand is unique. It is more prone to adhesions and contractures preventing functional use of the hand.

Paralysis of the extensor musculature renders the hand useless due to the lack of extensor control required for placement of the hand to achieve required tasks.



Restoring the extensor mechanics to its normal functional lever requires a good understanding of anatomy and biomechanics along with the pathologies associated with it, followed by application of the correct treatment at the right time. Any delays in treatment could hinder function due to adhesions that cause stiffness or by over stretched muscles complicating the pathology.



Registration Fee

- Early bird registration fee:
\$395 for members
\$445 for non members
Early Bird ends Feb 10, 2016
- Late registration fee:
\$465 for members
\$515 for non members

We encourage you to become a chapter member for 2016 so that you can enjoy all the benefits.

Member Benefits Include:

- Attend monthly meetings and collect free CEU's
- Apply for Fellowship Grant
- Apply for Overseas Grant
- Network with physicians and therapists
- Attend Continuing Education Courses at a discounted rate

For online registration go to:
www.HTA-Ca.org

For hotel reservations call: (408) 453-6200 and mention that you are part of HTA-CA Conference

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Hand Therapy Association of California

Presents

Dorsal Dynamics



FRIDAY AND SATURDAY
April 1st – 2nd, 2016

San Jose Holiday Inn
1350 North 1st Street, San Jose, CA

CONFERENCE CHAIR: *Saba Kamal*

SECOND CHAIR: *Susan Clark*

15 Contact Hours

1.5 CEUs by CPTA #16-74

Lecture and Lab Format

Maximum number of students to faculty 16:1

www.HTA-Ca.org



Dorsal Dynamics

Surgeons:

Dr. Catherine Curtin, Dr. Gordon Brody,

Dr. Andrew Watt

Therapists:

Susan Blackmore, OTR, CHT,

Susan Clark, OTR, CHT, Diane Coker, PT, CHT,

Charles Costello, PT, CHT, Saba Kamal, OTR, CHT,

Pam Silverman, OTR, CHT

Course Objectives

Learn about the surgical and non surgical management of injuries affecting the dorsal aspect of the arm, whether it is from trauma to the dorsal aspect of the hand or to secondary problems associated with swelling, contracture or nerve paralysis.

Understand the basics of managing complicated extensor tendon injuries or nerve palsy's causing wrist drop and more.

Identify the most appropriate hand therapy interventions post injury.

Review use of modalities, taping and splinting to assist with management of injuries on the dorsal aspect of the hand.

7:30—8:00	<i>Registration/Breakfast</i>
8:00—8:10	Sue Clark & Saba Kamal: Welcome to Dorsal Dynamics
8:10—9:10	Dr. Curtin: Brachial Plexus Neuritis Vs. Saturday Night Palsy
9:10—9:30	Dr. Brody: Radial Tunnel Management
9:30-10:00	Dr. Curtin: PIN vs Radial Nerve Palsy and Its Management
10:00—10:45	Brainstorming /Break Moderated by Clark
10:45—11:15	Dr. Curtin: The Dreaded Claw Hand in Ulnar Nerve Palsy
11:15—12:30	Susan Blackmore: Therapeutic Management of Radial Nerve Palsy
12:30—1:30	Lunch/Vendor presentations
1:30—2:15	Dr. Brody: Ulnar Sided Pain: From Caput Ulnae/ ECU, Itis/Subluxation, TFCC Management
2:-15—2:45	Diane Coker: Ulnar Sided Pain: Caput Ulnae / ECU/ TFCC management
2:45—3:30	Dr. Watt: Extensor Tendon Treatment * Zone 5 Post Juncture / Sagittal band * Zone 3 Central Slip Repair * Zone 1 Mallet
3:30—3:45	Break
3:45—4:30	Susan Blackmore: Extensor Tendon Treatment by Zones and Management of Post Surgical Complications
4:30—5:00	Saba Kamal: Differential Diagnoses of the Dorsal Wrist and Forearm
5:00—5:30	Brainstorming Moderated by Sue Clark followed by wine and cheese mingling event *Please RSVP for wine and cheese

7:30—8:00 *Registration/Breakfast*

8:00—9:00 **Dr. Watt:** Surgical Perspectives: Management of delayed complex hand fractures with soft tissue injuries and its extensor involvement

9:00—9:45 **Diane Coker:** Management of a Complex Stiff Hand

9:45—10:30 **Dr. Watt** Rheumatoid Hand as it Relates to Intrinsic Rebalancing

10:30-11:00 **Brainstorming /Break**
Moderated by **Sue Clark**

11:00—11:45 **Susan Blackmore:** Management of the Rheumatoid Hand s/p Surgery

11:45—12:00 **Business meeting**

12:00—1:00 **Lunch**

1:00—2:00 **Charles Costello: Hands On Modalities**



NMES for Extensor Nerve Palsies
H-Wave and Hi-Volt for Swelling
TENS, Premod/ IFC for Pain

2:00—2:40 **Saba Kamal & Sue Clark: Hands On Taping**



Radial Tunnel: Leukotape
1st dorsal/ Intersection Syndrome: Kinesiotape, TFCC: Leukotape
Dorsal Wrist Ganglion: Leukotape

2:40—4:00 **Pam Silverman & Charles Costello: Hands On Splinting**



* Dynamic Finger Extension Splinting for Radial Nerve Palsy
* Relative Motion Splint for Zone III Extensor Tendon Injury
* Easy Static Progressive Splint for Stiff Hand
* Dorsal Mallet Splint