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| Kaiser Permanente Northern California |

Basic Evaluation and Interventions for Common Diagnoses of the Wrist and Hand

August 23-24, 2019

## Course Description

This two-day course will present a comprehensive overview of the structural and biomechanical basis of the hand and wrist and their function. Common pathologies, mechanisms of injury, and interventions involving fractures, RSI, nerve compression disorders, tendinopathy, arthritis, sprains/strains and dislocations will be covered with strong reference to their impact on function. Course content includes the basics of evaluation, differential diagnosis, assessment for interventions, and functional progression of treatment based on current evidence.

## Course Outline

Day One: The Wrist

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| 7:45-8:00 | Registration |
| 8:00-8:15 | Introduction to the class |
| 8:15-9:00 | Introduction to the wrist, patient interview and differential diagnosis |
| 9:00-9:45 | Basic clinical evaluation of the wrist |
| 9:45-10:00 | Break |
| 10:00-11:30 | Anatomy, evaluation and interventions particular to the radial dorsal wrist (to include lab time) |
| 11:00-12:30 | Anatomy, evaluation and interventions particular to the radial volar wrist (to include lab time) |
| 12:30-1:30 | Lunch |
| 1:30-2:30  2:30-3:30 | Anatomy, evaluation and interventions particular to the central dorsal wrist (to include lab time)  Anatomy, evaluation and interventions particular to the ulnar dorsal wrist (to include lab time) |
| 3:30-3:45 | Break |
| 3:45-4:15 | Anatomy, evaluation and interventions particular to the ulnar volar wrist (to include lab time) |
| 4:15-4:45 | Case Studies and discussion |
| 4:45-5:00 | Wrap it up, final questions |

Day Two: The Hand

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| 7:45-8:00 | Registration |
| 8:00-9:00 | Essential elements of examination and documentation |
| 9:00-09:45 | Introduction to hand anatomy and biomechanics |
| 9:45-10:00 | Break |
| 10:00-10:45 | Anatomy, evaluation and treatment of trigger finger and Dupuytren’s disease |
| 10:45-12:30 | Injuries to the extensor mechanism including mallet finger, boutonniere deformity |
| 12:30-1:30 | Lunch |
| 1:30- 2:15  2:15 -3:00  3:00-3:30 | Overview of treatment approach for flexor tendon injuries and fingertip amputations  Hand Fractures and X-ray review  PIP joint sprains and dislocations |
| 3:30-3:45 | Break |
| 3:45-4:15 | Evaluation and treatment of hand arthritis with emphasis on Thumb CMC OA |
| 4:15-4:45 | Case Study review and discussion |
| 4:45-5:00 | Wrap it up, final questions |

## Course Objectives

* Demonstrate knowledge of the anatomical hand and wrist structures
* Perform a hand and wrist evaluation.
* Demonstrate understanding of biomechanics as it relates to the hand and wrist, including mallet injuries, Boutonniere deformities, and joint instability.
* Demonstrate knowledge of common hand and wrist diagnosis including tendinopathy, nerve compression pathology, and arthritis.
* Demonstrate basic knowledge of treatment of hand and wrist fractures including surgical and nonsurgical management
* Identify common treatment interventions for several common wrist and hand dysfunctions.
* Demonstrate understanding of the use of common custom and over-the-counter splinting for hand and wrist injuries.

## Instructor Bios

**Jamie Murphy, PT, MS, CHT, OCS (License Number PT 27422):** Jamiereceived her master’s degree in Physical Therapy from the University of the Pacific in 2002. Jamie complete the 6th month PNF training program at Kaiser Vallejo in 2002. In 2004 she completed the Folsom long term orthopedic manual therapy course. Since she began working for Kaiser South Sacramento in 2003 she has worked in a variety of physical therapy settings, including in-patient, orthopedics, workman’s compensation and general out-patient rehabilitation. Jamie became an orthopedic clinical specialist in 2014. In the past few years she has further specialized in upper extremity rehabilitation and received her hand therapy certification in 2016.

**Brenda Deidrick PT, CHT (License Number PT 10142):**  Brenda went to UCSB for her undergraduate Bachelor of Science degree, and then the University of Pennsylvania for her graduate degree in physical therapy. She joined Kaiser Permanente’s physical therapy department in 1980. The first several years of her practice included orthopedic manual therapy, in-patient physical therapy, as well as pediatric and adolescent therapy. In 1986 she began practicing hand therapy at the Sacramento Kaiser facility under the guidance of Jeanne Cassell PT and Dr Earl King. In 1989 she earned Charter Member status with the ASHT, and in 1992 she became a Certified Hand Therapist. She currently works full time in the orthopedic hand clinic at the Kaiser Roseville facility.

**Kyong Yim, PT, MPH, CHT (License number PT 14000)**: Kyong was born and raised in Seoul, Korea. She completed her Physical Therapy program at Korea University and obtained a master’s degree in Public Health from San Jose State University. Kyong is a clinical specialist at Kaiser Santa Clara where she has worked for over 30 years. She has completed the Yearlong Orthopedic Program and numerous continuing education courses. Kyong enjoys treating upper extremity disorders and injuries, and mentoring and educating the staff. She is mostly interested in treating repetitive stress injuries, neural entrapments and chronic regional pain syndrome.

**Cindy Thomason, PT, DPT, CHT (License number PT 10747):** Cindy is a Clinical Specialist at Kaiser Antioch Medical Center who has been working in Hand Therapy for 30 years. She has worked in the out-patient clinic, acute care and skilled nursing settings, and is currently working full time at the Kaiser Antioch Medical Center in out-patient UE rehabilitation and primarily with wrist and hand patients. Cindy has provided multiple preceptorships in hand therapy and taught several weekend courses on evaluation and treatment in hand therapy and splinting.

**Paul Whitney, OTR/L, CHT:** Paul is a highly skilled career professional with over twenty years of practical experience in outpatient hand therapy. He was an integral part of the Vacaville hand therapy fellowship and has worked with educating clinicians in multiple settings. He currently works in the out-patient hand therapy clinic at Kaiser Vacaville.

**Type of course**: in-person lecture/lab

**Level of Instruction**: Beginner/Intermediate

**Location of course**: Kaiser Permanente Rehabilitation Services Department, Vallejo

**Contact Person:** Cindy Thomason

Ap**plication Deadline Date:** August 8, 2019

PT CEU’s for this course are pending but are calculated as follows: Course hours = 14 hours or 1.4 CEU’s

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COURSE REGISTRATION:

Basic Evaluation and Interventions for Common Diagnoses of the Wrist and Hand

August 23-24, 2019

Kaiser Permanente Vallejo Rehabilitation Services Department

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Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City/Zip\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cell Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Work Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ PT/OT License #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Kaiser Therapist Yes No Community Therapist: Yes No

Work Site\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Work Site:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Course Fee $50 **Course Deadline: August 8th, 2019**

Make Checks payable to **Kaiser Permanente**

Send to: Elaine Chow

Administrative Assistant

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