Kaiser Permanente Northern California

Introduction to Orthotics Fabrication for the Hand and Wrist

November 1 & 2, 2019

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Course Description

Orthotics can be a key component and helpful skillset when treating the hand patient. This course will expose the novice hand therapist to the critical thinking and skills needed when deciding on who, when and how to include orthotics as part of UE interventions.

Preparatory Work

Medbridge: “Intro to Splinting” Module if you have access

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Course Agenda

DAY ONE (6.5 contact hours) Friday November 1st

8:15-8:30: Registration

8:30-9:00 Introductions and basic principles

9:00-10:15: Materials handling and pattern design principles

10:15-10:30 BREAK

10:30-12:00 fabrication lab (finger/CMC)

12:00-1:00 Lunch Break

1:00-2:15 Continuation pattern and materials handling (Static wrist/hand orthosis)

2:15-3:15 Long Thumb Orthosis lab

3:15-3:30 BREAK

3:30-4:30 Relative motion demo and lab

4:30-5:00 Wrap up/review

DAY TWO: (6.5 contact hours) Saturday November 2nd

8:30-9:30 review of day one,

9:30-10:15 dynamic principles

10:15-10:30 BREAK

10:30-12:00 fabrications lab (?)

12:00-1:00 LUNCH Break

1:00 -1:30 Alternative materials presentation/lab (neoprene, orficast, quick cast)

1:30-2:15 fabrication lab

2:15-3:00 Special population and considerations, ie. Neuro and Pediatrics

3:00-4:30 Continuation of case studies with lab

4:30 -5:00 wrap up and questions

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Course Objectives

Upon completion of this course the clinician will be able to:

- Demonstrate knowledge of the anatomical hand and wrist structures to be considered when fabricating an orthosis

- Demonstrate appropriate clinical reasoning in selection of an orthosis in the treatment plan

- Demonstrate an understanding of the indications, precautions, and contraindications when selecting the materials and design of an orthosis

- Demonstrate understanding of different materials (thermoplastic, plaster of paris, neoprene, orficast, quickcast, etc)

-Participants will be able to fabricate 2-3 basic resting splints.

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Instructor Bios

**Margi Mutio, PT, CHT** is a Clinical Specialist at Kaiser Park Shadelands who has been working in Hand Therapy for almost 30 years, she has been involved in Kaiser sponsored clinical education since 2004. She will share her strategies to blend the art with the science of orthotic application.

**Lori Wong, OTR/L, CHT** is a highly skilled career professional with over nineteen years of practical experience in outpatient hand therapy, acute rehabilitation unit for orthopedic/neuro rehabilitation.

**Naomi Villarauz MS PT CHT** is also a Clinical Specialist with over 15 years of experience. She currently works in the Upper Extremity patient population and is involved in staff development and mentoring in Hand Therapy .

**JoAnn Voerge DPT, CHT** brings her 19+ years of experience along with special interest with treatment of RSI and ergonomics.  She currently works with ue rehabilitation in an occupational medicine setting.

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

**Level of Instruction**: Beginner

**Location of course**: Kaiser Park Shadelands, Yosemite Building , Classroom 4

**Contact Person:**   Margi Mutio

**Application Fee: $50**

**Deadline Date:** October 14th

CEU’s for this course are pending but are calculated as follows:  Course hours = 13 hours or 1.3 CEU’s

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COURSE REGISTRATION:

Introduction to Orthotics Fabrication for the Hand and Wrist

November 1 & 2 , 2019

Kaiser Park Shadelands (WC)

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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: OCTOBER 14th, 2019**

Make Checks payable to **Kaiser Permanente**

Send to: Elaine Chow

Administrative Assistant

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For further information, contact Margi Mutio [margi.mutio@kp.org](mailto:margi.mutio@kp.org)