



Introduction to Hand Therapy

AIM: Advance the knowledge & skill of Junior Occupational Therapist in Hand Therapy.

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B. Occupational Therapy
Masters in Upper Limb Rehabilitation
Certified Hand Therapist

Structure of the online course:

The online course is divided into 20 modules (please refer to the module breakdown document). Each module addresses a different topic relevant to hand therapy. Each module will include relevant notes and references; pre-recorded video presentations (60-90 minutes in total); additional resources (which is not compulsory but helpful to understand the topic) and a quiz.

1 CPD/CEU point is allocated for the completion of each module's quiz.

Modules are clustered together in groups of 4. There are therefore 5 classes through which you will progress throughout the course. You will have 2 months to complete each class of 4 modules; but are welcome to finish it sooner if you wish (it is recommended to try and complete 1 module a week; therefore 1 month per class)

We will be making use of Google Classroom:

- I will send you an invite to the platform via e-mail.
- Google Classroom will allow you to:
 - Download the electronic notes relevant to the module.
 - View the pre-recorded videos via a loom video link and using the prescribed password.
 - View videos demonstrating certain techniques or concepts.
 - Follow links to relevant YouTube videos.
 - Complete the multiple choice at the end of the module.

Questions arising:

If there's any questions arising from the modules it can be sent to me via WhatsApp or email. I will then answer the question either in an email/phone call; but if I feel the greater group will benefit from the discussion I will compile a video addressing the question and post it on Google Classroom under a section assigned for Questions.

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Introduction to Hand Therapy: Module breakdown

| Modules | Topics to be covered |
|---------|--|
| 1 | A basic blueprint to clinical reasoning |
| | The “normal” hand |
| | Phases of wound healing |
| 2 | Peripheral nerves: Anatomy; physiology; recovery and basic assessment components |
| | Brachial Plexus anatomy and injury |
| 3 | Radial Nerve |
| | Median Nerve |
| | Ulnar Nerve |
| 4 | Sensation: Assessment; re-education; desensitization |
| | Basic concepts of pain management |
| 5 | Wound healing and how it relates to tendon healing |
| | Flexor tendon anatomy; zones; prognosis of injury and general rehab principles. |
| 6 | FTR protocols: Immobilization |
| | FTR protocols: Early passive mobilization |
| 7 | FTR protocols: Early active mobilization |
| 8 | Trigger finger |
| | Tendon transfer |
| | Tenolysis |
| 9 | Extensor tendon injuries to Zone I-IV: anatomy and management |
| 10 | Long extensor tendons anatomy; zones; prognosis of injury and general rehab principles |
| | ETR protocols: Immobilization |
| 11 | ETR protocols: Early passive mobilization |
| 12 | ETR protocols: Early active mobilization |
| | Sagittal band injuries |
| | Muscle belly injuries |
| 13 | Dequervain’s Tenosynovitis |
| | Tennis elbow and golfer’s elbow |
| 14 | Fractures: Classification; healing; general guidelines |
| 15 | Humerus fractures |
| | Elbow fractures |
| 16 | Radius & Ulna fractures |
| 17 | Carpal fractures |
| | Fractures of the hand: Metacarpal & phalangeal fractures. |
| 18 | Management of hand infections |
| | Oedema management |
| | Wound care |
| 19 | Managing the stiff hand |
| 20 | Scar management |
| | Strengthening |
| | Therapeutic modalities |