

## Registration Options:

**Online:** [www.righthandtherapy.com](http://www.righthandtherapy.com)

**Phone:** 603-821-0544

### Mail Sign Up Form:

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

Credentials: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

### Course Registration:

Rehabilitation of the Repaired Tendon \$285

**Form of payment (circle one):**    check    credit card  
Please make checks payable to **“Right Hand Therapy”**

Credit Card #: \_\_\_\_\_

CW: \_\_\_\_\_

Expiration  
Date: \_\_\_\_\_

Zip code: \_\_\_\_\_

Please charge my credit card: \$ \_\_\_\_\_

Signature: \_\_\_\_\_

### Please mail form and payment to:



Right Hand Therapy  
P.O. Box 1114  
Merrimack, NH 03054

## Additional Information:



### For additional course information please contact:

Lisa Owen, MS, OTR/L, CLT, CHT  
Owner of Right Hand Therapy, LLC  
Instructor

[lisa@righthandtherapy.com](mailto:lisa@righthandtherapy.com)

Phone: (603) 821-0544

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P.O. Box 1114  
Merrimack, NH 03054

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## Cancellation Policy:

*Right Hand Therapy reserves the right to cancel a live workshop with fewer than 14 participants and will return all payments. Participants must also notify Right Hand Therapy regarding cancellation of registration no less than 21 days prior to the live course for a partial refund (less \$75.00 for administrative fees.)*



is hosting:



## Current Evidence for Rehabilitation of the Repaired Tendon

### An Overview and Splint Lab

**Saturday, June 9, 2018**  
**8:00am – 5:00pm**

**The Falls Event Center**  
21 Front Street  
Manchester, NH 03102

# Current Evidence for Rehabilitation of the Repaired Tendon

## An Overview and Splint Lab

June 9, 2018 | Manchester, NH

**Cost:** \$285 per participant

**CEUs:** 8

**Instructor:** April O'Connell, OTR/L, CHT

**Target Audience:** Intermediate to advanced level practitioners (OTs, COTAs, PTs, PTAs, and CHTs)

This course is geared toward the intermediate to advanced level practitioner and will provide exceptional hands-on learning about flexor and extensor tendon rehabilitation. During the morning session the course will cover **extensor tendon** anatomy and physiology, history and current evidence of extensor tendon repairs and rehabilitation, and a lab breakout session for fabrication of a Relative Motion Extension Splint (RMES). In the afternoon session, **flexor tendon** anatomy and physiology, history and current evidence of flexor tendon repairs and rehabilitation, and emerging evidence in flexor tendon repairs including "Proof-of-Concept" will be discussed. During a second lab session, participants will have the opportunity to fabricate a Relative Motion Flexion Splint (RMFS) and discuss tips for dorsal blocking orthoses. Understanding the various approaches to tendon repair rehabilitation is complex and challenging – this course aims to present the latest and greatest evidence, including clinical pearls for digital nerve involvement, scar management, and cortical re-patterning. Learners will confidently splint and rehabilitate the most challenging of tendon repairs with knowledge of the latest trends in research. This is a course you will not want to miss!!

### Instructor:

#### April O'Connell, OTR/L, CHT

April O'Connell is the Clinical Specialist in the Hand and Upper Extremity Therapy Department at NYU Langone Health. She earned her Occupational Therapy degree at Boston University, is a Certified Hand Therapist and is certified by the American Council of Sports Medicine (ACSM) as a Clinical Exercise Specialist. She has lectured to orthopedic surgeons and therapists nationally and internationally in current concepts of orthopedic rehabilitation of the upper extremity. Ms. O'Connell has been a guest speaker for Dr. Radio on Sirius Satellite on topics including baseball, golf, tennis and skiing injuries and was featured in Shape Magazine. She is a founding member of the Golf and Pitching Labs at NYU Langone Orthopedics.



### Topics Covered/Course Schedule:

8:00 – 8:45	Review of extensor tendon anatomy and physiology
8:45 – 9:30	History and current evidence of <b>extensor</b> tendon repairs and rehab
9:30 – 10:05	Splinting principles and evidence
10:05 – 11:35	Splint Lab
11:35 – 11:45	Questions & Answers
11:45 – 12:45	Lunch
12:45 – 1:30	Review of flexor tendon anatomy and physiology
1:30 – 2:30	History and current evidence of <b>flexor</b> tendon repairs and rehab
2:30 – 3:00	Emerging evidence for flexor tendon rehab/"proof of Concept"
3:00 – 4:45	Splint Lab
4:45 – 5:00	Q & A and conclusion

### Learning Objectives:

Upon completion of this course, participants will be able to:

- 1) Perform a patient-centered evaluation involving review of medial history, patient-rated outcomes and subjective account to systematically lead to diagnostically appropriate plan of care.
- 2) Describe anatomical and biomechanical principles that form the framework of post-operative extensor and flexor tendon evaluation and treatment.
- 3) Identify differential diagnoses.
- 4) Explain how biomechanical dysfunction of the hand can create functional impairment.
- 5) Identify important indications and contraindications for therapeutic interventions and protocols for post-operative flexor or extensor tendon repair.
- 6) Demonstrate understanding of evidenced-based special tests.
- 7) Identify current research and upcoming trends in tendon repair rehabilitation.
- 8) Select and fabricate appropriate orthotic devices for flexor and extensor tendon repairs.

