



Travel Course Descriptions

Intro to Hand Therapy

Instructor: Danielle Amero, OTR/L, OTD, CHT

Duration: 6-8 hours/one day

This one day course is designed to help therapists practicing in any setting improve their knowledge of hands and upper extremity care. This course will provide the participant with exceptional hands-on learning about the upper quarter including anatomy, pathology, evaluation, and emerging concepts in treatment interventions. Understanding the intricacies of the upper extremity can be complex – this presentation aims to simplify the learning process with the use of anatomical models and hands-on practice opportunities. Once this foundation has been established, participants will have an opportunity to master clinical evaluation skills, brush up on special testing, and then learn how to create and execute an appropriate plan of care utilizing current, evidenced-based treatment interventions. Whether you are a new grad, home health, acute care, mental health, or outpatient therapist, you won't want to miss this comprehensive course!

Physical Agents Modalities (PAMs)

Instructors: Willow Henry, PT, DPT, CWS, CLT and Lisa Owen, OTR/L, CLT, CHT

Duration: half day, one- or two-day options available

Physical agent modalities (PAMs) can be a valuable adjunct treatment to enhance outcomes of patients receiving therapy services. This course is geared toward OTs and aims to educate the therapist in how to incorporate safe and effective application of PAMs into their current clinical practice. This course is highly customizable depending on your clinic's needs and level of staff competency. For therapists looking for a refresher course we recommend a half or full day workshop. For those who need credit toward a state certification requirement or want a more comprehensive review of PAMs, we recommend our two-day course which offers up to 24 hours of PAMs education (option to include an online component). We also offer instruction in advanced PAMs applications, i.e. for a wound care population. Please download our PAMs Course Menu for a complete list of options and topics.

Splinting/Orthotic Fabrication

Instructor: various

Duration: half- or one-day options available

We receive many requests for individualized instruction in splinting/orthotic fabrication. Customize your own orthotic fabrication workshop including static, dynamic, and static progressive designs. Host sites can choose splint materials based on their clinic needs or learn from our experts about our preferred/recommended materials. During this course orthoses will be demonstrated and then participants will have the opportunity to fabricate. The splinting workshop is appropriate for OT's, COTA's, PT's, PTA's and CHT's working with an upper extremity patient caseload and looking to enhance their splinting skills. Please download our Splint Options Menu for a complete list of options and topics.

Simply, the Wrist

Instructor: Lisa Owen, OTR/L, CLT, CHT

Duration: 7-8 hours/one day

This course will provide the participant with exceptional hands-on learning about the carpal joints, pathology, evaluation, and emerging concepts in conservative wrist rehabilitation interventions. Understanding the wrist is complex – this presentation aims to simplify the learning process with the use of anatomical models and hands on practice opportunities. It is important for the therapist to fully understand this joint's complex biomechanics and sensorimotor system that impacts alignment and function. Once this foundation has been established, participants will learn how to perform a basic clinical evaluation, and then learn how to create and execute an appropriate plan of care utilizing various fun, functional, and evidenced based treatment interventions. Participants will receive a FREE carpal puzzle model as part of this course!

Edema Management Techniques for the Upper Extremity

Instructor: Lisa Owen, OTR/L, CLT, CHT

Duration: 4 hours/half day

This half day course is designed to help therapists practicing in any setting improve their skills and knowledge of edema management techniques for an upper extremity population. This course will provide the participant with exceptional hands-on learning of the lymphatic system including anatomy, physiology, pathophysiology, evaluation, and emerging concepts in edema management techniques. Lab breakout sessions will include recommendations for positioning of an edematous upper extremity, instruction on how to create various inserts to minimize fibrosis, exploration of compression bandage/garment options, kinesiotaping techniques, and scar mobilization techniques. Understanding the impact of injury and soft tissue healing on the lymphatic system is vital to effective, skilled management. Participants will have an opportunity to learn clinical evaluation skills, interpret findings, and implement a few easy to do, effective interventions.

The PIP Joint

Instructor: various

Duration: 6-8 hours/one day

This course will provide the participant with exceptional hands-on learning about the PIP joint, pathology, evaluation, and concepts in conservative and post-operative rehabilitation. Effectively treating the PIP joint can be challenging – this presentation aims to simplify the learning process with the use of anatomical models and hands-on practice opportunities. It is important for the therapist to fully understand the complex balance of ligamentous and muscular support that

impacts PIP joint alignment and function. Once this foundation has been established, participants will learn how to perform special tests, perform manual evaluation and mobilization techniques, and create customized splints designed to enhance ROM and function. Various fun, functional, and evidenced based treatment interventions will be incorporated into this dynamic presentation. Participants will receive a FREE finger ray model as part of this course!

Painful Thumb Course

Instructor: Lisa Owen, OTR/L, CLT, CHT or Rebecca Moore, OTR/L

Duration: 3-4 hours/half day

If you feel that managing CMC joint arthritis is boring or that therapy does not help much, you will LOVE this course! This course aims to educate clinicians working in any setting how to safely and effectively manage thumb pain associated with thumb CMC arthritis. While the underlying pathology (arthritis) cannot be changed, this course provides participants with exceptional hands-on learning about the CMC joint and how effective pain management techniques CAN diminish pain and support your patients' return to function in as few as 1-4 visits. Participants will have ample opportunities to practice manual techniques, orthotic fabrication, taping techniques and will leave this course with the ability to implement an effective therapy program the very next day.