

Registration Options:

Online: www.righthandtherapy.com

Phone: 603-821-0544

Mail Sign Up Form:

Name: _____

Credentials: _____

Email: _____

Phone: _____

Address: _____

Course Cost:

Simply, the Wrist \$240

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

Phone: (603) 821-0544

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

www.righthandtherapy.com

Cancellation Policy:

Right Hand Therapy reserves the right to cancel a live workshop with fewer than 6 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.)



Simply, the Wrist

Simplifying the Wrist Complex

Saturday, November 2, 2019

8:00am – 4:00pm

Homewood Suites by Hilton

377 Western Avenue
Augusta, ME 04330

Hotel accommodations at the venue are available for \$89/night! Book online or by calling 207-480-2050 and mention the group code: **RHT**.

Group rate available through 9/1/2019.



Simply, the Wrist Simplifying the Wrist Complex

November 2, 2019 | Augusta, ME

Cost: \$240 per participant

CEUs: 7

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

Course Description:

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 also receive a FREE carpal puzzle model as part of this course!

Topics Covered/Course Schedule:

8:00 – 8:10	Introduction
8:10 – 10:00	Review of SL, midcarpal, LT, TFCC and DRUJ anatomy, biomechanics and pathomechanics
10:00 – 11:15	Proprioception/Joint Position Sense (JPS) testing
11:15 – 12:00	Evaluation
12:00 – 1:00	Lunch
1:00 – 1:45	Special Tests for the Wrist
1:45 – 3:00	Treatment: Stability/proprioception training, taping techniques and splint options
3:00 – 3:45	Patient Case Studies
3:45 – 4:00	Questions and wrap-up



Learning Objectives:

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

- 1) Identify the major anatomical structures of the wrist and be able to recognize normal vs abnormal wrist biomechanics.
- 2) Explain the importance of proprioception and an intact sensorimotor system, and be able to demonstrate how to perform Joint Position Sense testing.
- 3) Differentiate between the various carpal instability patterns that impact functional use of the hand.
- 4) Demonstrate commonly used special tests for the wrist, and be able to interpret their findings to differentiate between potential carpal instability vs other pathologies.
- 5) Create individualized treatment plans for their patients utilizing functional and evidenced-based interventions specific to wrist rehabilitation.

Instructor:

Lisa Owen, OTR/L, CLT, CHT



Lisa earned her master of science in Occupational Therapy from Tufts University in 2009 and has been specializing in upper extremity management ever since. She earned her Certification in Lymphedema Therapy (CLT) in 2009 from Klose Training and Consulting, and has spent a

significant amount of time treating patients recovering from breast cancer surgery and treatment. Lisa earned her Certification in Hand Therapy (CHT) in 2015 and currently practices at a hospital-based outpatient clinic in southern New Hampshire. She has presented for the American Society of Hand Therapists (ASHT), the New Hampshire Occupational Therapy Association (NHOTA), and is an adjunct faculty member in the Occupational Therapy Department at the University of New Hampshire. In her spare time Lisa enjoys a regular yoga practice, and spending lots of quality time with her husband and two children.

What people are saying about this course:

"Well organized, great AV and course manual. Plenty of lab time. Enjoyed the smaller class size for discussion."
-Anne S.

"Exceeded [expectations]. Lisa brings the hands on experience to a whole new level - 3D models, interventions ideas, orthosis options, K-tape"
-Melanie G.

"Hands on learning is great. Exceeded expectations, will definitely take more courses through RHT. Lisa is a very dynamic speaker. Great course, would highly recommend to others."
-Deb C.