

Registration Options:

Online: www.righthandtherapy.com

Phone: 603-821-0544

Mail Sign Up Form:

Name: _____

Credentials: _____

Email: _____

Phone: _____

Address: _____

Course Registration:

Rehabilitation of the Repaired Tendon \$225

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

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 8 participants and will return all payments. Participants must also notify Right Hand Therapy regarding cancellation of registration no less than 45 days prior to the live course for a partial refund (less \$25.00 for administrative fees.)

Tufts Medical Center

is hosting:



Current Evidence for Rehabilitation of the Repaired Tendon

**Saturday, November 16, 2019
8:00am – 3:30pm**

Tufts Medical Center
800 Washington Street
Boston, MA 02111

Current Evidence for Rehabilitation of the Repaired Tendon

November 16, 2019 | Boston, MA

Cost: \$225 per participant

CEUs: 6

Instructor: April O'Connell, OTR/L, ACSM, 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. 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. 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, ACSM, CHT



April O'Connell studied Occupational Therapy at Boston University and trained under former ASSH president, Dr. Dennis Phelps. Ms. O'Connell moved to NYC and joined NYU Langone Orthopedics as a clinical specialist in 2009. She has presented at ASSH, AAHS, and

ASHT on a variety of topics including tendon injuries and rehabilitation. Ms. O'Connell has appeared on Dr. Radio speaking on various Hand Therapy topics and is one of the founding members of Pitch Smart and the Golf Lab at NYU. She has several research projects underway including "Relative Motion Orthosis vs. a Dorsal Blocking splint for flexor tendon repairs".

Topics Covered/Course Schedule:

7:30 – 8:00	Registration
8:00 – 8:30	History and current evidence of extensor tendon repairs and rehab
8:30 – 9:30	Review of extensor tendon anatomy and physiology, tendon zones
9:30 – 11:00	Evaluation & examination, diagnosis, and splinting principles
11:00 – 11:15	Questions & Answers
11:15 – 12:15	Lunch
12:15 – 1:00	Review of flexor tendon anatomy and physiology
1:00 – 2:00	History and current evidence of flexor tendon repairs and rehab
2:00 – 3:15	Emerging evidence for flexor tendon rehab/"proof of Concept"
3:15 – 3:30	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 appropriate orthotic devices for flexor and extensor tendon repairs.

