

Registration Options:

Online: www.righthandtherapy.com

Phone: 603-821-0544

Mail Sign Up Form:

Name: _____

Credentials: _____

Email: _____

Phone: _____

Address: _____

Course Registration:

- Evidenced-based Rehabilitation to Treat Elbow Trauma and Stiffness \$275

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

Credit Card #: _____

CVV: _____

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:

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Owner of Right Hand Therapy, LLC

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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 10 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 \$75.00 for administrative fees.)

Ascension St. Mary's Hand Center
is hosting:



Evidenced-based Rehabilitation to Treat Elbow Trauma and Stiffness

Saturday, October 12, 2019
8:00am – 5:00pm

**Ascension St. Mary's Spine &
Rehabilitation**

4901 Towne Centre, Suite 300
Saginaw, MI 48604

Evidenced-based Rehabilitation to Treat Elbow Trauma and Stiffness

October 12, 2019 | Saginaw, MI

Cost: \$275 per participant

CEUs: 8

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

Rehabilitation of elbow trauma can be daunting, especially as chronic stiffness sets in. Many clinics default to treatments devoid of clinical evidence in hopes to combat stiffness that is debilitating to the patient's function. This course is designed around the most recent evidence in conservative and post-surgical interventions for a variety of elbow traumas. During the morning session the course will review anatomy, physiology and biomechanics of the elbow. A thorough examination of the upper extremity, including special tests, will be demonstrated and then practiced in a lab setting. Diagnoses of fractures and ligamentous injuries will be reviewed as well as current concepts in treatment along with current evidence for these treatments. Case presentations will be discussed followed by a question and answer panel. The afternoon session will start with a lab session to practice manual mobilization of the elbow. Appropriate orthoses application will then be discussed as well as an orthoses fabrication demonstration via videos and in real-time. This course will present the most recent and highest levels of evidence, including clinical pearls, adjunctive treatment techniques and evidence for their use to prevent or when treating the dreaded stiff elbow. Static progressive orthoses considerations will be explained followed by video demonstrations. The course will end by wrapping up the concepts that have been discussed with a treatment algorithm, case presentations, and question and answer panel. Following this one-day course, learners will confidently rehabilitate the most challenging of elbow traumas. The education level of this course is intermediate.

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	Review of anatomy, physiology and biomechanics of the UE
8:30 – 9:30	Examination & evaluation
9:30 – 10:00	Special tests for the elbow
10:00 – 10:15	Break
10:15 – 12:00	Diagnoses, current treatment techniques, and case studies
12:00 – 12:30	Lunch (provided)
12:30 – 1:00	Manual mobilizations & lab
1:00 – 1:15	Orthotic considerations
1:15 – 2:15	Therapeutic exercises & lab
2:15 – 2:45	Treating the stiff elbow
2:45 – 3:00	Break
3:00 – 3:30	Evaluation to discharge
3:30 – 5:00	Splint demo/lab and wrap-up, adjourn

Learning Objectives:

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

- 1) Understand specific areas of how patient occupational performance can be affected by elbow dysfunction.
- 2) Describe normal and functional upper extremity range of motion as it relates to occupational performance.
- 3) Differentiate between post-operative rehabilitation protocols for elbow injuries, including distal biceps and triceps repairs, and instabilities.
- 4) Understand conservative treatment algorithms for a variety of elbow diagnoses.
- 5) Perform manual mobilization techniques for the radial humeral, ulnar humeral, proximal radioulnar, and distal radioulnar joints of the elbow.
- 6) Identify appropriate orthoses to treat conservative and post-operative elbow injuries.
- 7) Confidently design an evidenced-based rehabilitation program to treat elbow stiffness that includes the use of therapeutic exercises, neuromuscular re-education, physical agent modalities, soft tissue mobilizations, and splinting/orthoses.

