

## Registration Options:

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

**Phone:** 603-821-0544

### Mail Sign Up Form:

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

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

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

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

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

\_\_\_\_\_

### Course Cost:

Simply, the Wrist \$450

**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, OTD, OTR/L, CLT, CHT**

Owner of Right Hand Therapy, LLC

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

Phone: (603) 821-0544

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American  
Occupational Therapy  
Association

Approved Provider

Right Hand Therapy is an AOTA Approved Provider of professional development - Provider #11677. AOTA does not endorse specific course content, products, or clinical procedures.

### ADA and Special Requests:

Please contact Right Hand prior to purchase to discuss any particular needs and/or requests.

### 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.)*



presents:



## A Therapist's Guide to Wrist Rehabilitation

**Saturday & Sunday**  
**April 20-21, 2024**  
**8:00am – 5:00pm**

**Crystal Clinic Orthopedic Center**  
3925 Embassy Parkway, Suite 200  
Akron, OH 44333



## A Therapist's Guide to Wrist Rehabilitation

Saturday April 20-21, 2024 | Akron, OH

**Cost:** \$450 per participant

**CEUs:** 15 (1.5 AOTA CEUs)

**Instructor:** Kristy Kreidler, OTR/L, CHT

**Learner level:** Intermediate

### 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 common deformities such as DISI, VISI, mid-carpal instability and TFCC injuries with the use of anatomical models and hands on practice opportunities. It is important for the therapist to fully understand the healing process, biomechanics, and sensorimotor system that impacts alignment and function of the wrist. Once this foundation has been established, participants will learn how to confidently perform a comprehensive clinical evaluation, interpret findings, and synthesize and execute an effective plan of care utilizing evidenced-based and functional treatment interventions. Participants will receive a FREE Carpal Puzzle™ model as part of this course!

### Day 1 Course Schedule:

8:00 – 9:30	Review of anatomy <b>Lab:</b> Carpal Puzzle
9:30 – 9:45	<b>Break</b>
9:45 – 11:00	Biomechanics of the wrist
11:00 – 12:00	Intro to the Proprioceptive System
12:00 – 1:00	<b>Lunch</b>
1:00 – 2:15	Proprioception/kinesthesia <b>Lab:</b> JPS
2:15 – 2:30	<b>Break</b>
2:30 – 4:45	Evaluation/Palpation <b>Lab:</b> special tests
4:45 – 5:00	Q&A



### Day 2 Course Schedule:

8:00 – 8:15	Review/Questions from Day 1
8:15 – 9:15	Evaluation/Putting it all together
9:15 – 9:30	<b>Break</b>
9:30 – 10:45	Case studies ( <b>interactive discussion</b> )
10:45 – 12:00	Treatment/orthosis considerations
12:00 – 1:00pm	<b>Lunch</b>
1:00 – 2:45	Treatment <b>Lab:</b> movement patterns & manual mobilization techniques
2:45 – 3:45	Proprioceptive training
3:45 – 4:00	<b>Break</b>
4:00 – 4:45	Case Studies
4:45 – 5:00	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.

3. Differentiate between various carpal instability patterns that impact functional use of the hand including VISI, DISI, mid-carpal instability and DRUJ instability.
4. Utilize current evidence-based research to provide appropriate exercise prescriptions for individual wrist instability patterns with progression to reflexive neuromuscular training.
5. Demonstrate how to perform commonly used special tests for the wrist.
6. Understand and select appropriate orthotic options for the symptomatic wrist.
7. Create individualized treatment plans utilizing functional and evidenced-based interventions specific to wrist rehabilitation.

### What to bring/What to expect:

Bring a pen/pencil and enthusiasm to this interactive, hands-on course! Participants will be issued a certificate of completion at the end of the course.

### Instructor:

**Kristy Kreidler, OTR/L, CHT**



Kristy is a 1996 graduate of the Ohio State University with a BS in Occupational Therapy. She obtained her Certified Hand therapist designation in 2002 from HTCC. She has worked in upper extremity rehab for 25 years in various locations throughout Ohio and California. In 2012 Kristy was awarded a US utility patent for the Ulnarbooster™ wrist orthosis for mid-carpal instability and ulnar sided wrist pain. She has a strong interest in carpal kinematics and wrist rehabilitation as well as in educating her patients in a way to make their situation understandable. She has presented on hand therapy and modalities for the ASHT CHT prep course as well for multiple Ohio State Occupational Therapy conferences. She was awarded the Ohio Occupational therapy “Model Practice award” in 2020. Kristy has 2 children, Caden and Kinley and is an avid Ohio State Buckeye fan.