



EDUCATA

Your Online Continuing Education Resource

Essentials of Hand Therapy for the Non-Hand Therapist

Evaluation and Treatment of the Hand: One Week to One Year

Martha Paterson OTR/L, CHT

Note to Participants: There are interactive pop-up questions throughout this lecture. If you choose to pause the lecture and return at a later time, a natural break time would be after answering the interactive questions. (You are able to pause at any time and the presentation will "remember" where you were. It's just a more natural time to pause after the interactive questions.) For your convenience, this outline reflects where/when within the lecture the interactive questions occur.

This lecture has 125 slides and is 165 minutes in duration.

I. Introduction

- A. Common challenges
- B. Phases of healing
 - 1. Acute
 - 2. Subacute
 - 3. Maturation
- C. Evaluation
 - 1. Mechanism of injury
 - 2. Pain assessment
 - 3. Standardized methods
 - 4. ADL demands

Notes

Interactive Questions — slide 42 @ 55 minutes

II. Clinical diagnosis: The distal radioulnar joint

- A. Be methodical and keep it simple
- B. Clarifying the evaluation
- C. Building a treatment plan
- D. Essentials of a clinical program
 - 1. Pain-free movement
 - 2. Swelling
 - 3. AROM
 - 4. Stability
 - 5. Sensation
 - 6. Functional strength
- E. Essential exercises
 - 1. Block and Bend
 - 2. Rolling or pressing into extension
 - 3. Tendon glides
 - 4. Wrist stretches

Interactive Questions — slide 57 @ 81 minutes

III. Purposeful activity

- A. Exertion, activity and exercise
 - 1. Exerting movement
 - 2. Exerting activity and pre-activities

-
- B. Types of movement
 - 1. Isokinetics
 - 2. Isotonics
 - C. Essentials for a home exercise program
 - D. DRUJ splint choices

Notes

Interactive Questions — slide 70 @ 96 minutes

IV. Splinting and taping

- A. Splinting for the
 - 1. Trigger finger
 - 2. A1 pulley
 - 3. Thumb
 - 4. Wrist
 - 5. Proximal forearm
 - 6. Distal Instability
- B. Examples of supportive taping
 - 1. Thumb extension
 - 2. TFCC
 - 3. Mid-column wrist stability

Interactive Questions — slide 82 @ 111 minutes

V. Treatment

- A. Treatment is a process
- B. Essentials of treatment
 - 1. ADLs
 - 2. Manual therapy/myofascial release
 - 3. Modalities
 - 4. Sample home exercise program
 - 5. Exercise
 - a. Elastic bands
 - b. Isometric and isotonic training
 - c. Putty series
 - d. Weight-bearing exercise
 - 6. Facilitating movement
- C. Be sure to review technique as exercise progresses
- D. What to avoid

Interactive Questions — slide 107 @ 147 minutes

VI. Conclusion

- A. The two-hour rule
 - B. Things to remember about treating
 - 1. Fingers
 - 2. The wrist
 - 3. The elbow
 - C. Summary
-