

## **Wrist and Hand Disorders Goals and Objectives**

### **Course Description**

"Wrist and Hand Disorders" is a live (real-time) interactive webinar for athletic trainers that examines common orthopedic and neurologic wrist and hand pathologies. This course includes a review of current literature relating to pathophysiology, arthrokinematics, diagnostic procedures, and clinical presentation for pathologies of the wrist and hand.

### **Course Rationale**

The purpose of this course is to provide an understanding of the pathophysiology of wrist and hand pathologies with comparative analysis of pathogenesis and clinical presentation to understand rehabilitation considerations and maximize outcomes based on current research.

### **Course Goals and Objectives**

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

1. List and identify common anatomical structures of the wrist and hand.
2. Identify normal and abnormal wrist and hand arthrokinematics.
3. Compare imaging and neurodiagnostic studies utilized to diagnose wrist and hand pathologies.
4. Recognize and define common pathologies involving the joints, bones, ligaments, tendons, nerves, and fascia of the wrist and hand.
5. Distinguish the mechanism of injury and pathogenesis for common wrist and hand disorders.
6. Describe adult and pediatric fracture classifications.
7. Describe the clinical presentation of common wrist and hand pathologies.
8. Detail provocative tests utilized to assess pathologies of the wrist and hand.
9. List management strategies for pathologies of the wrist and hand.
10. Compare and contrast wrist and hand patient reported outcome measures.

**Course Provider** – Innovative Educational Services

**Provider Conflict of Interest** - None

**Course Instructor** - Jodi Gootkin, PT, Med

**Instructor Conflict of Interest** - None

**Target Audience** – Athletic Trainers

**Athletic Training Practice Domains** - Clinical Evaluation & Diagnosis (0201, 0202, 0203, 0204, 0205); Treatment and Rehabilitation (0401, 0403, 0404, 0405, 0406)

**Level of Difficulty** – Essential

**Course Prerequisites** – None

**Method of Instruction/Availability** – Live Interactive Webinar available on scheduled dates/times.

**Criteria for Issuance of CE Credits** – Verified attendance and at least 70% correct on the course post-test.

**Continuing Education Credits** – Three (3) hours of continuing education credit.

**Fees** - \$39.95

**Refund Policy** - Unrestricted 100% refund upon request. The request for a refund by the learner shall be honored in full without penalty or other consideration of any kind. The request for a refund may be made by the learner at any time without limitations before, during, or after course participation.

**Approval** -



Innovative Educational Services is approved by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers.

## **Wrist and Hand Disorders**

### **Course Outline and Schedule**

Topic	Time
Wrist and Hand Anatomy and Arthrokinematics	0:00-0:10
Imaging and Neurodiagnostic Studies	0:11-0:20
Nerve Compression Pathology	0:21-0:25
Carpal Tunnel Syndrome	0:26-0:30
Guyon's Tunnel Syndrome	0:31-0:35
Interosseous Nerve Syndrome	0:36-0:40
Tendinopathy	0:41-0:45
De Quervain's Tenosynovitis	0:46-0:50
Interactive Discussion of Clinical Applications	0:51-1:00
Trigger Finger and Thumb	1:01-1:05
Mallet Finger	1:06-1:10
Fascia Pathology	1:11-1:15
Dupuytren's Disease	1:16-1:20
Compartment Syndrome	1:21-1:25
Bone and Joint Pathology	1:26-1:30
Osteoarthritis	1:31-1:35
Rheumatoid Arthritis	1:36-1:40
Adult Distal Radius Fractures	1:41-1:45
Pediatric Fractures	1:46-1:50
Interactive Discussion of Clinical Applications	1:51-2:00
Ulnar Impaction Syndrome	2:01-2:05
Scaphoid Fracture	2:06-2:10
Perilunate Fracture and Dislocation	2:11-2:15
Kienbock's Disease	2:16-2:20
Ligament Injuries	2:21-2:25
Triangular Fibrocartilage Complex Tear	2:26-2:30
Scapholunate Instability	2:31-2:35
Gamekeeper's Thumb	2:36-2:40
Patient Reported Outcome Assessments	2:41-2:50
Interactive Discussion of Clinical Applications	2:51-3:00