REGISTRATION FORM:
HANDS ON TENDON TRAUMA
Name: ____________________________
Profession: _____________________________
Email: ______________________________
Phone: H________________________________
W______________________________
Mobile___________________________
Fax: _____________________________

DATE SELECTION 2018:
☐ March 23-24, 2019
☐ December 7-8, 2019

All classes to be held in the Grass Valley,
Nevada City CA area.
Specific Course locations to be determined.
Accommodation information available upon
request

COURSE FEES
$499 2 days
$349 1 day (7.5 live CEU’s, 4 self study CEU’s)
please indicate day 1 or day 2

PAYMENT METHOD:
Please go to website to pay on-line.
www.ClinicalSpecialtyEducation.com
If you need to pay by check, or for one day only, please email Patricia to make
arrangements at
patriciarcse@gmail.com

SPECIAL NEEDS: We will make our best
effort to accommodate any needs - contact

THIS COURSE IS ELIGIBLE FOR
AOTA 15 CONTACT HOURS
OR 1.5 CEU’s
Approved by CA APTA
AOTA approval #8996

Target Audience:
PT, PTA, OT, OTA

Educational level: Intermediate to advanced.

AOTA Classification Codes: Category 1
Domain of OT

Instructional methods: Lecture and slide
presentation, case study discussions,
splinting demonstration, complete course
manual with patterns for orthotics

We understand that, with limited funds for
continuing education, you must make the
most of your CE Dollar. There is no
substitute for the learning experience that
comes from live education

CONTACT INFORMATION:
patriciarcse@gmail.com  612-730-7776
website: www.ClinicalSpecialtyEducation.com

75% refund if participant cancels before 10 days
from course date - no refund within 10 days.
Full refund if course is cancelled by CSE
Successful completion by attending entire
workshop and successfully passing post-test
(Score of 80%)

The assignment of AOTA CEU’s does not imply endorsement of
specific course content, products, or clinical procedures by
AOTA.

Patricia has enjoyed a varied
background in her 40 years as a
therapist. She has been practicing
hand therapist for over 33 years and a
CHT for 26 years. Patricia has taught
live continuing education seminars on
various hand therapy topics since 1992.
After several years of focusing on
clinical practice, Patricia has returned
to her role as a professional educator
since 2014. She is enthusiastic and
excited about sharing her extensive
background and experience with both
physical and occupational therapists
and assistants interested in hand
therapy!
HANDS ON TENDON TRAUMA

This is a comprehensive course for the rehabilitation of flexor and extensor injuries to the hand. The most current treatment approaches for tendon injuries at all levels are presented. Tendon anatomy, as well as tendon healing are reviewed. Detailed splinting and exercise protocols for all levels and types of injury are presented. Evaluation and treatment of common complications is discussed including post-op management of tenolysis and tendon grafting. Case study discussions compliment the lectures, and splinting demonstrations by Patricia allow ample time for observation and questions. Splints demonstrated will include both post-injury splints as well as tissue stretching splints.

Course Objectives/Learner Outcomes

- Identify the anatomy of the flexor and extensor tendons of the hand
- Identify the injury zones of the flexor and extensor tendons and how injuries at different levels affect treatment and prognosis.
- Describe the mechanisms of tendon healing and what factors can affect results.
- Describe various treatment protocols for different types and levels of injury for both flexor and extensor injuries.
- Explain appropriate evaluation procedures used to assess tendon gliding, tendon adhesion, and joint contracture.
- List the complications following flexor and extensor tendon injury and conservative and surgical treatment approaches to solve these.
- Describe the indications and functions of a variety of splints used for post-op protection, tissue stretching, and exercise.

Course Agenda Day 1
Course Hours 8:30 am – 5:00 pm
Includes 1 hour lunch and 2-15 minute breaks
* Flexor Tendon Anatomy
* Flexor Tendon Healing
* Treatment protocols
Washington Regime
Indiana Protocol
Duran Protocol
MAMTT
Zone 1- Evans Protocol
St. John’s Protocol
* Evaluation of tendons/joints
* Complications of flexor tendon injuries
* Case studies/problem solving lab
* Tenolysis/2 stage reconstruction Splint fabrication demonstration
Detailed Timed Agenda on Website for both days

Course Agenda – DAY 2
Course Hours 8:00am – 5:00 pm
Includes 1 hour lunch and 2-15 min breaks
* Extensor tendon anatomy
* Extensor tendon healing
* Treatment protocols
  *Mallet injury
  *Early mobilization Protocols
  *Zones III-VII and thumb
  *ICAM protocol
* Splint fabrication demonstration
* Evaluation of tendons and joints
* Complications of extensor tendon injuries
  *Case studies/Problem solving lab
  *Tenolysis and tendon graft
  *Splint fabrication demonstration
  *Wrap up/questions