

Introduction to Hand Therapy

DAY 1

Wednesday 6th November 2019

8.15 – 8.20	Registration	Anicia Baron/Ella Donnison
8.20am-8.30am (10mins)	Welcome and introduction	Anicia Baron/Ella Donnison
8.30am- 9.45am (1hrs 15mins)	Pure & functional anatomy of the bones and soft tissue of the hand and forearm	Di Langford (functional anatomy) Emma Bamford (pure anatomy)
9.45am-10.25am (40mins)	Introduction to Hand Therapy and assessment	Helen Reader
10.25-10.45am (20mins)	Tea/ Coffee	-----
10.45am-11.45am (60mins)	Peripheral Nerves	Ian Shelton
11.45am-12.30pm (45mins)	Pain (lecturer)	Ellen Bramall
12.30pm-1.15pm (45mins)	Lunch	----
1.15pm-1.50pm 1.50pm-2.30pm (4 x 40 mins – 38 mins teaching)	Range of movement (focus on practical aspects)	Sarah Rawson
	Muscle testing / dynamometry	Chloe Kirk
	Sensory loss	Helen Reader
	Palpation	Sarah Harlington
2.30pm-2.45pm	Tea/ Coffee	-----

(15mins)		
2.45pm-3.20pm	Practical assessment workshops continued	See above
3.20pm-4.00pm		
4.05pm-4.35pm (30mins)	Wound healing. SURGEON	Surgeon -Jill Arrowsmith
4.35pm-5.35pm (60mins)	Dupuytren's Disease (surgeon & therapist)	Jill Arrowsmith/Anicia Baron

DAY 2

Thursday 7th November 2019

8.00 – 8.20	Registration	Anicia Baron/Ella Donnison
8.20 – 8.30	Review	Anicia Baron/Ella Donnison
8.30 – 9.15 45mins	Fractures (finger, hand & wrist) - bone healing, summary of fractures, treatment & therapy	Anicia Baron / Ella Donnison
9.15-9.50 40mins	Common soft tissue injuries & conditions - treatment & therapy	Katie Horton
9.50 – 10.10	<i>Tea/ Coffee</i>	-----
10.10– 10.40	Flexor tendons – surgical management	SURGEON – Mr Russell
10.40-11.10	Flexor tendons – therapeutic management	Helen Bateman
11.10 – 11.40	Extensor tendons – surgical management	SURGEON – Mr Russell
11.40 – 12.10	Extensor tendons – therapeutic management	Chloe Kirk
12.10 – 1.55 45mins	<i>Lunch</i>	-----
13.00 – 15.15pm (4 x 45 mins – 43 mins teaching)	Oedema	Lucy Hamilton
	Pain	Gemma Johnson
	Exercises/ stiffness	Helen Bateman
	Scars	Carole Henderson/Laura Hewitson
15.15 – 15.30	<i>Tea / coffee</i>	-----
15.30 - 16.15	Treatment workshops continued	See above
16.20 – 16.50	Tendon case study	Chairperson (s)

DAY 3

Friday 8th November 2019

8.20	Registration	Anicia Baron/Ella Donnison
8.30 – 8.45	Review	Anicia Baron/Ella Donnison
8.45 – 9.15	Osteo-arthritis, pathology, aetiology and surgery	Helen McKenna
9.15 – 10.15	Therapy for OA	Victoria Jansen
10.15 – 10.55	Psychological aspects of hand injury	Vicky Owers
10.55 – 11.15	<i>Tea/ coffee</i>	-----
11.15 – 11.45	Fractures Case Study	Chairperson (s)
11.45 – 12.15	Case Study	Chairperson (s)
12.15 – 13.00	<i>Lunch</i>	-----
13.00 – 13.40	Introduction to splinting	Laura Goodman
13.40 – 15.10	Splinting workshop (1:10 ratio – 4 lecturers)	Anicia Baron/Ella Donnison/Laura Goodman/Emma Bamford
15.10	Close	Anicia Baron/Ella Donnison