

BAHT Level I: Introduction to Hand Therapy

PROGRAMME

Monday 13th May– Wednesday 15th May 2019

Day 1

08.30	Registration and Welcome	Juliette Bray / Nikki Burr
09.00	Basic Anatomy Revision	Juliette Bray
10.15	Tea / Coffee	
10.30	The role of the Hand Therapist, history taking and assessment	Nikki Burr
11.15	Tendon injuries and repair	Ms J Waterman
11.45	Therapy intervention for flexor tendon injuries	Nikki Burr
12.45	Lunch	
13.30	Extensor tendon injuries and rehabilitation	Nikki Burr
14.15	Workshops – Assessment <ul style="list-style-type: none">• Range of motion• Muscle power• Sensory testing• Hand function and dynamometry	Nikki Burr Meera Anadkat Lesley Warner Juliette Bray
15.45	Tea / Coffee	
16.00	Workshops – Assessment <ul style="list-style-type: none">• Range of motion• Muscle power• Sensory testing• Hand function and dynamometry	Nikki Burr Meera Anadkat Lesley Warner Juliette Bray
17.30	Close	

Total teaching time: 6hrs 45mins

Tuesday

Day 2

08.30	Review of previous day / Discussion on BAHT assessment process	
09.00	Nerve injuries and rehabilitation	Nikki Burr
10.00	Surgical and therapy management of Dupuytren's Disease	Juliette Bray
10.45	Tea / Coffee	
11.00	Complex regional pain syndrome	Nikki Burr
12.00	Crush injuries and fractures	Mr D Ahearne
12.30	Lunch	
13.15	Rehabilitation for crush injuries and fractures	Nikki Burr
14.00	Workshops – complications <ul style="list-style-type: none">• Oedema• Stiffness / role of exercises• Pain• Scar management	Charlotte Bennington Nikki Burr Juliette Bray Paul Harris
15.30	Tea / Coffee	
15.45	Workshops – complications <ul style="list-style-type: none">• Oedema• Stiffness / role of exercises• Pain• Scar management	Charlotte Bennington Nikki Burr Juliette Bray Paul Harris
17.15	Close	

Total teaching time: 7hrs 15mins

Wednesday

Day 3

08.30	Review of previous day	
09.00	RA, OA and potential elective surgery	Mr Norbert Kang
09.45	Rehabilitation for elective surgery of the RA and OA hand	Nikki Burr
10.30	Tea / Coffee	
10.45	Psychological implications of hand injuries and disease	Dr E Hanson
11.45	General rehabilitation and joint protection principles for OA patients	Juliette Bray
12.30	Lunch	
13.15	Case studies and clinical discussion	Elaine Gardner / Nick Hadjipavlou
14.00	Practical splinting workshop	Charlotte Bennington / Nick Hadjipavlou / Elaine Gardner
15.00	Tea / Coffee	
15.15	Examination	
16.25	Close	

Total teaching time: 4hrs 45mins