

“THE ELBOW, WRIST & FOREARM UNCOVERED” A ONE DAY WORKSHOP FOR THERAPISTS

AIM: To give physiotherapists an understanding of the functional (and regional) anatomy of the elbow, wrist & forearm. Also, to identify the common injuries, including those of a pathological/inflammatory cause, and the problems likely to be encountered in this tightly packed anatomical region. Emphasis on assessment & treatment principles will also be reviewed and revised.

PROGRAMME

9.00 - 9.15	Registration
9.15 - 9.30	Introduction to course
9.30 - 11.00	“The elbow, wrist & forearm” - anatomy revision <i>Revises the main anatomical structures in this area with specific reference to the clinical problems that can arise with disruption or trauma to them.</i>
11.00 - 11.30	COFFEE/TEA
11.30 - 1.00	Practical functional anatomy session (continued) <i>Classifies the muscles within this anatomical region & details their actions, functions & roles. Also, how this knowledge can be incorporated within clinical assessments and rehabilitation.</i>
1.00 - 1.45	LUNCH
1.45 - 3.30	Common injuries & assessments <i>Includes principles, philosophies & key points that should be addressed when assessing elbow complex & forearm problems. It also catalogues some of the common conditions frequently overlooked. Particular focus will also be placed upon the assessment, treatment & management of “Tennis Elbow”.</i>
3.30 - 3.45	COFFEE/TEA
3.45 - 4.45	Manual therapy & mobilisation techniques <i>Revision of and instruction in manual therapy techniques that are appropriate to the joints & soft tissues of this particular region. Also, the clinical indicators that determine their selection.</i>
4.45 - 5.00	Discussion, debrief & depart

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