

## Virtual Hand to Shoulder Fellowship Live Weekend



**Date:** August 6<sup>th</sup> & 7<sup>th</sup>

**Time:** 8:00am-4:00pm

**Location:** Cedar Crest College  
2901 Hamilton Blvd.  
Allentown, Pa 18104

**Presenter:** Mirella Deisher, OTD, MS, OTR/L, CHT

**Bio:** Mirella has been a CHT since 2003 practicing predominantly in Orthopaedic hand clinics. She transitioned to academia in 2020 and is currently the Doctoral Capstone Coordinator and Assistant Professor for an entry-level OT doctoral program.

**Target Audience:** Occupational Therapists, Physical Therapists, Certified Hand Therapists.

**Educational Level:** Intermediate

**Instructional Method:** Lecture and Lab

### **Learning Objectives:**

1. Utilize an occupation-based approach to evaluation that includes an occupational profile, an analysis of occupational performance, and the synthesis of data.
2. Demonstrate the synthesis of evaluation findings that consider performance skills with parameters appropriate to medial and post-operative management, client factors, performance patterns, context, and occupations as evidenced in case study.
3. Demonstrate the ability to effectively perform differential diagnosis techniques for the upper extremity as evidenced completion of post session quiz with a 70% or higher.
4. Demonstrate principles of proper orthotic fabrication as evidenced completion of post session quiz with a 70% or higher.
5. Demonstrate the fabrication of 8 orthoses during the 2-day session.
6. Successfully perform and describe when to use joint mobilizations for the upper extremity and hand to improve patient outcomes as evidenced completion of post session quiz with a 70% or higher.

## Agenda

### Day 1

**8:00-8:30 am**

Introduction

Principles of Orthotic Fabrication

**0:30-12:00 pm**

Orthotic Fabrication

- Dynamic wrist extension orthosis
- Fabricate MP dynamic extension orthosis
- Forearm ulnar gutter (i.e., SF MC base fracture)
  - Convert to HB radial gutter (Index MC neck fracture)

**12:00-1:00pm Lunch**

**1:00-4:00pm**

Orthotic Fabrication

- Ulnar based Muenster orthosis
  - Convert ulnar muenster to radial-based
- Posterior Elbow orthosis
  - Convert to Dynamic EF or
- SPS for Elbow Extension

### Day 2

**8:00--12:00pm**

Joint Mobilizations:

Shoulder to fingers

**12:00-1:00pm**

**Lunch**

**1:00-4:00pm**

Differential Diagnosis:

Hand to cervical spine

**Quiz and eval done remotely**

#### **ACCESSIBILITY ACCOMMODATIONS:**

- The session will be held at Cedar Crest College, 2901 Hamilton Blvd., Allentown, PA 18104. The building is wheelchair accessible, and ADA compliant.
- If you anticipate the need special accommodations to improve the accessibility, please email Mirella Deisher at [info@virtualhandfellowship.com](mailto:info@virtualhandfellowship.com)

**CANCELLATION POLICY:**

- The live program is \$550.00
- Notification of cancellation must be provided in writing. You may send an email to [info@virtualhandfellowship.com](mailto:info@virtualhandfellowship.com). Notice of cancellation is required 2 weeks prior for full reimbursement.
- Cancellation with 1 week or less notice will result in a 50% reimbursement.
- Cancellation by the provider will result in full refund.

**CONTACT HOURS:**

- Virtual Hand to Shoulder Fellowship is an approved provider for AOTA.
- PD Activity Application process is submitted for 14 contact hours.
- Course completion requires successful fabrication of 5 of 8 orthoses and completion of post session quiz, case study, and evaluation.



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**Approved Provider**

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