Virtual Hand to Shoulder Fellowship
Fieldwork Support Program
Syllabus

Location: Online
Presenter: Mirella Deisher, OTD, MS, OTR/L, CHT
Target Audience: Occupational and Physical therapy Students
Educational Level: Entry-level/Beginner
Instructional Method: Online instruction
Fee: $100.00/month

COURSE DESCRIPTION:
The content of this course is preparatory and supportive for level II fieldwork students in an outpatient or hand therapy placement. Students in an inpatient physical rehabilitation fieldwork can also enroll. The asynchronous curriculum begins with foundational knowledge that informs clinical decision making and includes tutorials on beginner level evaluative procedures, orthotic fabrication, and manual techniques.

The curriculum includes evaluation and intervention to common pathologies and disabilities seen in physical rehabilitation settings such as outpatient or hand therapy settings. The asynchronous curriculum is supplemented by a live weekly group session for questions and supplemental mentorship to support fieldwork success.

Weekly Group Mentorship
Meets Thurdays 8:00-9:00pm EST for the 12-week fieldwork rotation

PREREQUISITES: Occupational and physical therapy students

COURSE OBJECTIVES:

Upon successful completion of this program, the fellow will:

- Demsonstrate knowledge of the antomoy andf biomechanics of the upper limb and hand
- Demonstrate understanding of clinical exam of the upper limb and hand
- Demonstrate understanding of healing timelines for different tissues and how they inform rehab intervention.
- Demonstrate basic knowledge of evaluation and therapy intervention for common pathologies seen in hand therapy.

Weekly Lecture Schedule

Asynchronous curriculum should begin 4 weeks prior to fieldwork
Weekly mentorship available during fieldwork

1.1	**Basic Anatomy of Wrist and Hand**
1.2	**Clinical Assessment Hand & Wrist**
1.3	**Basic Anatomy of Elbow, PRUJ, Forearm & Clinical Exam**
1.4	**Shoulder Anatomy, Biomechanics & Clinical exam**

Ideally completed before the start of the fieldwork placement

1.5	**Soft Tissue Healing & Bone Healing**
1.6	**Compression Neuropathies of the Upper Limb & Hand**
1.7	**Thumb CMC OA**
1.8	**Elbow Tendinopathy**
1.9	**Wrist Hand Tendinopathies**
1.10	**Distal Radius Fractures**
1.11	**Hand Fractures**
1.12	**Therapy Considerations for Flexor & Extensor Tendon Injuries**
1.13	**Peripheral Nerve Injuries & Repairs**
1.14	**Tendon Transfers**
1.15	**Treating the Nuero Upper Limb**
1.16	**Treating the Pediatiric Upper Limb & Hand**

*** Video Library accessible throughout enrollment on evaluative techniques, manual techniques, therapeutic exercise, & orthotic fabrication*