

**Virtual Hand to Shoulder Fellowship
Intro to Hand Therapy
Syllabus**

Location: Online

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

Target Audience: Occupational and Physical therapy Students, OTAs, PTAs, PTs, and OTs

Educational Level: Entry-level/Beginner

Instructional Method: Online instruction

Fee: \$150.00/month for 4 months

Student Discount: \$100.00/month for 4 months

**Content access is available for 6 months*

COURSE DESCRIPTION:

The content of this course is preparatory and supportive for level II fieldwork students, COTAs and PTAs, and OT and PTs looking to broaden their skills for general physical disability settings. 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 clinical or fieldwork success.

Weekly Group Mentorship
Meets Thursdays 8:00-9:00pm EST

PREREQUISITES: Occupational and physical therapy students, PTAs, OTAs, PTs & OTs

COURSE OBJECTIVES:

Upon successful completion of this program, the student will:

- Demonstrate knowledge of the anatomy and 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 upper limb and hand therapy intervention for common pathologies.

Weekly Lecture Schedule

Foundational content

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| 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 |
| 1.5 | Soft Tissue Healing |
| 1.6 | Bone Healing |

Pathology-based content

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| 1.7 | Compression Neuropathies of the Elbow & Wrist |
| 1.8 | Wrist Hand Tendinopathies |
| 1.9 | Elbow Tendinopathy |
| 1.10 | Thumb CMC OA |
| 1.11 | Distal Radius Fractures |
| 1.12 | Hand Fractures |
| 1.13 | Therapy Considerations for Flexor & Extensor Tendon Injuries |
| 1.14 | Peripheral Nerve Injuries & Repairs |
| 1.15 | Treating the Neuro Upper Limb |
| 1.16 | Treating the Pediatric Upper Limb & Hand |

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