COURSE DESCRIPTION

Detailed video demonstrations of tests and procedures common in musculoskeletal assessment are supplemented by high-quality full-color clinical photographs and illustrations of each test and assessment for the Elbow, Forearm, Wrist & Hand.

LEARNING OBJECTIVES

Module 1 | Selected Movements- Elbow

At the end of this module the learner will be able to:

- Correctly instruct patients in performing active movements of the elbow including flexion, extension, pronation, and supination.
- Identify positive indications of flexion, extension, pronation, and supination of the elbow.
- Correctly perform and identify positive indications of passive movements of the elbow.
- Correctly perform and identify positive indications of resisted isometric movements of the elbow including elbow flexion, elbow extension, pronation, supination, wrist flexion, and wrist extension.

Module 2 | Special Tests for Ligamentous Instability

At the end of this module the learner will be able to:

- Define and describe ligamentous instability including suspected injury, epidemiology and demographics, relevant history, and relevant signs, symptoms and mechanism of injury for dislocation/subluxation and repetitive stress injuries.
- Correctly perform and identify positive indications of a ligamentous valgus instability test.
- Correctly perform and identify positive indications of a ligamentous varus instability test.
- Correctly perform and identify positive indications of a milking maneuver.
- Correctly perform and identify positive indications of a moving valgus stress test.
- Correctly perform and identify positive indications of a lateral pivot-shift test.
- Correctly perform and identify positive indications of a posterolateral rotary drawer test.
- Correctly perform and identify positive indications of a posterolateral rotary apprehension test.
Module 3 | Special Test for Epicondylitis/Special Tests for Neurological Symptoms

At the end of this module the learner will be able to:

- Define and describe epicondylitis including suspected injury, epidemiology and demographics, relevant history, mechanism of injury, and relevant signs and symptoms such as medial epicondylitis/epicondylosis and lateral epicondylitis/epicondylosis.
- Correctly perform and identify positive indications of both methods of a lateral epicondylitis (tennis elbow or Cozen’s) test.
- Define and describe cubital tunnel syndrome and pronator teres syndrome including epidemiology and demographics, relevant signs and symptoms, and mechanism of injury.
- Correctly perform and identify positive indications of an elbow flexion test.
- Correctly perform and identify positive indications of a pinch grip test.

Module 4 | Joint Play Movements- Elbow

At the end of this module the learner will be able to:

- Correctly perform and identify positive indications of radial deviation of the ulna and radius on the humerus.
- Correctly perform and identify positive indications of ulnar deviation on the ulna and radius on the humerus.
- Correctly perform and identify positive indications of an elbow distraction test.
- Correctly perform and identify positive indications of an anterior-posterior glide of the radius on the humerus.
- Correctly perform and identify positive indications of a posterior-anterior glide of the radius on the humerus.

Module 5 | Selected Movements- Forearm, Wrist, and Hand

At the end of this module the learner will be able to:

- Correctly instruct a patient in performing active movements of the hand including flexion, extension, ulnar deviation and radial deviation of the wrist, as well as flexion, extension, ulnar deviation, and radial deviation of the joints of the digits.
- Identify positive indications of active movements of the hand as well as clinical notes and cautions.
- Correctly perform and identify positive indications of fanning and folding of the hand.
Module 6 | Special Tests for Ligament, Capsule, and Joint Instability

At the end of this module the learner will be able to:

- Define and describe ligament, capsule, and joint instability including suspected injury, epidemiology and demographics, relevant history, relevant signs and symptoms, and mechanism of injury.
- Correctly perform and identify positive indications of a ligamentous instability test for the fingers.
- Correctly perform and identify positive indications of a thumb ulnar collateral ligament laxity or instability test.
- Correctly perform and identify positive indications of a lunotriquetral ballottement (Reagan’s) test.
- Correctly perform and identify positive indications of a lunotriquetral shear test.
- Correctly perform and identify positive indications of a Watson (scaphoid shift) test.
- Correctly perform and identify positive indications of a triangular fibrocartilage complex (IFCC) load test.

Module 7 | Special Test for Muscle or Tendon Pathology/ Special Tests for Neurological Symptoms/ Special Tests for Circulation and Swelling in the Wrist and Hand

At the end of this module the learner will be able to:

- Define and describe de Quervain's tenosynovitis including suspected injury, epidemiology and demographics, relevant history, relevant signs and symptoms, and mechanism of injury.
- Correctly perform and identify positive indications of a Finkelstein test.
- Define and describe carpal tunnel syndrome including suspected injury, epidemiology and demographics, relevant history, relevant signs and symptoms, and the five categories of nerve injury.
- Compare and contrast the reliability, specificity, and sensitivity of special tests for neurological symptoms.
- Correctly perform and identify positive indications of Tinel's sign (at the wrist).
- Correctly perform and identify positive indications of a Phalen's (wrist flexion) test.
- Correctly perform and identify positive indications of a reverse Phalen's (prayer) test.
- Define and describe inflammation and/or swelling in the wrist and hand including suspected injury, epidemiology and demographics, relevant history, relevant signs and symptoms, and mechanism of injury.
- Correctly perform and identify positive indications of an Allen test.
- Correctly perform and identify positive indications of a digit blood flow test.
Module 8 | Joint Play Movements- Forearm, Wrist, and Hand

At the end of this module the learner will be able to:

- Correctly perform and identify positive indications of a long axis extension of the wrist.
- Correctly perform and identify positive indications of an anterior-posterior glide of the wrist.
- Correctly perform and identify positive indications of a slide glide of the wrist.
- Correctly perform and identify positive indications of a shear test of the individual carpal bones.
- Correctly perform and identify positive indications of an anterior-posterior glide of the intermetacarpal joints.
- Correctly perform a long axis extension of the joints of the fingers.
- Correctly perform and identify positive indications of an anterior-posterior glide of the joints of the fingers.
- Correctly perform and identify positive indications of rotation of the joints of the fingers.
- Correctly perform and identify positive indications of a slide glide of the joints of the fingers.