

## Registration Options:

**Online:** [www.righthandtherapy.com](http://www.righthandtherapy.com)

**Phone:** 603-821-0544

### Mail Sign Up Form:

Name: \_\_\_\_\_

Credentials: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

### Course Registration:

Simply, the Wrist \$240

**Form of payment (circle one):**    check    credit card  
Please make checks payable to **“Right Hand Therapy”**

Credit Card #: \_\_\_\_\_

CVV: \_\_\_\_\_

Expiration  
Date: \_\_\_\_\_

Zip code: \_\_\_\_\_

Please charge my credit card: \$ \_\_\_\_\_

Signature: \_\_\_\_\_

### Please mail form and payment to:



Right Hand Therapy  
P.O. Box 1114  
Merrimack, NH 03054

## Additional Information:



### For additional course information please contact:

Lisa Owen, MS, OTR/L, CLT, CHT  
Owner of Right Hand Therapy, LLC  
Instructor

[lisa@righthandtherapy.com](mailto:lisa@righthandtherapy.com)

Phone: (603) 821-0544

Right Hand Therapy  
P.O. Box 1114  
Merrimack, NH 03054

[www.righthandtherapy.com](http://www.righthandtherapy.com)

## Cancellation Policy:

*Right Hand Therapy reserves the right to cancel a live workshop with fewer than 6 participants and will return all payments. Participants must also notify Right Hand Therapy regarding cancellation of registration no less than 21 days prior to the live course for a partial refund (less \$75.00 for administrative fees.)*

## MetroWest Medical Center

is hosting:



## Simply, the Wrist

### Simplifying the Wrist Complex

**Saturday, October 20, 2018**

**8:00am – 5:00pm**

### MetroWest Medical Center

#### Wellness Center

761 Worcester Road  
Framingham, MA 01701

Course includes a free carpal puzzle product and splint demo/lab!



## Simply, the Wrist Simplifying the Wrist Complex

October 20, 2018 | Framingham, MA

**Cost:** \$240 per participant

**CEUs:** 8

**Instructor:** Lisa Owen, OT, CLT, CHT

This course will provide the participant with exceptional hands-on learning about the carpal joints, pathology, evaluation, and emerging concepts in conservative wrist rehabilitation interventions. Understanding the wrist is complex – this presentation aims to simplify the learning process with the use of anatomical models and hands on practice opportunities. It is important for the therapist to fully understand this joint's complex biomechanics and sensorimotor system that impacts alignment and function. Once this foundation has been established, participants will learn how to perform a basic clinical evaluation, and then learn how to create and execute an appropriate plan of care utilizing various fun, functional, and evidenced-based treatment interventions. There will be a hands-on splint fabrication demo/lab and participants will also receive a FREE carpal puzzle model as part of this course!

### Topics Covered/Course Schedule:

8:00 – 8:10	Introduction
8:10 – 10:00	Review of SL, midcarpal, LT, TFCC and DRUJ anatomy, biomechanics and pathomechanics
10:00 – 11:15	Proprioception/Joint Position Sense (JPS) testing
11:15 – 12:00	Evaluation
12:00 – 1:00	Lunch
1:00 – 1:45	Special Tests for the Wrist
1:45 – 4:00	Treatment: Stability/proprioception training, taping techniques and splint demo/lab
4:00 – 4:45	Patient Case Studies
4:45 – 5:00	Questions and wrap-up



### Learning Objectives:

Upon completion of this course, participants will be able to:

- 1) Identify the major anatomical structures of the wrist and be able to recognize normal vs abnormal wrist biomechanics.
- 2) Explain the importance of proprioception and an intact sensorimotor system, and be able to demonstrate how to perform Joint Position Sense testing.
- 3) Differentiate between the various carpal instability patterns that impact functional use of the hand.
- 4) Demonstrate commonly used special tests for the wrist, and be able to interpret their findings to differentiate between potential carpal instability vs other pathologies.
- 5) Create individualized treatment plans for their patients utilizing functional and evidenced-based interventions specific to wrist rehabilitation.

### Instructor:

#### Lisa Owen, MS, OTR/L, CLT, CHT

Lisa earned her master of science in Occupational Therapy from Tufts University in 2009 and has been specializing in upper extremity management ever since. She earned her Certification in Lymphedema Therapy (CLT) in 2009 from Klose Training and Consulting, and has spent a significant amount of time treating patients recovering from breast cancer surgery and treatment. In addition to treating a primarily hand therapy population, Lisa has experience working in home care, acute care, and school-based settings. Lisa earned her Certification in Hand Therapy (CHT) in 2015 and currently practices at a hospital-based outpatient clinic in southern New Hampshire. Lisa has been a presenter at the annual NHOTA Conference and is an adjunct faculty member at the University of New Hampshire in the Occupational Therapy Department. In her spare time Lisa enjoys a regular yoga practice, and spending lots of quality time with her husband and two children.

### What people are saying about this course:

Did the course meet your expectations? *"Very much - well organized, great AV and course manual. Plenty of lab time. Enjoyed the smaller class size for discussion."*

-Anne S.

Excited about learning *"the anatomy and testing; treatment ideas"*

-Peggy C.

*"Exceeded my expectations...good reference materials for all facets of wrist, evaluation to treatment."*

-Rose W.

The 3D models were *"definitely helpful to visualize the size, shape and various facets of each carpal bone and how they articulate"*

-Anne S.