# Kickstart

## CONTENT GUIDE

# MODULES
## *Outlined*

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**01** ANATOMY & ASSESSMENT RECAP

Anatomy review then hand assessment basics

**02** WOUNDS, OEDEMA, SCAR

Overview of these three core areas of hand therapy management

**03** HAND FRACTURES

The most common hand fractures seen including PIP joint injuries

**04** EXTENSOR TENDON INJURIES

Covering zones 1 - 6 - fingers and hand extensor injuries

**05** COMMON HAND CONDITIONS

Those really commonly seen conditions seen in hand therapy practice

**06** ALL ABOUT THE THUMB

Thumb ligament injures and OA

# MODULE *Details*

### ANATOMY & ASSESSMENT
Anatomy introduction
Surface anatomy and under the surface
Honing in on learning tendon zones and compartments
Assessment
- Goniometry
- Strength
- Oedema
- Outcome measures
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### WOUNDS, OEDEMA & SCAR
Wounds
- Wound healing
- Wound assessment
- Wound management

Oedema
- The processes in swelling
- Management of oedema including practical skills

Scar
- The processes in scar
- Scar assessment
- Treating scar

### HAND FRACTURES
Metacarpal fractures
Proximal phalanx fractures
PIP joint injuries
Finger tip fractures and injury
Splinting options for each injury
- Hand based orthoses
- Finger orthoses

### EXTENSOR TENDON INJURY
Zone 1 - Mallet fingers
Zones 3,4 - On and around the PIP joint
Zones 5,6 - Considerations within zones
Splinting for each zone of injury
- Mallet fingers
- Finger and exercises orthoses
- Relative motion splinting
- Wrist splinting

### COMMON HAND CONDITIONS
Carpal tunnel syndrome
Trigger fingers
DeQuervains tendinopathy
Splinting for each condition
- Trigger finger splinting - different options
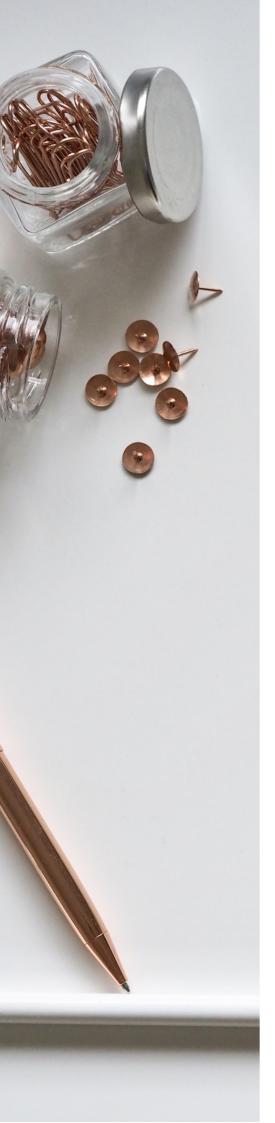- Wrist and thumb orthosis - two options

### ABOUT THUMBS
Thumb ligament injuries
- RCL injuries
- UCL injuries and Stenner lesions

Thumb CMC OA
Practical sessions including splinting
- Thumb MP joint splinting
- Thumb CMC joint splinting
- Other splinting designs
- Taping for the thumb

# *Resources*
## AVAILABLE

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