Wrist, Thumb and Finger Injuries: Diagnosis specific considerations and Practical Functional Treatment

When: 8-9 April 2024, Monday -Tuesday

Where: Uppsala, Sweden

Description, the course:

- is open to Physio, Hand, and Occupational Therapists
- will be taught in English by two OTs specialized in Hand Therapy; questions can be handled in Swedish.
- will review functional anatomy and facilitate relating anatomy to hand function.
- Participants will learn about using practical and everyday items in therapy to specifically target the patient's functional deficits in a fun and engaging manner while keeping diagnosis-specific functional anatomy in mind.
- Includes: hand-on sessions, group work and cases.

Learning Objectives:

Upon completion of the course, participants will

1) Be familiar with common wrist, finger, and thumb injuries and pathologies.
2) Be able to analyze a patient's deficits and connect this to the specific anatomical structure that is involved.
3) Create and devise fun and engaging tasks to address identified functional deficits.
4) Create materials that they will return to their clinic and be able to implement in practice.
5) Be able to adapt their patient education style to meet patient needs.

Instructors:

Sarah Ewald, Occupational Therapist BSc, MA Ed, Swiss & European Hand Therapist, Zürich Switzerland. Sarah began her career in 1985, and since then, she has worked in the USA and Switzerland. She was certified as a hand therapist in the USA in 1992, Switzerland in 2001, and Europe in 2020. She owns a hand therapy practice in Zürich and has been a lecturer at universities in Switzerland, Austria, and Sweden. She has been teaching continuing education courses in Hand Therapy since 2001. She has been involved in the Swiss Society for Hand Rehabilitation, EFSHT, and IFSHT, from 2013-2016 she was president of IFSHT. Sarah has presented at congresses and taught in 31 countries. She has published articles in hand therapy journals and authored chapters in reference books. In 2022 She received the IFSHT Lifetime Achievement Award for contributions to the field of hand therapy.

Maggi Persson, Occupational & Hand Therapist, Uppsala Sweden, Maggi started her career at the Malmo University Hospital Plastic surgery and Burns Unit, 1983 in Sweden. In 1985 she began to specialize in the treatment of hand injuries while working for the Hand Surgery clinic at Uppsala University Hospital. Since 1993, Maggi has combined part-time work at the Uppsala University Hospital with teaching therapy and splinting, and consulting at children's rehabilitation clinics as well as other hand surgery clinics.

Maggi was the president of the Swedish Hand Therapy society for 10 years. She was a member of the International Federation of Societies for Hand Therapy executive committee for 12 years and was the President of IFSHT from 2004-2007.

Maggi has spoken at congresses and given courses in more than 40 countries around the world ranging from Alaska to New Zealand, from Brazil to China.

Maggi was one of the first recipients of the IFSHT Lifetime Achievement Award 2019.

Registration Fee: 4 500:- SEK Includes course manual, coffee breaks, lunch, and materials

Registration to: info@artronova.se before 11th March 2024.
- Name
- Work address
- E-mail address
- Invoice address with ref no / ref name

Course Program*

*(*some adjustments may occur)*

Day 1		Day 2	
9:00	Introduction	9:00	Finger Injuries & Stiffness
9:20	Functional Anatomy & Bio Mechanics in relation to exercise regimes		
10:30	Break	10:30	Break
10:50	Patient education Learning and teaching styles	11: 00	Practical: Redirecting forces in the hand to improve joint function. • Relative Motion • Buddy splints • Demonstration of Aquatube finger splints
12:00	Lunch	12:00	Lunch
13:00	Wrist injuries	13:00	Thumb injuries and illness
14:30	Break	14:15	Break
14:50	Practical: Wrist	14:30	Gamification in Therapy
		14:50	Practical: improving stability and strengthening the wrist and hand
16:30	End of day one questions & Wrap up	16:00	End of Day 2