ASHT Hand Therapy Review Course
June 6-8, 2025, Western University of Health Sciences
Pomona, CA

Preliminary Program – Subject to Change

Friday, June 6, 2025
Foundational Science of the Upper Extremity: An Anatomy and Kinesiology Review

Session Description:
A working knowledge of the anatomy and kinesiology of the upper extremity provides a solid foundation for therapeutic evaluation and intervention. Using classroom-lecture style, this pre-course will review the anatomy and biomechanics of each joint and examine the brachial plexus and innervation patterns of the arm and hand.

Friday, June 6

Time	Topic	Faculty
7:30 – 8:00 am	Registration	
8:00 – 8:15 am	Introductions	
8:15 – 9:45 am	Brachial Plexus and Innervation of the Upper Extremity	TBD
9:45 – 10:45 am	Peripheral Nerve Injuries	TBD
10:45 – 11:00 am	Break	
11:00 am – 12:30 pm	Anatomy and Kinesiology of the Hand	TBD
12:30 – 1:30 pm	Lunch	
1:30 – 3:00 pm	Anatomy and Kinesiology of the Forearm and Wrist	TBD
3:00 -- 3:30 pm	Principles of Soft Tissue Healing	TBD
3:30 – 3:45 pm	Break	
3:45 – 5:00 pm	Anatomy and Kinesiology of the Elbow and Shoulder	TBD

Saturday, June 7, 2025 and Sunday, June 8, 2025
Comprehensive Survey of Hand Therapy Review Course

Session Description:
This course is designed to provide a comprehensive review of the evaluation and intervention processes pursued for typical diagnoses in upper extremity rehabilitation. Advanced clinicians will describe fundamental concepts, clinical reasoning, and evidence to provide a multi-faceted approach to the hand therapy process. Adjunctive methods for intervention will be analyzed as a means to facilitate outcomes, and expert panels will be offered throughout the weekend to allow a high level of attendee-faculty interaction via case discussion.

Saturday, June 7

Time	Topic	Faculty
7:30 – 8:00 am	Registration	
8:00 – 9:00 am	Elbow Diagnosis and Treatment	TBD
9:00 – 10:00 am	Shoulder Diagnosis and Treatment	TBD
10:00 – 10:15 am	Break	
10:15 – 11:15 am	Wrist Biomechanics and Instabilities	TBD
11:15 am – 12:15 pm	Ulnar Sided Wrist Pain and Salvage Procedures	TBD
12:15 – 1:15 pm	Lunch	
1:15 – 2:15 pm	Upper Extremity Fractures	TBD
2:15 – 2:30 pm	Break	
2:30 - 3:30 pm	The Use of Physical Agent Modalities in Hand Therapy	TBD
3:30 – 4:30 pm	Evaluation of the Upper Extremity	TBD
4:30 – 5:00 pm	Dupuytren's, Infections and other Common Conditions Treated by the Hand Therapist	TBD
5:00 – 5:30 pm	Questions and Answers	

Sunday, June 8

Time	Topic	Faculty
7:30 – 8:00 am	Registration	
8:00 – 10:00 am	Cadaver Dissection	TBD
10:00 – 10:15 am	Break	
10:15 – 11:15 am	Flexor Tendon Rehabilitation	TBD
11:15 am – 12:15 pm	Extensor Tendon Rehabilitation	TBD
12:15 -1:15 pm	Lunch	
1:15 – 2:15 pm	Tendon Transfer	TBD
2:15 -- 3:15 pm	Ligamentous Injuries of the Hand and Tendinopathies	TBD
3:15 – 3:30 pm	Break	
3:30 – 4:30 pm	Arthritis and Joint Reconstructive Procedures	TBD
4:30 -- 5:30 pm	Management of Traumatic Hand Injuries	TBD

Behavioral Objectives
At the end of this activity, participants will be able to:

- Create a personal learning plan to address at least three areas of personal weakness in their own practice of hand therapy.
- Explain the three key factors of the relationship between bony anatomy and joint stability for a patient with a “terrible triad” injury to the elbow.
- Explain at least one diagnosis and its biomechanical contributors that could lead to swan neck deformity of a finger.
- Discuss the potential risk of SLAC, given two case scenarios of specific non-healing scaphoid fractures.
- Explain the relationship of capsuloligamentous integrity of the glenohumeral joint to shoulder stability.
- Design a treatment plan for a patient with a mutilating trauma of the hand.
- Compare the effects of three modes of heat transmission on upper extremity tissue extensibility.
- Identify the effects of continuous ultrasound on tendon adherence in a patient with a flexor tendon repair.
- Design a desensitization program for a patient with hypersensitivity after digit tip amputation.
- Revise a protocol for a patient with a metacarpal fracture with a complication of a concurrent extensor tendon adhesion.
- Design an appropriate post-operative plan of care for a patient post thumb CMC arthroplasty.
- Interpret the results of three special tests for subacromial impingement.

Disclosure Statement
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Attendees will be made aware of any affiliation or relevant financial interest that may affect the development, management, presentation or evaluation of the CE activity and will be printed in the final program and projected in slide format before each presentation. Individuals who refuse to disclose relevant financial relationships will be disqualified from being a contributor, and cannot have control of, or responsibility for, the development, management, presentation or evaluation of the CE activity.

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ASHT is an approved provider of continuing education by the American Occupational Therapy Association (AOTA). The assignment of AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures by the AOTA. This continuing education activity offers a maximum of 23.5 contact hours, or 2.35 CEUs.

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