

TREATING THE PAINFUL HAND- NEW CONCEPTS AND FOUNDATIONS FOR TREATING WITHOUT PAIN

A 2-day class demonstrating multiple treatment concepts that address all 6 physiological layers of the body. This includes Skin, Fascia, Circulatory Lymphatic, Muscle Tendon and Ligament. Learn how to address all physiological systems, to improve patient outcomes.

This class will introduce a different approach that has been developed by Alison Taylor OTR/L, CHT, CKTP, CKTI, NDTc, to treating conditions in the hand and upper extremity by addressing the sensory nervous system and pain. Common and complex diagnoses will be addressed, and education will include a combination of treatment techniques including Kinesio Taping, Mobilization with Movement "MWM" Cupping, Focal Vibration, IASTM- Mini Tools and Dermo Neuro Modulation "DNM"

DAY 1 – WILL BE FOUNDATIONS AND DAY 2 WILL FOCUS ON PAIN ASSOCIATED WITH TENDONITIS CONDITIONS.

DAY 1. OUTLINE: FUNDAMENTAL CONCEPTS AND FOUNDATIONS

7.30-8.00 REGISTRATION

- 1. 8.00-9.30 INTRODUCTION AND PRESENTATION OF TREATMENT METHODS, CUTANEOUS NERVOUS SYSTEM AND PAIN**
- 2. 9.30- 10.45 TREATING COMMON CONDITIONS OF THE FINGERS**
 - a. FINGER FRACTURES
 - b. DISLOCATIONS
 - c. NERVE INJURIES
- 3. 10.45- 11.00 BREAK**
- 4. 11.00-12.00 TREATING COMMON CONDITIONS OF THE THUMB**
 - a. CMC OA/ ARTHROPLASTY DEQUERVAINS
 - b. COLLATERAL LIGAMENT INJURIES
- 5. 12.00-1.00 LUNCH**
- 6. 1.00- 2.00 TREATING COMMON CONDITIONS OF THE HAND**
 - a. METACARPAL FRACTURES
 - b. GANGIONS
 - c. CRUSH INJURIES
- 2. 2.00-2.45 TREATING COMMON CONDITIONS IN THE WRIST**
 - a. WRIST FRACTURES
 - b. TFCC REPAIRS/ ECU REPAIRS/SL REPAIRS
- 7. 2.45-3.00 BREAK**
- 8. 3.00-4.30 TREATING COMMON CONDITIONS IN THE ELBOW**
 - a. ELBOW FRACTURES
 - b. LATERAL EPIDONDYLITIS
 - c. BICEPS TENDON REPAIRS
- 9. 4.30-5.15 TREATING COMMON CONDITIONS IN THE SHOULDER**
 - a. HUMERAL FRACTURES
 - b. RTC REPAIRS
- 10. 5.15-5.30 QUESTIONS AND WRAP UP.**

DAY 2 OUTLINE: ADVANCED CONCEPTS TO ADDRESS PAIN AND TENDONITIS

- 1. 8.00-9.00 REVIEW OF DAY 1 CONCEPTS**
- 2. 9.00-9.45 TENDONITIS CONCEPTS AND TREATMENT- MUSCLE IMBALANCE AND JOINT ALIGNMENT**
- 3. 9.45-10.30 ADDRESSING CONDITIONS OF THE HAND**
 - a. TRIGGER FINGER- PRE AND POST SURGERY
 - b. ECU TENDONITIS
- 4. 10.30-10.45 BREAK**
- 5. 10.45- 12.00 ADDRESSING CONDITIONS OF THE THUMB**
 - a. DEQUERVAINS- ADVANCED TREATMENT CONCEPTS
 - b. SEVERE CMC JOINT PAIN
- 6. 12.00-1.00 LUNCH**
- 7. 1.00-2.00 ADDRESSING CONDITIONS OF THE WRIST AND FOREARM**
 - a. RADIAL TUNNEL
 - b. CUBITAL TUNNEL
 - c. CARPAL TUNNEL
- 8. 2.00-3.15 ADDRESSING CONDITIONS OF THE ELBOW**
 - a. LATERAL EPICONDYLITIS
 - b. MEDIAL EPICONDYLITIS
- 9. 3.15-3.30 BREAK**
- 10. 3.30- 4.15 ADDRESSING CONDITIONS OF THE SHOULDER**
 - a. BICIPITAL TENDONITIS
 - b. SHOULDER IMPINGMENT
- 11. 4.15- 4.45 ADDRESSING CONDITIONS IN MUSICIANS, GAMERS, IT WORKPLACE**
- 12. 4.45-5.00 TOOLS TECHNIQUES AND TRICKS NOT PREVIOUSLY COVERED**
- 13. 5.00-5.30 QUESTIONS AND WRAP UP**