

## FACULTY

**Angelina C. Chilcoat, OTR/L, CHT** is a certified hand therapist with vast clinical experience in hospital based rehabilitation settings. She earned her degree in occupational therapy from Towson State University and is a Certified Hand Therapist. She has provided care to pediatric and adult populations in inpatient and outpatient programs. She has supervised multidisciplinary teams delivering care to a variety of service lines including chronic pain, TBI/ABI, vestibular, pelvic floor, lymphedema, low vision and orthopedics. Currently, Angelina is a clinician in a comprehensive outpatient rehabilitation program serving individuals with complex medical conditions. She specializes in chronic pain and upper extremity conditions. Angelina is interested in the emerging science of functional medicine. She is an AIP certified Coach and incorporates nutrition and lifestyle redesign concepts into rehabilitation plans of care.

## EDUCATIONAL CREDIT

A certificate of attendance for **15 Contact Hours** will be awarded to each participant. All Therapy Network Seminars are pre-approved for CEUs in the state where the course is conducted when required for **PT, OT, AT and Assistants**.

Therapy Network, Inc. (BOC AP#: P2563) is approved by the Board of Certification, Inc. to provide continuing education to Certified Athletic Trainers. This program is eligible for a maximum of 15 Category A Category hours/CEUs. ATs should claim only those hours actually spent in the educational program.

**AOTA** Approved Provider of Continuing Education # 3073  
The assignment of AOTA CEUs does not imply endorsements of specific course content, products, or clinical procedures by AOTA



## 2023 LOCATIONS & DATES

<b>April 22/23</b>	<b>New Orleans, LA (Jefferson)</b> Ochsner Medical Center
<b>Aug. 19/20</b>	<b>Atlanta, GA (Decatur)</b> Emory Decatur Hospital
<b>Nov. 11/12</b>	<b>Raleigh, NC</b> WakeMed Health

A list of area hotels will be sent with confirmation. Please utilize hotel brand websites for guaranteed best rates for specified dates.

## AUDIENCE

This is an **intermediate level** workshop designed for OTs, PTs, ATs and Assistants.

## CANCELLATION POLICY

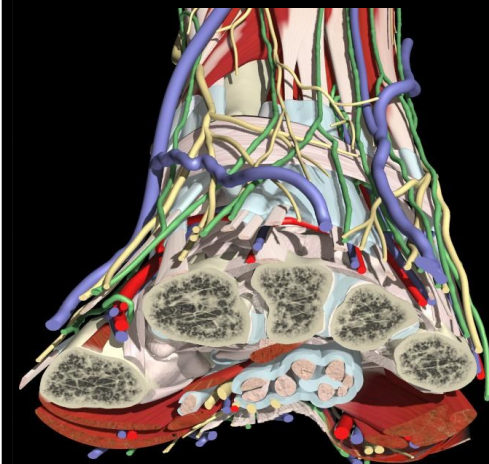
**POLICY:** Registration fee less a **\$75 administrative charge** is refundable if cancellation received 14 days prior to program date. No refunds will be given after that time. Therapy Network, Inc. reserves the right to cancel a seminar and will refund in full the registration fee only. TNS is NOT liable for registrants non-refundable airfare, accommodations or fees.

# MANAGEMENT OF NERVE & TENDON PAIN IN THE UPPER EXTREMITY

*AN EVIDENCED BASED APPROACH*

## FACULTY

**ANGELINA C. CHILCOAT**  
*OTR/L, CHT*



Therapy **NETWORK** SEMINARS

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

## OBJECTIVES

Identify the anatomical and biomechanical foundations of common tendon and nerve pathology of the upper extremity

Identify current evidence that applies to evaluation and treatment of pathologies presented

Select appropriate orthotic and immobilization strategies to support tissue healing and regeneration

Identify sound bio-psychosocially based treatment plans for management of tendon and nerve pain in the upper extremity.

Demonstrate soft tissue mobilization techniques to support remediation of presented pathologies.

Identify appropriate activity modification and lifestyle redesign to support tissue healing and regeneration.

## DESCRIPTION

This seminar is designed to advance clinical competence in working with the neurological and musculoskeletal issues associated with repetitive stress injuries through the application of current clinical evidence. A thorough review of tendon/nerve physiology, pathomechanics, and surgical techniques will create a foundation for proper intervention. This foundation will then be used to develop assessment and treatment approaches to pathology associated with repetitive stress injuries. Course content includes current conservative and surgical treatment options, ergonomic assessment/intervention, imaging, post-surgical guidelines, splinting options, joint and soft tissue mobilization, modalities and specific therapeutic exercise techniques. The student will participate in lecture and small group discussion before implementing assessment and treatment strategies in laboratory sessions.

## PARTICIPANTS COMMENTS

"This course completely changed my way of thinking about RSIs."

"What a terrific 2 days. The course certainly made me re-think some things and Paul's teaching style and humor was so refreshing"

"Excellent presentation style ...coming from a background of experience and knowledge"

"Kept the emphasis on the important items that you should remember in terms of pathology, evidence, interventions and guidelines rather than protocols."

## SCHEDULE

### Day One

8:00 Registration and Continental Breakfast

8:30 Muscle and tendon structure and physiology:  
What is normal?

9:00 Tendinopathy:

Definition & implication for therapy

9:30 BREAK

9:45 Classification system of soft tissue pain

Implication for assessment and treatment

10:00 Defined tendon disorders

-Shoulder: rotator cuff & bicipital tendinopathy

-Elbow: lateral and medial tendinopathy

-Hand and wrist: synovial tenosynovitis

12:00 LUNCH (on your own)

1:00 **LAB:** Tendon disorder Dx & intervention

2:00 Myofascial pain of the upper extremity:  
\*\*trigger point assessment

2:45 BREAK

3:00 **LAB:** Joint & Soft tissue Dx & treatment.

5:30 Q/A and Adjourn

### Day Two

8:00 Peripheral nerve anatomy and neurophysiology

9:15 Pathophysiology of compressive neuropathy

9:45 BREAK

10:00 Compressive neuropathies

-Cubital Tunnel Syndrome

-Carpal Tunnel Syndrome

-Pronator Syndrome

-Radial Tunnel Syndrome

11:00 Case study discussion

12:00 LUNCH (on your own)

1:00 **LAB:** Compressive neuropathy assessment and treatment

2:00 Pain: physiology and cultural implications

2:45 BREAK

3:00 The Thoracic Outlet: proximal pain syndromes

3:45 Non-Anatomic pain issues. Fictional disorders:  
Recognizing & managing the non-organic pain client.

4:00 **LAB:** Proximal assessment and pain control intervention.

5:00 Q/A & Adjourn

## REGISTRATION

### NTP Course

Please note the course location you are attending:  
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**Bring a Buddy Registration: \$445 p/p**

(No Deadline) Must be done simultaneously

**Early Registration: \$495**

Postmarked 30 days prior to date of course

**Late Registration: \$545**

Postmarked within 30 days of course date

### 4 WAYS TO ENROLL

Mail registration and payment to:

**MAIL**

**Therapy Network, Inc.**

**168 Twisted Trail**

**Waynesville, NC 28786**

**PHONE**

**1.828.452.0068**

**FAX**

**SECURE DIGITAL**

**928.222.0578**

(Credit Cards Only)

**ON LINE**

**www.TNSeminars.com**

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

OT PT OTA PTA AT

Home Add: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip \_\_\_\_\_

Cell Ph: \_\_\_\_\_

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

To Receive your Confirmation

Make check/money order payable to:

**Therapy Network, Inc.**

**Charge my credit card: VISA MC AMEX DISC**

CC # \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Expiration Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ CV2 \_\_\_\_\_

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

I agree to comply with the card holder agreement