

## FACULTY

**Erin K. Peterson, DHSc, OTR, CHT** is a clinician, educator and researcher and considered one of the leading experts in the treatment and prevention of upper extremity injuries in the country. Erin is an Assistant Professor of Practice in the School of Occupational Therapy at The University of Indianapolis where her primary teaching responsibilities are in kinesiology, biomechanics, and upper extremity rehab. She earned both a Masters of Occupational Therapy and a Doctorate in Health Sciences from the University of Indianapolis. In addition, she is a Certified Hand Therapist and maintains a clinical practice in upper extremity rehabilitation at Community Health Network in Indianapolis, IN. She is highly skilled in the design and optimization of rehabilitation documentation templates used in electronic medical record systems. Her clinical research pertains to improving client satisfaction in rehabilitation and post operative scar management.

## 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.

Therapy Network Seminars is an AOTA Approved Provider of professional development (**Provider #3073**). This live/hands-on seminar is offered at 15 contact hours/1.5 CEUs. Introductory level, OT Service Delivery. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA or indicate AOTA approval of a certification or other professional recognition.



## LOCATIONS & DATES

**April 18/19** **Oakland, CA**  
Alta Bates Hand Therapy

**Sept. 19/20** **Portland, OR**  
Providence St. Vincent Medical Center

**Nov. 14/15** **Raleigh, NC**  
WakeMed Health & Hospital

## AUDIENCE

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

**NOTE:** *Nothing in this course is to enable or permit the learner to apply techniques outside of the scope of practice in their individual state and discipline.*

## 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.

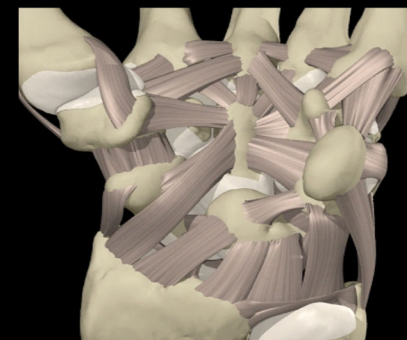
# THE HAND, WRIST & ELBOW COMPLEX

## EVALUATION & TREATMENT

### FACULTY

**ERIN K. PETERSON**

DHSc, OTR, CHT



Therapy **NETWORK** SEMINARS

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

## OBJECTIVES

Demonstrate a comprehensive and detailed understanding of the intricate anatomy of the hand, wrist, and elbow, including bones, muscles, tendons, ligaments, and nerves.

Identify and apply biomechanical principles related to hand, wrist, and elbow function to inform therapeutic interventions.

Demonstrate proficiency in clinical assessment techniques for identifying anatomical structures and related pathologies.

Identify various tendinopathies affecting the hand, wrist, and elbow and formulate evidence-based treatment options based on pathology, anatomy, and principles of wound healing.

Identify evidence to inform appropriate interventions related to post-operative care, such as edema and scar management.

Describe management of peripheral nerve injuries and refine intervention strategies for acute and chronic conditions.

Identify current surgical procedures and therapeutic treatments for arthritis affecting the hand, wrist, and elbow.

Identify emerging approaches for treating patients with chronic pain and complex regional pain syndrome affecting the upper extremity.

## DESCRIPTION

This two-day seminar will provide attendees with a deep dive into advanced concepts related to the hand, wrist, and elbow. Participants will explore intricate aspects of anatomy, biomechanics, and pathologies to enhance their evaluation and intervention techniques. The course will cover a range of complex conditions, including tendinopathies and repairs, fractures, peripheral nerve injuries, ligament injuries, arthroplasties, and chronic and complex regional pain syndrome. Attendees will engage in multiple hands-on labs to deepen their understanding of hand therapy concepts and to practice current evaluation and intervention strategies. Evidence-based interventions such as edema management, scar management, and kinesiology taping will be presented. By the end of the seminar, participants will gain a heightened understanding of hand, wrist, and elbow pathologies, advancing their proficiency in evaluation and intervention techniques to ensure optimal outcomes for their patients.

## SCHEDULE

### Day One

- 8:00 Registration and Continental Breakfast  
8:30 Applied anatomy and functional biomechanics of the hand  
10:15 BREAK  
10:30 **Lab 1** – Clinical palpation and exam of the hand  
11:00 Applied anatomy and functional biomechanics of the wrist  
12:00 LUNCH (ON YOUR OWN)  
1:00 Applied anatomy and functional biomechanics of the wrist (contd.)  
1:45 **Lab 2** – Clinical palpation and exam of the wrist  
2:15 Applied anatomy and functional biomechanics of the elbow and forearm  
3:15 BREAK  
3:30 Applied anatomy and functional biomechanics of the elbow and forearm (contd.)  
4:15 **Lab 3** – Clinical palpation and exam of the elbow and forearm  
4:45 Principles of normal/abnormal wound healing  
5:30 Q/A & Adjourn

### Day Two

- 8:00 Evaluation and treatment of tendinopathy in the hand, wrist, and elbow  
9:30 **Lab 4** – Practical evaluation and treatment for tendinopathy  
10:00 BREAK  
10:15 Evaluation and treatment of peripheral neuropathy in the hand, wrist, and elbow  
12:00 LUNCH (ON YOUR OWN)  
1:00 **Lab 5** – Practical evaluation and treatment for peripheral neuropathies  
1:30 Evaluation and treatment of fractures and ligament injuries in the hand, wrist, and elbow  
2:15 **Lab 6** – Practical evaluation and treatment for fracture and ligament injuries in the hand, wrist, and elbow  
3:00 BREAK  
3:15 Evaluation and treatment of rheumatic conditions and arthroplasties in the hand, wrist, and elbow  
4:15 Evaluation and treatment of chronic pain conditions including Complex Regional Pain Syndrome (CRPS) in the upper extremity  
5:00 Q/A, Post Course Eval, and Adjourn

## REGISTRATION

### Hand, Wrist & Elbow

Please note the course location you are attending:

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**Bring a Buddy Registration: \$495 p/p**  
(No Deadline) Must be done simultaneously

**Early Registration: \$545**

Postmarked 30 days prior to date of course

**Late Registration: \$595**

Postmarked within 30 days of course date

### 4 WAYS TO ENROLL

#### BY MAIL

Mail registration and payment to:  
**Therapy Network, Inc.**  
168 Twisted Tr  
Waynesville, NC 28786  
1.828.452.0068

#### BY PHONE

#### BY FAX

**SECURE DIGITAL**  
928.222.0578  
(Credit Cards Only)

#### ON-LINE

**www.TNSeminars.com**

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

OT PT OTA PTA AT CSCS

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