

Arthritis Update: Best Practice for the Hand

Jeanine Beasley, EdD, OTR, CHT

Course Objectives:

The purpose of this workshop is to present the current state of the art for therapeutic management of the arthritic hand. A review of the current literature will be presented related to specific treatment approaches including: joint protection principles, activities of daily living, orthoses (splinting), modalities, and postoperative care. Treatment that facilitates functional outcomes and pain control will be highlighted. The workshop will also include demonstrations of specific orthotic (splinting) techniques. Postoperative management will also be reviewed for the CMC joint, wrist, MP joint and the PIP joint and related to evidenced based practice.

Course Schedule:

Conservative Therapeutic Management: Osteoarthritis and Rheumatoid Arthritis

- Review of the Literature
- Splint Demonstrations

Postoperative Management: An evidenced based approach

- Carpometacarpal Joint
- Wrist Reconstruction and Arthroplasty
- Metacarpophalangeal Joint Implant Resection Arthroplasty
- Proximal Interphalangeal Joint Implant Resection Arthroplasty

This course will be taught in English.

To register please use the online registration form.

Course Participants Will:

- Be able to identify two specific splints (orthoses) for the arthritic hand that have been reported in the literature as effective treatment options.
- Be able to report which functional outcomes have improved as a result of instruction in joint protection principles based on specific research.
- Be able to recognize which physical agent modalities currently have the most support in the literature for effectiveness with the arthritic hand.
- Be able to compare and contrast the current protocols for silicone and pyrocarbon PIP and MP joint replacements.
- Be able to discuss the current AROM outcomes as reported in the literature for wrist PRC.
- Recognize the outcomes of trapeziectomy and/or ligament reconstruction with tendon interposition as reported in the literature.

Course Instructor:

Jeanine Beasley, EdD, OTR, CHT

is an associate professor at Grand Valley State University and also works at Mary Free Bed Rehabilitation Hospital in Grand Rapids, Michigan, USA. Jeanine has authored publications dealing with arthritis and splinting. She has published two chapters in the sixth edition of Rehabilitation of the Hand and a chapter in Orthopedic PT Clinics of North America. Additional publications include a chapter on, Arthritis in Fundamentals of Hand Therapy and a chapter on hand conditions in, Musculoskeletal Interventions. In 1998 she received the ASHT outstanding clinical paper award.

Course Fee: 250.00 CHF

Course fee includes materials and refreshments during coffee breaks.

Course duration: 1 day, Saturday, March 24, 2012

Course location: Winterthur, Switzerland



Programm 2012

Handtherapie Basiskurs

20. - 21. Januar 2012

Statischer Schienenbaukurs

17. - 18. Februar 2012

PIP Workshop

7. März 2012

Arthritis Update: Best Practice for the Hand

24. März 2012



Handtherapie Frakturenkurs

21. - 22. April 2012

Dynamischer Schienenbaukurs

11. - 12. Mai 2012



Handtherapie Sehnenkurs

15. - 16. September 2012

Handtherapie Nervenkurs

27. - 28. Oktober 2012

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