



# Assessment & Management of the Wrist Course

6&7 April 2018, Auckland, NZ

## A hands on guide to expert clinical assessment and diagnosis of wrist pain and treatment of common conditions.

Karen Fitt, President of the AHTA and Sophie Crapper present their Wrist Course, an innovative and highly interactive program.

The Wrist Course has been regularly presented in conjunction with the APA, AHTA in Australia and recently at the annual conference of the ASHT (American Society of Hand Therapists), to highly positive feedback.



This course is perfect for all physios, OTs and hand therapists who are required to assess and diagnose wrist pain and injury.

**Course date:**

Friday 6 April 2018, 8.30am – 4.30pm

Saturday 7 April 2018, 8.30am – 12 noon

**Venue:** Grand Mecure, Auckland  
8 Customs Street East, Auckland

**To register:** [trybooking.com/333398](http://trybooking.com/333398)

Registrations limited to 60 places

**Early bird pricing:**

A\$450 (on or before  
17 February 2018)

**Regular pricing:**

A\$550

The most practical course. Would like to see more hands on labs like this at the conference.

ASHT 2017 ASM  
conference participant

## Learning outcomes

During the course participants will be expected to:

- understand applied wrist anatomy and functional biomechanics of the wrist complex including the distal radioulnar joint and the triangular fibrocartilaginous complex;
- learn how to evaluate wrist xray for acute injuries as well as evaluate wrist alignment following fractures and identify basic carpal instability presentations;
- accurately palpate the bones, joints, ligaments, tendons and muscles around the wrist;
- perform a thorough clinical assessment of the wrist;
- learn to apply a fibreglass cast or joint mobilisation techniques for the wrist.



At the completion of the course, participants should be able to:

- relate the findings of their clinical examination to the specific anatomy and patient symptoms;
- have a thorough understanding of the special tests pursuant to the diagnosis of wrist pain: relevance, reliability and validity as well as positive and negative predictive values where that data is available;
- competently diagnose wrist pain and injury;
- apply up to date knowledge to their treatments for common conditions such as fractures, tendinopathy, ligament instability, carpal tunnel syndrome, osteoarthritis, work related musculoskeletal disorders and pain;
- devise and implement a graduated neuromuscular exercise program.

## Timetable

Friday 6 April	Topic	Presenter
8.30am – 10.30am	Wrist applied anatomy and biomechanics	Karen Fitt
10.30am – 10.45am	Morning tea	
10.45am – 12 noon	Wrist assessment: special tests	Karen Fitt
12 noon – 1.15pm	Wrist: examination and diagnosis	Sophie Crapper
1.15pm – 2.00pm	Lunch	
2.00pm – 3.00pm	Lecture: Wrist fractures	Sophie Crapper
3.00pm – 4.00pm	Practical: Fibreglass casting and Wrist mobilisations	Karen Fitt & Sophie Crapper
<b>Saturday 7 April</b>		
8.30am – 10.00am	Lecture: Wrist instability	Karen Fitt
10.00am – 10.30am	Practical: Exercise rehabilitation	Karen Fitt & Sophie Crapper
10.30am – 11.00am	Morning tea	
11.00am – 12 noon	Lecture: Common wrist conditions – sports, musicians, degenerative, tendinopathy, work related musculoskeletal disorders.	Sophie Crapper

After the class,  
I am motivated to  
complete such a  
comprehensive wrist  
exam with my patients.

ASHT 2017 ASM  
conference participant

Excellent review with  
practical applications,  
great lab sessions.

ASHT 2017 ASM  
conference participant

## Presenters

**Karen Fitt:** Physiotherapist and practitioner of hand therapy. Karen is the current President of the Australian Hand Therapy Association and Director at Melbourne Hand Rehab.

Karen has been a practicing hand therapist for over 25 years. She and her team have been presenting this wrist course for both the APA (Australian Physiotherapy Association) and the AHTA for several years.

**Sophie Crapper:** Physiotherapist. Senior hand therapist, Melbourne Hand Rehab.

**Melbourne Hand Rehab** (Est. 25y) is a multi-site hand therapy clinic employing 18 hand therapists with a strong reputation in staff education and training.

## Course inclusions

- Welcome tea and coffee. All morning and afternoon teas, plus lunch on day one.
- 140 page colour manual and pre-reading material.
- Access to course videos on vimeo for a two week period post course.
- Discount code on accommodation at the Grand Mercure.