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*Registrations received 10 days prior to seminar date. **Price per person when registering at the same time.		
Multiple Hands-On Labs Included!		



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Multiple Hands-On Lab Sessions!

Evidence-Based Treatment for Hand, Wrist, & Elbow Injuries

Hands-on therapy & assessment tools for sprains, strains, fractures, stiffness, nerve & tendon injuries, arthritis, & more!

Best Assessments & Treatments for Common Injuries

Every clinician, regardless of setting or patient population, will encounter hand and wrist pathology that presents an obstacle to their patients’ abilities to perform activities of daily living. In fact, each year, more than 1,000,000 U.S. workers receive treatment in emergency departments for acute hand injuries and the Bureau of Labor Statistics reports that 1/3 of all of injuries requiring missed work days involve the hands, fingers and/or wrists. A better understanding of common hand, wrist and elbow injuries, diseases and treatment techniques is essential for all rehabilitation and healthcare professionals in order to improve patient outcomes, shorten recovery times and ensure the return to independent, productive living.

In this hands-on course, attendees will learn and practice applicable treatment techniques that can be utilized in their practice right away. With an emphasis on practical assessments and treatments that do not require specialized expensive equipment, this course provides key knowledge that can be applied in various professional settings. Participants will learn joint and soft tissue mobilizations, basic splinting, therapeutic exercises and home exercise programs. In addition, the course includes algorithms for sprains, strains, fractures, stiff hands and wrists, nerve injuries, tendon injuries, Complex Regional Pain Syndrome (CRPS) and arthritis. Attendees will leave this seminar with evidence-based treatment techniques they can implement immediately to produce positive outcomes in their own patients.

Course Director

MARY C. BARNES, MOT, CHT, has nearly 30 years of experience as an occupational therapist and has been a certified hand therapist and member of the American Society of Hand Therapists (ASHT) for over a decade. She is also a member of the Tennessee Occupational Therapy Association (TOTA). Ms. Barnes currently works directly with hand and orthopedic surgeons in the Nashville, TN, area and has worked extensively in industrial rehabilitation, performing onsite consultations, functional capacity evaluations and work conditioning. She is the former Chair of the Tennessee Licensing Board of Occupational and Physical Therapy Examiners and is certified by the Arthritis Foundation as a self-help course leader.

Ms. Barnes has also been the recipient of multiple awards, including “Award of Excellence,” “Therapist of the Year” and the “Pioneer Award” from TOTA and was nominated for the Mary Catherine Strobel Volunteer of the Year Award. She served on the Board of Directors of the American Occupational Therapy Political Action Committee and as the Legislative Chair of TOTA, where she was instrumental in securing the passage of the licensure law for Occupational Therapists in Tennessee. She was also a coordinator and lab assistant for the Thermal and Electrical Stimulation Certification courses with Dr. David Levine. Ms. Barnes earned her Bachelor of Science degree in education at Tennessee Technological University and her Master of Occupational Therapy degree from Texas Women’s University. She incorporates the knowledge and skill gained from her many years of experience into this informative and highly applicable course.

“The information presented was extremely helpful to increase my knowledge for the patient population I see!”

Jacqueline G., OTR/L



Evidence-Based Treatment for Hand, Wrist, & Elbow Injuries

- Hands-on therapy & assessment tools for sprains, strains, fractures, stiffness, nerve & tendon injuries, arthritis, & more!
- ◆ Improve outcomes and shorten recovery time for the most common injuries you will encounter as a clinician
 - ◆ Discover key techniques for differential diagnosis, new approaches to pain management, finger-based splinting concepts, and hands-on lab
 - ◆ Perform a comprehensive clinical evaluation of the hand and wrist, including provocative tests, edema measurement and sensory testing
 - ◆ Accurately identify hand and wrist anatomy, arthrokinematics and pathology
 - ◆ Gain valuable clinical knowledge to benefit your patients right away

Multiple Hands-On Lab Sessions

SEMINAR SCHEDULE

Registration: 7:30 a.m. (coffee & tea provided)
Seminar Begins: 8:00 a.m.
Lunch Break: 1 hour (on your own)
Seminar Ends: 3:30 p.m.

Arriving late or leaving early?

Please see "Amended Certificate" information under
CONTINUING EDUCATION CREDIT section of this brochure.

REGISTER NOW!

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COURSE CONTENT

ANATOMY & ARTHROKINEMATICS

- ◆ Hand
- ◆ Wrist

Hands-On Lab: Palpate surface anatomy

CLINICAL ASSESSMENT OF THE HAND

- ◆ Range of motion (ROM)
- ◆ Edema
- ◆ Scar assessment
- ◆ Provocative tests
- ◆ Grip and pinch testing
- ◆ Manual muscle testing
- ◆ Sensation
- ◆ Pain assessment
- ◆ Dexterity

Hands-On Lab: Assessment tools

EVIDENCE-BASED INTERVENTIONS FOR COMMON CONDITIONS

- ◆ Joint and soft tissue mobilization
- ◆ Strains and tears
- ◆ Fractures
- ◆ Splinting principles
- ◆ Hand stiffness
- ◆ Cumulative trauma disorders
- ◆ Fingertip injuries

Hands-On-Lab: Joint mobilization, splinting, & other treatment techniques

Dates & Locations

PORTLAND - June 1, 2016

DoubleTree by Hilton Portland Maine
363 Maine Mall Rd, Portland, ME 04106
207-775-6161

PORTSMOUTH - June 2, 2016

Holiday Inn
300 Woodbury Ave, Portsmouth, NH 03801
603-431-8000

CAMBRIDGE - June 3, 2016

Sheraton Commander Hotel
16 Garden St, Cambridge, MA 02138
617-547-4800

PROVIDENCE - June 15, 2016

Marriott Providence
1 Orms St, Providence, RI 02904
401-272-2400

WORCESTER - June 16, 2016

The DCU Center
50 Foster St, Worcester, MA 01608
508-755-6800

HARTFORD - June 17, 2016

Hilton Garden Inn Hartford North
555 Corporate Dr, Windsor, CT 06095
860-688-6400

What You Will Learn

- ➔ Utilize improved evaluation techniques, differential diagnostic skills and provocative tests to improve patient care
- ➔ Describe how chronic pain can be cortically sustained and develop treatment strategies
- ➔ Describe effective treatment techniques and the elements of splinting for most common injuries
- ➔ Discuss the extensor mechanism and identify treatments and splints to avoid and correct deformities
- ➔ Explain new concepts for pain management
- ➔ Enhance clinical judgment by learning and implementing thorough, evidence-based treatment techniques

Who Should Attend

- ➔ Occupational Therapists
- ➔ Physical Therapists
- ➔ Occupational Therapy Assistants
- ➔ Physical Therapist Assistants
- ➔ Athletic Trainers
- ➔ Nurses
- ➔ Nurse Practitioners
- ➔ Physician's Assistants
- ➔ Medical Assistants
- ➔ Physicians

What You Should Bring

- ➔ Scissors
- ➔ Please wear loose clothing allowing access from the hand to elbow

"I appreciated the anatomy and differential diagnosis info and learned several things I will begin implementing right away. Thanks!"

Shawna P., OTR, Director of Occupational Therapy
Wichita, KS



"Very instructive! I will take the info I learned back to our practice so that all of our staff can benefit."

Kent H., MS, PA-C
Wichita, KS

Confirmations & Cancellations

Confirmations of registration are sent via email within three days of receipt in our office. Add customerservice@crosscountryeducation.com to your email address book to ensure delivery. **If you have not received a confirmation, you may call our office at 800-397-0180 or 615-331-4422 to verify registration.** Cancellations received at least five working days before the event are refundable less a \$20 administrative charge per registrant. There is no refund for cancellations received later; however, a credit will be issued toward a future event or product order. Please note that if you register and do not attend, you are still liable for full payment. Substitutions may be made at any time. A refund or voucher will be issued to any participant who is registered to attend a seminar that is cancelled by Cross Country Education. If payment is not received 10 days prior to the seminar, the certificate may not be present at the seminar. If your payment is returned marked NSF it will be re-presented electronically and a processing fee will be charged as allowed by law. Any buyer may cancel this transaction any time prior to midnight of the third business day after the date of this transaction.

Our Guarantee

If you are not satisfied after participating in one of our programs, please let us know in writing within seven days and we will issue a credit voucher for you or anyone in your facility to use toward another seminar, audio, video, or online product. Returned audio and video products/materials must be received in original condition before a voucher or replacement is issued. You may contact us at Cross Country Education, P.O. Box 200, Brentwood, TN, 37024.

Any opinions, findings, recommendations, or conclusions expressed by the author(s) or speaker(s) do not necessarily reflect the views of Cross Country Education. Cross Country Education reserves the right to substitute a qualified instructor due to unforeseen circumstances.

Continuing Education Credit

If you do not see your respective state listed, please review your rules/regulations as many states have reciprocal agreements with other state boards/associations.

Athletic Trainers: Cross Country Education is approved by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. BOC Approved Provider # P3097 6 CEUs will be awarded.



Medical Assistants: This program has been granted prior approval by the American Association of Medical Assistants (AAMA) for 6 Continuing Education Units. Granting Approval in no way constitutes endorsement by the AAMA of the program content or the program's sponsor.

Nurse Practitioners: Cross Country Education is accredited by the American Association of Nurse Practitioners as an approved provider of nurse practitioner continuing education. Provider number: 060313. This program was planned in accordance with AANP CE Standards and Policies and AANP Commercial Support Standards. This course is offered for 6.0 contact hours.



Nurses: Cross Country Education, LLC is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. This course is offered for 6 contact hours.



California: Cross Country Education is approved by the California Board of Registered Nursing, Provider #CEP 16668, for 7.2 contact hours. Full attendance is required to receive credit, variable credit for partial attendance may not be awarded.

Florida: Cross Country Education is an approved provider by the Florida Board of Nursing, provider #50-466. This course is offered for 6.0 contact hours
Iowa: Cross Country Education is an approved provider with the Iowa Board Of Nursing, approved provider #328. This course is offered for 7.2 contact hours.

Occupational Therapists, Occupational Therapy Assistants:

Cross Country Education is an AOTA Approved Provider of continuing education. This course is offered for .6 AOTA CEUs. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. AOTA Educational level Introductory, Category 2: Occupational Therapy Process.



Physical Therapists, Physical Therapist Assistants: This educational offering qualifies for 6 continuing education hours as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific filing requirements.

Physician Assistants: This program has been reviewed and is approved for a maximum of 6 hours of AAPA Category 1 CME credit by the Physician Assistant Review Panel. Physician assistants should claim only those hours actually spent participating in the CME activity. This program was planned in accordance with AAPA's CME Standards for Live Programs and for Commercial Support of Live Programs.



Other Professions: This educational offering qualifies for 6 continuing education hours as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific filing requirements.

All Professionals: In order to process continuing education, please bring the appropriate license/certification number to the seminar.

Certificates, Educational Offering Completion Requirements: Certificates will be awarded upon receipt of payment and successful completion of the educational offering and evaluation form.

Amended Certificates: Please note that the credit hours listed above are offered by Cross Country Education and/or boards/associations for a full day's attendance. In the event of late arrival and/or early departure, amended certificates indicating the actual number of credit hours earned will be provided upon calling Cross Country Education.

ADA: If you require ADA accommodations, please contact Cross Country Education at least two weeks before the seminar date or prior to purchasing any online or distance learning products so that arrangements can be made.