

HANDS

DEPARTMENT OF PHYSIOTHERAPY – ADULT SITES STUDENT CLINICAL PROGRAM REVIEW MATERIAL

PROGRAM/LOCATION: HAND CENTRE – MGH C2

To prepare for your placement, please review the following:

Conditions/Topics:

1. Upper Extremity Anatomy(shoulder, elbow, wrist, hand): bone, muscle, innervation
2. Common conditions: IE distal radial treatment, tendon lacerations, CRPS
3. Repetitive strains (Dequervain's , lateral epicondylitis, rotator cuff, CTS)
4. Hand fractures
5. Wrist fractures
6. Elbow fractures
7. Proximal humeral fractures

Medications: Be aware of their indications, as well as side effects and precautions in physiotherapy:

1. Coumadin, blood thinners, Neurontin, Lyrica
2. General contraindications for commonly used modalities (U.S., TENS, E-STIM, heat, ice)

Assessment/Treatment:

1. Goniometry, U/E, hand, elbow, shoulder
2. Strength testing
3. Sensory testing
4. General principles of treatment for swelling, decrease ROM, decrease strength, pain.