The Science that Frames the Art of Hand Therapy
Houston Airport Marriott at George Bush Intercontinental
18700 John F Kennedy Blvd. • Houston, TX 77032

FRIDAY - MAY 2, 2014

7:00 a.m.    Registration
8:00 a.m.    Opening Remarks

SESSION 1
FUNDAMENTALS OF HAND THERAPY–CURRENT CONCEPTS

8:15 a.m.    Manual Therapy — How does it work? — Evans
10:00 a.m.   Break
10:15 a.m.   Carpal Instabilities — Dr. Viegas
11:00 a.m.   Variability in the Anatomy of the Wrist and Dart Thrower’s Motion — Dr. Viegas
11:20 a.m.   Pain Science: What it is and isn’t. — McBee
12:00 p.m.   Lunch

SESSION 2: MANUAL THERAPY/EXERCISE TRACK

1:00 p.m.    Introduction to Instrument Assisted Soft Tissue Mobilization (IASTM) — Mueller
2:00 p.m.    LAB - Manual Therapy of the Upper Limb: Dosing and Application — Mueller
3:00 p.m.    Break
3:15 p.m.    Exercise: Dosing and Prescription — Mueller
4:00 p.m.    LAB - The Application of Exercise Prescription in the Upper Limb — Mueller

SESSION 2: WRIST & ELBOW TRACK

1:00 p.m.    LAB - Differential Diagnosis of Radial & Ulna Sided Wrist Pain
3:00 p.m.    Break
3:15 p.m.    LAB - Differential Diagnosis of medial and lateral sided elbow pain
5:00 p.m.    Close

SATURDAY - MAY 3, 2014

7:30 a.m.    Registration
8:00 a.m.    Hand Fractures: Concepts & Complications — Dr. Hunt
9:00 a.m.    Translating Pain Science to Patient Management — Sizer
10:30 a.m.   Break
10:45 a.m.   Evaluation of the Shoulder Complex — Integration of Current Concepts — Sizer
12:00 p.m.   Lunch
1:00 p.m.    Surface Anatomy Demonstration — Sizer
2:00 p.m.    Management of Shoulder Impingement — Sizer
3:00 p.m.    Management of Shoulder Instability — Sizer
4:00 p.m.    Closing Remarks
4:15 p.m.    Close

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MAY 2-3, 2014 • HOUSTON, TX

Target Audience: CHT, OT, COTA, PT, PTA, ATC
Level: Intermediate
14.25 Contact Hours
The Science that Frames the Art of Hand Therapy
May 2-3, 2014
Houston Airport Marriott at George Bush Intercontinental
18700 John F Kennedy Blvd. • Houston, TX 77032
Tuition: $395 • ASHT Member: $350
Select Medical is an approved provider with The American Occupational Therapy Association #4018 and with the National Athletic Board of Certification #P570. 14.25 Contact Hours have been applied for with the Texas Physical Therapy Association.

Course Description
Select Medical is proud to present the 6th Annual Upper Extremity Symposium, entitled ‘The Science that Frames the Art’. This program will focus on the integration of current research and state of the art science with clinical pearls and advanced technique presented by a faculty of internationally recognized experts. A combination of didactic sessions, interactive discussion, case study based presentations and hands on workshops will be used to offer the participant an outstanding learning opportunity. Developments in surgical techniques, pain science and evaluation and treatment strategies will be discussed as well as psychomotor training in topics including instrument assisted soft tissue mobilization, manual therapy and the appropriate dosing of exercise. This program is designed for OT, OTA, PT and PTA with intermediate to advanced experience in the management of upper extremity pathology.

Course Objectives
Upon completion of this program, the participant will be able to:

- Describe recent development in pain science and their application to the clinical environment, including strategies to identify and manage the client exhibiting peripheral and central sensitization.
- Describe the mechanisms via which manual and exercise based therapy produces therapeutic effect and define indications, precautions and contraindications in their utilization.
- Describe normal and pathological arthrokinematics of the carpals and their clinical ramifications.
- Devise management strategies for dysfunctions of the upper limb incorporating principles of pain management and current best evidence pertaining to manual and exercise therapy.
- Critique current practice patterns in light of recent developments in the literature.

Course Faculty

**Thomas R. Hunt, III, MD**
Baylor College of Medicine
Houston, TX

**Steven F. Viegas, M.D.**
Advanced Orthopaedics and Sports Medicine
Houston, TX

**Phillip S. Sizer Jr. PT, PhD, OCS, FAAOMPT**
Texas Tech University Health Sciences Center
Lubbock, TX

**Laura Conway OTR/L, CHT**
Select Physical Therapy
Tampa, FL

**Alan Evans, PT, DPT, OCS, MOMT, FAAOMPT**
Select Medical
Richmond, VA

**Paula Gaudio, OT, CHT**
Select Physical Therapy
Tampa, FL

**Emily Lucius, MHS, OT, CHT**
Select Physical Therapy
Tampa, FL

**Katie McBee, PT, DPT, OCS, MS**
Select Medical
Louisville, KY

**Andreas Mueller, PT, CFMT**
Select Physical Therapy
Austin, TX

**Christopher Schoell, OT, OTD, CHT**
NovaCare Rehabilitation
Burlington, NJ

**Michael Staino, OT, CHT**
NovaCare Rehabilitation
Manahawkin, NJ

Concurrent Tracks
Please circle your preferred track from the options listed below. We will make every effort to assign each individual their first choice of workshops, but space is limited and we will delegate on a first come first serve basis.

**Session 2:**
Manual Therapy/Exercise Track
Wrist & Elbow Track

Course Registration

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<th>Name</th>
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Method of Payment

- ☐ Check
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Make checks payable to: Select Medical
Email: SMC-OutpatientEducation@selectmedical.com
Phone: 804-290-0179 Fax: 717-635-3897
Mail: Select Medical Clinical Education Department, 1794 N. Parham Road Richmond, VA 23229

Cancellation Policy: Written notification of cancellation 10 days prior to course date – Refund request will be honored (less $50 processing fee). Cancellation notification within 10 days prior to the course will result in full forfeiture of tuition amount. Select Medical reserves the right to cancel this program. In the event of course cancellation, a full refund will be given.

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