This one day course is intended to provide fundamental concepts and information regarding the upper extremity orthotics. The course will involve both lecture and lab time. Topics covered will include upper extremity anatomy, splinting biomechanics, and general orthotic design. The course will present case studies and thermoplastic orthotic initiatives for individuals with elbow, wrist, and hand conditions. This course is intended for entry level to intermediate level of experience.

Upon completion of this conference, participants will be able to:
- Describe general anatomy and biomechanics of the upper extremity.
- Discuss orthotic principles and concepts for the upper extremity.
- Discuss advantages and disadvantages of different thermoplastic materials and their properties.
- Summarize specific diagnostic orthotic options with regards to elbow, wrist, and hand injuries.
- Restate orthotic principles for the pediatric and neurologically involved client.
- Explain Dynamic and Static orthotic initiatives and ideas.
- Develop knowledge of Low Load Static and Dynamic orthotic options with regards to joint contracture.
- Develop knowledge of prefabricated orthotics commercially available, for upper extremity conditions.
- Design and fabricate static thermoplastic orthotics for the elbow, wrist, and hand.
- Demonstrate orthotic principles for clients with musculoskeletal, orthopedic, and neurological conditions.

Physical Therapist and Physical Therapist Assistant: Request for .73 CCUs has been made through the Texas Board of Physical Therapy.

Occupational Therapists and Occupational Therapist Assistants will receive 7.3 contact hours, Type II category through TBOTE for attending the entire conference.

**PROGRAM DESCRIPTION**

**OBJECTIVES**

7:30 - 8:00 Registration
8:00 - 8:10 Introduction
8:10 - 9:30 Anatomy, Biomechanics, & Design Principals
    Jaime Ortiz OTR, CHT
9:30 - 9:45 Break
9:45 - 10:15 Forearm, Elbow and Wrist Orthotic Concepts
    Elissa Garcia, OTR
10:15 - 11:15 Lab Time: Forearm & Wrist Orthotics
11:15 - 11:45 Orthotic Concepts for the Thumb
    Damaris Lopez, OTR
11:45 - 12:30 Lunch (Provided)
12:30 - 1:30 Lab Time: Thumb Orthotics
1:30 - 2:00 Orthotic Concepts for the Hand
    Susan Edwards OTR, CHT
2:00 - 3:00 Lab Time: Hand Based Orthotics
3:00 - 3:15 Break
3:15 - 3:45 Neurological & Pediatric Orthotic Concepts
    Jaime Ortiz OTR, CHT
3:45 - 4:30 Open Lab
4:30 - 4:45 Evaluations

### CONTINUING EDUCATION

Physical Therapist and Physical Therapist Assistant: Request for .73 CCUs has been made through the Texas Board of Physical Therapy.

**REGISTRATION FORM**

This brochure may be duplicated for registration purposes.
The conference will be held in the Conference Center, A200 A&B, on the Scott & White Campus. Maps will be included in the confirmation letters.

SCOTT & WHITE FACULTY

Susan Edwards, PRT, CHT
Occupational Therapist

Elissa Garcia, OTR
Occupational Therapist

Damaris Lopez, OTR
Occupational Therapist

Jaime Ortiz, OTR, CHT
Lead Occupational Therapist
Hand Therapy Clinic

COORDINATOR

Melinda LaPrade, MSN, RN
Continuing Nursing Education Coordinator

Fundamentals of Upper Extremity Orthotics

July 27, 2012