

Advanced Hand Therapy

24-25 February 2020 Uppsala, Sweden

Monday 24/2

9.00	-	9.10	Introduction
9.10	-	10.10	Overview of important functional anatomy of the hand
10.10	-	10.30	Coffee/Tea
10.30	-	12.00	Analyse of movement patterns and the bio-mechanics of the hand and forearm Hands on examination and palpation
12.00	-	13.00	Lunch
13.00	-	14.20	General tips for splinting the hand; stiffness, pain, edema, hyper mobility, imbalance, etc.
14.20	-	14.40	Coffee/Tea
14.40	-	16.30	Spasticity and splinting options; CVI, Cerebral Palsy, MS etc. When, where and for how long? Theory and clinical practice. Contracture – prevention, counteract and treat – Theory and what can be done?

Tuesday 25/2

8.30	-	10.00	Focus the wrist after trauma; oedema, pain, stiffness, imbalance, weakness etc. Splinting and exercise regimes; How can we (re)create static/dynamic stability? Theory and clinical discussion Review of custom made orthoses and pre made orthoses including useful adaptations of these. Time to review different orthotic devices used and recommended after forearm fractures How do we handle manifest contractures? What can be done with orthoses?
10.00	-	10.20	Coffee/Tea
10.20	-	12.00	Fractures and ligament injuries of the hand; thumb and fingers. Theory and discussion – Dynamic versus static splint etc.
12.00	-	13.00	Lunch
13.00	-	14.40	Osteo and rheumatoid arthritis, hypermobility and other joint problems. An increasing group of patients. How can we help with splints, supports, exercises etc. Theory and clinical discussion
14.40	-	15.00	Coffee/ tea Summary and closing

Notes on the speaker:

Maggi is an experienced hand therapist who has taught hand therapy in many countries all over the world.

She is a past President of the International Federation of Societies of Hand Therapy (IFSHT) and past President of the Swedish Society of Hand Rehabilitation

Visit Maggi's website: www.artrionova.se

Contact information: www.Linkedin.com or margareta.persson@artrionova.se

Please see attached CV to learn more about Maggi Persson

References may be obtained from hand therapists in different countries who arranged the courses where Maggi has taught.