

The Elbow, Wrist and Forearm Uncovered

Date	Venue	Tutor
2009 dates TBA		Professor Graham Smith

The day aims to give participants an understanding of the functional (and regional) anatomy of the elbow, wrist and forearm. Also, it aims to identify the common injuries including those of a pathological / inflammatory cause and the problems likely to be encountered in this tightly packed anatomical region. Emphasis on assessment and treatment principles will be reviewed and revised. Revises the main anatomical structures in this area with specific reference to the clinical problems that can arise with disruption or trauma to them. The course is aimed at all musculoskeletal therapists and those involved with sporting individuals.

Time

09.00	REGISTRATION
09.15	Introduction to the course
09.30	The elbow, wrist and forearm: Anatomy revision
	<i>Revises the main anatomical structures in this area with specific reference to the clinical problems that can arise with disruption or trauma to them.</i>
11.00	BREAK
11.30	Practical functional anatomy session (continued)
	<i>Classifies the muscles within this anatomical region & details their actions, functions & roles. Also, how this knowledge can be incorporated within clinical assessments and rehabilitation.</i>
1.00	LUNCH
1.45	Common injuries and assessment of the elbow, wrist and forearm
	<i>Includes principles, philosophies & key points that should be addressed when assessing elbow complex & forearm problems. It also catalogues some of the common conditions frequently overlooked. Particular focus will also be placed upon the assessment, treatment & management of "Tennis Elbow".</i>
3.15	BREAK
3.30	Manual therapy & mobilisation techniques
	<i>Revision of and instruction in manual therapy techniques that are appropriate to the joints & soft tissues of this particular region. Also, the clinical indicators that determine their selection.</i>
4.30	Discussion and debrief
4.45	CLOSE

Details of all courses can be found on www.physiouk.co.uk or call / fax 020 8394 0400