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* Profession (circle): OT COTA PT
PTA

Amount Enclosed: _____

*\$320 if you have not attended a previous
course

*10% discount if you attended a previous
course-\$288

Please mail to:
3Kings Upper Extremity Specialists
56 Solana Rd.
Ponte Vedra Beach, FL 32082

To Pay by Credit Card, visit
www.3KingsUESpecialists.com There
will be an additional \$10 charge to pay
via credit card online

ABOUT THE INSTRUCTOR

Ann Porretto-Loehrke is a skilled clinician and dynamic instructor. She is the therapy manager of a large department at the Hand to Shoulder Center. Ann is a CHT and Certified Orthopedic Manual Therapist (COMT) for treatment of the upper quadrant through the International Academy of Orthopedic Medicine (IAOM). She has extensive training in the evaluation and treatment of the upper quadrant. Ann completed a post-professional Doctorate in PT from Drexel University with a specialty in Hand and upper quarter rehabilitation. She previously served as Vice-Chair of the Examination Committee for the Hand Therapy Certification Commission (HTCC). Ann also previously served as the Northeast District chair for the Wisconsin Physical Therapy Association from 2004-2008. She is a lead instructor who developed the Hand & Upper Extremity Track through IAOM, a set of 6 manual therapy courses designed specifically for hand and upper extremity specialists. Ann has presented at American Society of Hand Therapists annual conferees, Canadian Hand Conferences, Philadelphia Meeting, and Teton Hand Conference

DISCLAIMER

**Any opinions, finding,
recommendations or conclusions
expressed by the presenters do not
necessarily reflect the views of
3Kings Upper Extremity Specialists**

**3Kings Upper Extremity
Specialists, Inc.**

904-803-4480

3Kingsuespecialist@gmail.com



Presents

The Missing Piece: Using a Systematic Manual Therapy Approach to Address Limitations at the Wrist, Forearm and Issues at the Thumb CMC Joint

April 2, 2016

8-6pm

**Target Audience: OTs, COTAs, PT,
PTAs, CHTs**

**This course qualifies for 11
Contact Hours**

**Location: 5 Star Physical
Therapy
236 Ponte Vedra Park Dr. ,
#300
Ponte Vedra Beach, FL 32082**

**For more information, contact
904-803-4480
3KingsUESpecialist@gmail.com**

OBJECTIVES

-Verbalize an understanding of the anatomy and kinesiology of the thumb CMC, wrist, and FA as it relates to manual therapy

-Become familiar with specific joint mobilization techniques to test and treat limitations at the radiocarpal and midcarpal joints

-Demonstrate specific tests of the distal radio-ulnar joint to determine if joint mobilization is/is not indicated

-Become familiar with specific manual therapy techniques to address issues (hypermobility and hypomobility) at the CMC joint of the thumb.

CONTINUING EDUCATION CREDIT

Occupational Therapists and Occupational Therapy Assistants: 3Kings UE Specialists, Inc is an approved provider with the Florida Department of Health Board of Occupational Therapy Practice. CE Broker Provider #50-9345. This course qualifies for 11 contact hours.

Physical Therapists and Physical Therapy Assistants: This course needs to be submitted to the FL Board of PT for approval.. This course qualifies for 11 contact hours. PTs and PTAs will have to submit the course to the Florida Board of PT. 3KingsUESpecialists will provide the application for approval. The course may be submitted prior to it occurring for approval.

Certified Hand Therapists: This course has been posted on HTCC's website and qualifies under Category A of professional development units.

AGENDA

Saturday, April 2

8:00-9:00 Lecture: thumb CMC joint osteokinematics & arthrokinematics

9:00-9:45 Lab: surface anatomy of radial thumb chain

9:45-10:00 break

10:00-11:00 lab: testing and treatment for a capsular pattern at the thumb CMC

11:00-12:00 Lab: joint-specific testing and treatment of the radial column

12:00-1:00 lunch

1:00-2:00 Lecture: anatomy and kinesiology of the wrist

2:00-3:15 lab: understanding a capsular versus noncapsular pattern- wrist

3:15-3:30 break

3:30-4:30 lab: addressing a capsular pattern at the wrist: testing and treatment of radiocarpal joint (RCJ) & trapezoid-on-scaphoid

4:30-5 lecture: limited forearm rotation: DRUJ & PRUJ testing

5-5:30 lab:PRUJ testing & treatment to improve forearm supination & pronation

5:30-6 lecture: putting it all together: case studies!

questions/adjourn

**COURSE COST: \$320 if you have not attended a previous course
*288 if you have attended a previous course
(There is a \$10 fee to register online via credit card)**

***Includes the following:
11 contact hours
Course materials and snacks***

***PTs and PTAs: Please read continuing education credit section.**

***Due to the small size of this course, there are no group discounts**

***Those who attended a previous course, get 10% OFF**

CONFIRMATIONS AND CANCELLATIONS

Confirmation of registration will be sent via email or fax. If fax or email is not available, a letter of confirmation will be mailed. If you do not receive a confirmation within 5 days of the program, please contact 3kingsuespecialist@gmail.com or 904-803-4480. Cancellations received on or before February 2 will be refunded less a \$25 dollar administration fee per participant. Cancellations between February 2-March 1 will be refunded less a \$75 administration fee. Due to the small amount of participants for this course, cancellations on and after March 1 will not be refunded.

***3Kings Upper Extremity Specialists has the right to cancel the course if the minimum number of participants is not met. If this occurs, a full refund of registration will be given. No refunds for travel or lodging expenses will be given.**