

With
Erica
Malcolm

ASSESSMENT AND IDEAS FOR THE TREATMENT OF THE WRIST AND HAND IN ADULTS WITH NEUROLOGICAL DAMAGE OR DEFICIT

Duration: 1 day

CPD Hours: 7

Date: 17th Dec 2025

Format: Face to Face

Fee: £160



Erica Malcolm Consultant Physiotherapist Neurology

Overview:

This course will look at aspects of anatomy, alignment and functional movement of the wrist and hand and explore ways in which to influence movement to improve function and reduce negative neural plasticity. The course will use the clinical skills of observation, palpation and handling. The course is aimed at the qualified therapist working in adult neurology, although the principles may well be of interest to those working in other clinical areas relating to the wrist and hand. Course participants will be given the opportunity to apply their clinical reasoning and treatment skills to effect and change in 'the normal' individual as well as joining in a tutor led patient workshop.

Aims of the Course:

- To give the participant the opportunity to develop a logical structured assessment of the wrist and hand
- To enable the participant to understand the potentially strong influence of the wrist and hand on the ability to move the upper limb
- To develop a clinical reasoning process to help answer questions like... where do I begin?, how might I handle?, how does my patient deviate from 'ideal'?
- To build confidence in the participants ability to assess and treat the wrist and hand
- To encourage the participant to explore ways to involve the hand in all functional activities

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Learning Outcomes

By the end of this course the participant should be able to:

- Assess specific aspects of alignment and movement of the wrist and hand
- Develop a treatment strategy based on their assessment findings
- Implement a treatment based on a logical clinical reasoning process
- Spot movement inefficiencies and strategies used during function
- Use bespoke 'treatment markers' to evaluate their treatment intervention

(This course is primarily aimed at physiotherapists and occupational therapists working in the area of adult neurology)

SUGGESTED PRE -COURSE READING/REQUIREMENTS

- Review the anatomy of the wrist and hand
- Review the many movements available to the wrist/hand/fingers

Please note that this course is highly practical and strappy/vest tops are required

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