

**With  
Ian Gatt  
PhD**

# Sporting Hand & Wrist



**Duration: 1 Day**  
**CPD Hours: 8**  
**Format: Online**  
**Fee: £180**

## Overview:

The Hand-Wrist may not be the most prevalent areas across most sports, however, provide significant reason for limiting both performance and training availability in many athletes, and in the wider non-sporting population. In sports, there a variety of conditions which include; Sprain and Strains, Fractures and/or Dislocations, and Tendon Pathologies. Injuries can occur both traumatically or insidiously in the same location and same sport. Although the pathologies may differ, the common factor is our understanding of the underlying anatomy and biomechanics of the Hand-Wrist. Following the previously successful face-to-face course, this new online format allows clinicians to review diverse pre-course topics in the comfort of their home, and at a convenient time.

This ONLINE course aims at providing you with the appropriate knowledge and tools to assess and develop a tailormade management plan for any of your patients. The content is highly transferrable from the sporting to non-athletic population, so it is highly recommended for anyone wishing to enhance their patient approach. We provide a stepwise approach in upskilling in these areas. So, if you are interested in learning more about the Hand and Wrist region, look no further!

**Visit our Website  
to Book!**



Training made easy



## Who will Benefit?

To date the content delivered by the tutor has been delivered to physiotherapists, occupational therapists, sports therapists, osteopaths, chiropractors, doctors, and other allied professionals. The feedback has been excellent, with recommendations on any courses always considered towards enhancing the positive experience of attendees! The tutor delivers a wide range of courses; Sporting UpperLimb Masterclass, Sporting Hand and Wrist (ONLNE), Sporting Shoulder and Elbow (ONLINE).

This development opportunity aims at providing any professional attending an enhanced understanding of the entire Upper Limb! #fun #engaging #gamechanger

## Course Aims & Programme:

### **ONLINE PRECOURSE CONTENT = 4 CPD hours**

- Q&A Section (Test your knowledge prior to starting)
- Introduction to the course (Overview of the modules)
- Modules I-III (Enhancing your clinical Assessment)
- Selected reading list

### **Module 1: Functional Anatomy & Biomechanics**

Anatomy and joint kinematics are fundamentals which are learnt by most practitioners at an early stage in their careers. Yet the Hand-Wrist region does not appear to be appropriately covered by most institutions, or alternatively a very simplistic approach is undertaken. This introductory module will provide for an overview of relevant functional anatomy and biomechanics of the hand-wrist region, required to understand injury mechanics and rehab prescription. We will demonstrate key landmarks to enable an easy approach to assessment.

### **Learning objectives:**

1. What is the wrist and where does movement occur?
2. Appreciate how muscles are acting at the Hand-Wrist



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## Module 2: Typical Pathologies in Sports & Non-Sporting Populations

The incidence of Hand-Wrist injuries is not generally as high as other anatomical regions across most sports; however, severity can be high dependent on the mechanism of injury and sport. Reduced diagnostic skills can also lead to an increase in severity rates due to prolonged understanding of the pathology. This module describes the most common sport injuries occurring at the hand-wrist. A simple injury classification system will allow quick recognition ensuring ease of recognition for your patients.

### Learning objectives:

1. Identify the common sporting injuries occurring at the hand-wrist region
2. Understand the diverse mechanisms which could lead to injuries linked to specific anatomical regions

## Module 3: Objectivity & Special Tests

The difference between subjective and objective information is important when assessing and treating Hand-Wrist injuries. This can make a difference on both safe and timely return to sport. In this module we will review which objective measures, and associated tools, are most indicative for these areas. We will also consider special tests which, combined with a good knowledge of biomechanics, can assist in both diagnosis and prognosis.

### Learning objectives:

1. Identify which objective measures are most indicative for Hand-Wrist sporting injuries
2. Appreciate which special tests can add value to a clinical assessment.

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## ONLINE LIVE COURSE CONTENT – 4 CPD hours (9:00am - 1pm)

- Recap of Modules I-III (Time to involve you!)
- Modules IV + V (All about Management)
- Your personal case queries (Opportunity to discuss your very own difficult cases)

## Module 4. Hands-on; What is Worth Considering

In the literature, as well as social media, there is conflicting evidence and debate around the use of hands-on techniques. This module will therefore aim at generating appropriate discussion, with use of case studies of the role of therapeutic modalities towards the management of the Hand-Wrist region.

### Learning objectives:

1. Discuss a variety of useful hands-on techniques
2. Provide clinical- and research-based evidence to support any practice undertaken.

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## Module 5. Rehabilitation; Ideas for Management

Rehabilitation at the hand-wrist is generally considered the mainstay of any injury management program. This is generally supported by evidence not only at the wrist, but in other anatomical regions. Are we all confident in how best to maximize rehabilitation in this area? This module will therefore focus on exercise therapy through a variety of rehabilitation tools and concepts. Apart from demonstrating local exercises, we will ensure that appropriate engagement of the wider kinetic chain is considered.

### Learning objectives:

1. The equipment worth considering
2. Components of global exercise prescription
3. Variety when approaching these anatomical locations

