Outline

HOT TOPICS AND INNOVATIONS
- Give your patients the benefit of cutting edge research and treatment
  - Neuromuscular reeducation apps
  - Elastic taping
  - Proprioception deficit assessment and training
  - Evidence-based pain treatment
  - Eccentric exercises for tendinopathy

CONFIDENTLY IDENTIFY THE ROOT CAUSE OF IMPAIRMENT
- Today's best tests and assessments for:
  - Pain
  - Stiffness
  - Range of motion
  - Muscle testing
  - Sensation
  - Pinch
  - Skin condition
  - Deformities
  - Function

UPGRADE YOUR UPPER EXTREMITY REHAB TOOLBOX
- Innovative techniques to:
  - Decrease pain and edema
  - Improve range of motion
  - Reduce scar adherence and hypersensitivity
  - Build strength, dexterity, and stability
  - Improve proprioception and sensation
  - Enhance function

COMBINE MULTIPLE APPROACHES FOR BETTER OUTCOMES
- Synergistic strategies for effectively integrating:
  - Provocative testing
  - App-based neuromuscular re-education
  - Elastic taping
  - Home program instruction
  - Laterality training
  - Graded motor imagery
  - Mirror therapy
  - CMC stability exercises
  - Sensory re-education
  - Buddy taping
  - Eccentric exercises

DESIGN ADVANCED, INNOVATIVE PLANS OF CARE FOR YOUR PATIENTS
- Comprehensive solutions for common impairments:
  - Mallet finger
  - Trigger finger
  - Finger dislocation
  - Fractures
  - De Quervain's
  - Joint instability
  - Tunnel syndromes
  - Tennis elbow
  - Golfer's elbow
  - Complex regional pain syndrome
  - Tendinitis
  - Osteoarthritis

CASE STUDIES: PUT KNOWLEDGE TO PRACTICE
- Case study 1: Correctly identify the root cause of impairment
- Case study 2: Problem solve a complex upper extremity injury and develop an effective treatment plan
- Case study 3: Develop an advanced plan of care for a patient with severe tendinitis
- Case study 4: Overcome barriers to effective strategy implementation

DON'T LEAVE MONEY ON THE TABLE!
- Coding and billing updates for upper extremity diagnoses
- Justify therapy with the right progress measures
- Avoid denials and audits with these tips

Live Webinar Schedule
(Times listed in Central)

8:00 Program begins
12:30-1:00 Lunch Break
3:20 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

Objectives

- Evaluate the latest advances in upper extremity rehabilitation and their implications for your patients.
- Demonstrate a comprehensive assessment, identifying and differentiating root causes of pain and impairment.
- Integrate the most effective interventions available for restoring function and improving ROM, strength, dexterity, mobility, stability, proprioception and sensation.
- Combine multiple approaches for better outcomes, including provocative testing, neuromuscular reeducation, elastic taping, graded motor imagery, mirror therapy, eccentric exercises and more.
- Design effective, innovative plans of care for a wide range of upper extremity diagnoses.
- Apply the assessments and interventions discussed in this seminar to a series of interactive case scenarios.

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Led by
Kristin Valdes,
OTD, OT, CHT,
former President of the American Society of Hand Therapists

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Today's Best Treatments for the **Upper Extremity**

When you're working with upper extremity patients, sometimes progress can feel like an uphill battle.

Many patients have difficulty describing upper extremity symptoms, so localizing the problem can be a challenge. Scar tissue and edema often limit tissue gliding so much that it interferes with exercises and functional tasks. And when standard treatment protocols fall short of expectations, this can leave your patients frustrated, pained by activities that give them purpose, and resigned to surgical options.

But with the latest advances in upper extremity rehabilitation, helping your patients achieve their functional goals is easier than ever.

Sign up now for this hands-on training, and learn how to get to the root cause of impairment faster with a comprehensive assessment that combines the best evaluations currently available. Revolutionize your therapy toolbox with innovative interventions you can use immediately to accelerate progress. And design advanced plans of care for a variety of common upper extremity diagnoses, fluently combining techniques for optimal outcomes.

Join the former president of the American Society of Hand Therapists, Kristin Valdes, as she guides you through a proven framework for upper extremity rehabilitation that has helped countless patients regain lost function and rediscover life without the pain.

Please have kinesiology tape on hand during seminar.

Target Audience:

Physical Therapists • Physical Therapist Assistants • Occupational Therapists
Occupational Therapy Assistants • Athletic Trainers • Strength and Conditioning Specialists
Exercise Physiologists • Nurses • Nurse Practitioners • Physician Assistants • Physicians



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Meet Your Speaker

Kristin Valdes, OTD, OT, CHT, is an expert in upper extremity rehabilitation, with over 30 years of experience in private practice helping patients recover lost function and return to the activities they value. A past president of the American Society of Hand Therapists, her clinical expertise spans treatment of the hand, wrist, elbow, and shoulder, as well as arthritis management and orthosis fabrication.

Dr. Valdes travels nationally to present seminars on upper extremity rehabilitation and is known for her engaging, hands-on teaching style. She earned her Doctorate in occupational therapy with a specialization in hand rehabilitation from Rocky Mountain University of Health Care Professions in Provo, UT, and she works as capstone coordinator and associate professor at Gannon University in Ruskin, FL. In addition, she has published over 40 peer-reviewed studies, and she serves as an associate editor of the *Journal of Hand Therapy*.

Speaker Disclosure:

Financial: Kristin Valdes is the owner of Hand Works Therapy. She is an assistant professor at Gannon University Occupational therapy doctorate Program. Dr. Valdes receives a speaking honorarium from PESI, Inc.
Non-financial: Kristin Valdes has no relevant non-financial relationship to disclose.

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