



Evaluation and Management of Wrist Disorders

Annemieke J. Videler, PhD. & Neil Wells, MD

October 22 & 23, 2016
Vancouver

The wrist is a complex joint that is subject to strains, sprains, fractures, repetitive stress, disease and degenerative conditions. Damage to any part of the wrist can result in pain and disabling conditions. In chronic wrist patients an objective diagnosis that directly explains the pain often remains elusive. In the Netherlands, these patients have been successfully treated with an exercise program that is not primarily focused on the pain but on the functional re-education and strengthening of the musculoskeletal system.

Learning Objectives

Participants will have a deeper understanding of:

- wrist anatomy and kinematics
- wrist pathology and surgical approaches
- clinical examination of the wrist and the provocative wrist tests
- new (European) insights on rehabilitation of the wrist combined with various kinds of pathology
- rationale and structure of the exercise program for patients with chronic wrist pain

Presentation Method

Lectures, case studies, interactive discussions and hands-on practice

Faculty

Annemieke Videler is a Dutch-trained PT who began practicing in 1991. She attained a Masters in Physical Therapy in 2000 from the University of Leuven, Belgium and completed a doctoral program in 2009 at the U. of Amsterdam, The Netherlands. She began developing her specialty in hand therapy in 1993. Annemieke works at the Hand and Wrist Centre in Amsterdam and teaches at the Erasmus University in Rotterdam and the Dutch Paramedic Institute. She has presented at numerous conferences and courses in Europe. She is primary author on several journal articles; her most recent publication is *Exercise Therapy for Chronic Wrist Pain*. Dr. Videler is an active member of the Dutch Society for Hand Therapy, the European Federation of Societies for Hand Therapy and has been a reviewer for five journals. Annemieke is recognized as one of the top ten clinicians in the field of hand therapy in Europe.

Dr. Neil Wells (RCPSC) is a plastic surgeon with over 18 years' experience specializing in cosmetic, reconstructive, as well as hand and wrist surgery. He received his medical school training from the University of British Columbia. He completed a rotating internship at Dalhousie University in 1991 and his residency in Plastic Surgery at UBC in 1996. He went on to complete a Hand and Wrist Fellowship at the University of Washington and then returned to become a member of the Division of Plastic Surgery at UBC. Dr. Wells is currently on staff at Providence Health Care, Vancouver General Hospital and the Ambulatory Surgical Centre and provides consultation and surgical services in Whistler and Squamish. He is an associate professor at the University of British Columbia in Plastic Surgery and has had many committee and leadership roles over the years. In addition to his busy clinical practice, Dr. Wells is annually involved in volunteer surgical missions throughout the world.

Intended Audience

Occupational therapists and physical therapists interested or specialized in hand therapy

Location

Paetzold Health Education Centre, Pattison Pavilion, Vancouver General Hospital 955 W 12th Ave.
Vancouver

Schedule

8:30 registration and/or breakfast
9:00 morning program
12:45 / 1:00 lunch Saturday / Sunday.
1:30 / 1:45 afternoon program Saturday / Sunday
4:00 close/adjourn

Tuition

Before May 31: \$498.00+ GST = \$522.90

After May 31: \$550.00+ GST = \$577.50

Light breakfast, refreshments and lunch are provided. In addition to the course manual, the booklet *Exercise Therapy for Chronic Wrist Pain* (valued at \$22 Cdn.) is included.

Make cheques payable to Dianna Mah-Jones OT Consultant. Cheques may be post-dated to May 31 for the early bird rate or July 22 for the regular rate. NSF cheques are subject to a \$30 administration fee. E-Interac transfers can be arranged. No credit cards.

Payment must be received to guarantee your seat.

Maximum of 30 registrants. Deadline for registration is July 22, 2016.

Do not make travel arrangements until the course is confirmed.

Cancellation Policy

Withdrawals must be made in writing prior to July 22; an administration fee of \$40 is charged.

No refunds are given after July 22 but you may send an alternate of your choosing.

If the course is cancelled due to unforeseen circumstances, the registration fee will be refunded.

For More Information

Contact Dianna at dmjot@telus.net or (604) 263-8730 to leave a message.

Evaluation and Management of Chronic Wrist Pain October 22 & 23, 2016

Name _____

Organization _____ Prof. _____

Mailing Address _____

Tel. Work _____ Home _____

e-mail: _____ Dietary restrictions _____

Accommodation information required _____

Deadline for registration July 22, 2016

Before May 31: \$522.90. **After May 31:** \$577.50. Price includes GST. GST # 897046587RT0001
Make cheques payable to Dianna Mah-Jones OT Consultant; mail to 1243 W64th Ave. Vancouver V6P 2M7

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Agenda

Saturday

- 08.30 - 09.00 Registration with light breakfast
09.00 - 09.15 Opening/welcome
09.15 - 10.15 Neil: Wrist anatomy including the distal radio-ulnar joint (DRUJ)
10.15 - 10.30 Coffee break
10.30 - 11.15 Neil: Imaging techniques (X-rays, MRI, ultrasound, etc.)—the possibilities, how they work and how therapists can access these images
11.15 - 12.45 Annemieke: Wrist kinematics + **Part 1**: clinical examination of the wrist and provocative tests
12.45 - 13.30 Lunch (provided)
13.30 - 15.15 Neil: Various traumatic and degenerative wrist pathologies (including the DRUJ) and surgical options/techniques.
15.15 - 15.30 Coffee break
15.30 - 16.00 Neil + Annemieke: The interaction between surgeon and therapists. What do surgeons expect from therapists and how would that interaction work at its best?

Sunday

- 08.30 - 09.00 Light breakfast
09.00 - 09.15 Welcome and questions from the day before
09.15 - 10.45 Annemieke: **Part 2**: Clinical examination of the wrist and provocative tests
10.45 - 11.00 Coffee break
11.00 - 13.00 Annemieke: (European) Insights on rehabilitation of the wrist combined with various kinds of pathology
13.00 - 13.45 Lunch (provided)
13.45 - 15.45 Annemieke: Exercise program for chronic wrist pain- rationale, structure, results; group discussion of exercise examples
15.45 - 16.00 Adjourn