



# XVI. kongres České společnosti chirurgie ruky V. kongres České společnosti terapie ruky

Evidence Based Hand Therapy for Treatment of Flexor and Extensor Tendon Injuries

September 29-30, 2021, Hradec Kralove, Czech Republic

Presented by: Sarah G. Ewald, BSc OTR, MA Ed, Swiss CHT, ECHT



**About the instructor:** Sarah Ewald has been a practicing occupational therapist since 1985. She received her Bachelor of Science degree from the University of Oklahoma in the USA in 1985 and her master's degree in adult education from the University of Phoenix in the USA in 2006. She has lived and worked in both the United States and Switzerland. Since 1989 she has worked in the specialty practice area of hand therapy. She was certified as Hand Therapist in the USA in 1992, in Switzerland in 2003, and in Europe in 2020. She has been active in the Swiss Hand Therapy society, served as a member of European Federation for Societies of Hand Therapy education committee, and was the president of the International Federation of Societies of Hand Therapy (IFSHT) from 2013-2016 and serves on the IFSHT executive committee from 2004-2019. She has taught in 20 countries and has published three chapters in hand therapy reference books as well as several articles in hand and occupational therapy journals. She currently, works in her practice, City Handtherapie, in Zürich, Switzerland.

**Course content:** The therapist's post-operative treatment of surgically repaired flexor and extensor tendons is the focus of this two-day course. Tendon anatomy, physiology and the physiology of healing will be reviewed. Therapists will be introduced to evidence based post-operative protocols for tendon treatment and the clinical reasoning that guides a therapist's choice of protocols. In groups, therapists will be presented with examples of hand patients with tendon injuries and identify programs to treat them.

**At the end of the course participants:**

- Understand tendon anatomy and the role it plays in recovery
- Understand tendon physiology and tendon healing processes
- will be familiar with multiple protocols for the treatment of flexor and extensor tendon injuries
- be able to select a post-operative treatment program to fit the needs of their patient



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## Participants should:

- bring an anatomy atlas (if they have one), a pen or pencil. If they have tendon protocols, they should bring these along.
- On day 1, wear clothing that will leave the forearm free.

## PROVISIONAL PROGRAM

### DAY 1

11.00	Greeting and introductions
11.20	Flexor tendon anatomy and physiology
12.30	Lunch
13.30	Bio-mechanics of tendon gliding
14.00	Flexor tendon post-operative treatment options
15.00	Break
15.20	Flexor tendon post-operative treatment options
16.30	Video Demonstration: fabrication of a modified Kleinert splint & CAM splint
17.00	Flexor tendon rehabilitation, practical
17.15	Flexor tendon rehabilitation, practical hands-on instruction
18.30	Wrap / End of Day 1



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## DAY 2

08.30	Clinical reasoning exercise: post-operative treatment options to fit the patient. Group work, with case examples
09.00	Discussion
09.20	Extensor tendons: anatomy and physiology
10.30	Coffee break
10.50	Treatment options for extensor tendons
12.00	Lunch
13.00	Treatment options for extensor tendons
14.30	Break
14.45	Clinical reasoning exercise: Group work, with case examples
15.10	Tendon complications
15.50	Questions
16.00	End of course