

Learning Objectives

MedBridge

Case Studies of the Upper Quarter: Elbow and Wrist

Eric Robertson PT, DPT, OCS, FAAOMPT

Course Objectives

- Identify key issues related to the differential diagnosis, incidence, and prevalence and compare to medial epicondylagia and medial diagnoses.
- Identify proper examination procedures, including special tests for elbow diagnoses.
- Extrapolate examination and objective findings to correlate to diagnoses, diagnostic triad by Waugh 2005.
- Identify interventions based on the diagnosis to properly manage the elbow, including cervical, wrist HVLA, CPR for MWM by Vicenzino 2008, Neurodynamic assessment, and Central Sensitization.
- Differential diagnoses of radial wrist (DeQuervain's, scaphoid, skier's thumb, radial styloid process fx, superficial radial sensory nerve)
- Review applied anatomy of the wrist/hand.
- Identify key examination procedures related to the wrist and hand, including special tests and grip strength.
- Extrapolate findings from a physical examination/objective finding to select appropriate interventions.

Chapter 1: Elbow

- Identify key issues related to the differential diagnosis, incidence, and prevalence and compare to medial epicondylagia and medial diagnoses.
- Identify proper examination procedures, including special tests for elbow diagnoses.
- Extrapolate examination and objective findings to correlate to diagnoses, diagnostic triad by Waugh 2005.
- Identify interventions based on the diagnosis to properly manage the elbow, including cervical, wrist HVLA, CPR for MWM by Vicenzino 2008, Neurodynamic assessment, and Central Sensitization.

Chapter 2: Radial Wrist Pain

- Differential diagnoses of radial wrist (DeQuervain's, scaphoid, skier's thumb, radial styloid process fx, superficial radial sensory nerve)
- Review applied anatomy of the wrist/hand.
- Identify key examination procedures related to the wrist and hand, including special tests and grip strength.
- Extrapolate findings from a physical examination/objective finding to select appropriate interventions.