

# Registration Form

Please sign me up for:

## **Splinting for the Upper Extremity**

Date: \_\_\_\_\_

Location: \_\_\_\_\_

2 DAY COURSE  \$395  \$450 (postmarked less than 4 weeks prior to workshop)

TWILIGHT LAB  \$100  \$125 (postmarked less than 4 weeks prior to workshop)

**Please make checks payable to Rehab Education, LLC  
Mail to: POB 267, Tallman, NY 10982**

I read and understand the cancellation policy printed below

Name \_\_\_\_\_

—PRINT name and credentials as you want them on certificate of attendance

OT  PT  OTA  PTA  CHT  \_\_\_\_\_ license #

Profession and license number \_\_\_\_\_

Facility \_\_\_\_\_

Department / Title/ Speciality area \_\_\_\_\_

Work Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Work phone \_\_\_\_\_

Evening phone \_\_\_\_\_

Fax  Please fax confirmation  Please add me to your list for faxed updates

E-mail  Please e-mail confirmation  Please add me to your list for e-mail updates

Years of Clinical Experience  <1  1-5  5-10  10-15  15-20  20+

How did you learn about this workshop? \_\_\_\_\_

**Cancellation and refund policy:** Program subject to change. Participants are cautioned to apply new information and skills within the scope of state licensure law. Rehab Education, LLC reserves the right to cancel a workshop. In the event of cancellation, Rehab Education, LLC will issue a full refund of tuition, within two weeks of notice of cancellation. Rehab Education, LLC is not responsible for reimbursement for ANY travel related expenses, including non-refundable airline tickets, overnight accommodations or other arrangements. It is recommended that you wait for written confirmation prior to booking non-refundable travel or lodging. If you have not received confirmation 2 weeks prior to workshop, please contact Rehab Education, LLC to check on status of your registration. If you need to cancel your registration... please send written notice of cancellation postmarked no less than 14 days prior to workshop, and a full refund less \$75.00 administrative fee will be made. No refunds will be given for cancellations postmarked less than 14 days prior to workshop.

# 2007 workshops at a glance

## **Advanced Splinting for the Upper Extremity**

Spokane, WA • San Francisco, CA • more TBA

## **Biomechanics of the Hand: Analytical Approach to Hand Rehab**

Boston, MA • Los Angeles, CA • Chicago, IL • Tampa, FL

## **Cervical to Shoulder Connection: Screening and Treatment**

San Diego, CA • more TBA

## **Joint and Soft Tissue Mobilization from the Hand to Elbow**

San Francisco area, CA • Danbury, CT area • Portland, OR •  
St Louis, MO • White Plains, NY

## **Management of Common Hand Injuries**

White Plains, NY • more TBA

## **Management of UE Tendon Injuries and Fractures**

Englewood, NJ • Dallas, TX • more TBA

## **Modalities: Ultrasound and Electrical Stimulation**

Somerville, NJ • Portland, OR • Boston, MA • Englewood, NJ • Tampa, FL

## **Orthopaedic Therapy of the Shoulder**

Milwaukee, WI • more TBA

## **Pathomechanics, Evaluation and Treatment of the Wrist and Hand with Rheumatoid Arthritis**

Canton, OH

## **Pediatric Hand Therapy and Splinting**

Washington, DC • Cleveland, OH • TX—TBA • more TBA

## **Simplifying Management of the Wrist and Elbow**

Portland, OR • Madison, WI • Hartford, CT area

## **Smart Moves: Applying Ergonomic Principles in Rehabilitation**

Boston, MA • White Plains, NY

## **Splinting for Joint Stiffness, Tissue Remodeling and Correction of the Hand: A Biomechanical Approach**

San Francisco, CA • Saint Paul, MN

## **Splinting for Neuro and Acute Care**

Salt Lake City, UT • West Orange, NJ • Des Moines, IA • White Plains, NY

## **Splinting for the Upper Extremity: Mobilization & Immobilization**

Spokane, WA • Albany, NY • more TBA

## **Wrist and Carpal Kinematics**

Jacksonville, FL • more TBA

## **The Art and Science of Sensibility Testing—TBA**

## **Wound Care: Basics for UE Rehab**

Cleveland, OH • more TBA

Are you interested in bringing a workshop to your facility for staff development in 2007 or 2008? Do you want to host a workshop? Contact Rehab Education: 845-368-2458 or [hosting@RehabEd.com](mailto:hosting@RehabEd.com)



...the practical solution for your professional continuing ed requirements!

# Splinting for the Upper Extremity



## Mobilization and Immobilization Splints

**Basic to intermediate level skill-building workshop**

by Elizabeth Spencer-Steffa, OTR, CHT

**May 19-20, 2007**

Twilight refresher splinting lab May 18

**Spokane, WA**

Hosted by Spokane Hand and Occupational Therapy

**June 9-10, 2007**

Twilight refresher splinting lab June 8

**Albany, NY**

Hosted by St. Peter's Hospital

[www.RehabEd.com](http://www.RehabEd.com)

Rehab Education, LLC

POB 267 • Tallman, NY 10982

Phone/Fax: 845-368-2458 • Email: [infor@RehabEd.com](mailto:infor@RehabEd.com)

Accepted by NBCOT and HTCC

# Splinting for the Upper Extremity: Mobilization & Immobilization

## COURSE DESCRIPTION

Learn cost effective splinting solutions for a wide variety of upper extremity splints— from finger splints to elbow splints in this comprehensive two day skill-building workshop. Fabricate more than a dozen full-size static, static progressive and dynamic splints; skill development will be enhanced by extensive hands-on splinting labs using a variety of materials and outrigger hardware.

Workshop includes overview of anatomy & principles of static, dynamic and static progressive splinting.

## OBJECTIVES

Upon completion of workshop, therapist will be able to:

- comprehend the principles, selection and precautions for using splints for functional hand, wrist or elbow rehabilitation
- understand and apply static progressive force, direction and precautions
- understand dynamic force and precautions as applied to dynamic splints
- understand the principles, indications and contraindications for the splints fabricated
- identify warning signs
- understand related anatomy / topographical landmarks

## WHO SHOULD ATTEND?

Basic to intermediate level OT, OTA, PT or CHT who wants to increase clinical splinting skills and familiarity fabricating static, dynamic and static progressive splints. Participants are cautioned to apply new information and skills within the scope of state licensure law.

Twilight *splinting refresher workshop* is designed for the less experienced splintmaker who would like to brush up on splinting techniques and material handling skills before beginning this intensive weekend workshop.

## CONTACT HOURS

**16 contact hours** for 2 day splinting workshop;

**3 contact hours** for refresher workshop — in upper extremity and hand therapy education.

Certificate of attendance will be issued upon completion of workshop, and may be used for CEU verification of credits.

## PROGRAM

**Day 1** includes overview of anatomy, principles of static splinting, and overview of splinting materials and static progressive components. Each participant will have the opportunity to make the following **splints**: Elbow 90° flexion static splint • Static progressive elbow flexion/extension splint • Pronation/supination splint • DIP splints—osteoarthritis and mallet splints • Hand based and forearm based thumb spica splints • Hand based MP flexion static progressive splint • Dynamic elbow flexion splint following biceps tendon rupture

**Day 2** includes principles of dynamic splinting, review of joint replacement and extensor tendon timelines, review of distal radial ulnar joint wrist fractures and review of flexor tendon rehabilitation. Each participant will have the opportunity to make the following **splints**: Serial casting for the PIP joint • Forearm based MP single digit flexion splint • Forearm based MP multiple digit extension splint • Dynamic wrist extension splint • Hinged flexor tendon splint • Hand based single digit extension splint.

**Optional refresher workshop**—splinting lab only!

- Each course participant will have the opportunity to fabricate up to *seven* static splints: 3 variations of a hand based thumb spica splint; 3 variations of a wrist extension splint; Volar pan resting splint.

Program subject to change.

## DATES AND LOCATIONS

**May 19-20, 2007:** Spokane, WA

Hosted by Spokane Hand and Occupational Therapy

**June 9-10, 2007:** Albany, NY

St. Peter's Hospital

## TUITION

**2 day workshop:** \$395 (\$450 late registration, postmarked less than 4 weeks prior to workshop).

**Optional Twilight Lab:** \$100 (\$125 late registration)  
*The evening before the workshop (from 5:30-8:30pm)*

Includes comprehensive manual, continental breakfast and refreshments. Lunch is on your own.

## QUESTIONS

**Call: 845.368.2458 • e-mail: info@RehabEd.com**

For directions and more information, go to: [www.RehabEd.com](http://www.RehabEd.com)

## FACULTY:

**Elizabeth Spencer Steffa, OTR/L, CHT**



is an Occupational Therapist and Certified Hand Therapist in private practice; she is a clinical faculty member at the University of Washington. Betty has been in clinical practice since 1969. She has been a member of the American Society of Hand Therapists since 1979 and a Certified Hand Therapist since 1991.

Betty is nationally respected for her workshops on hand rehabilitation, physical modalities, and splinting. She is coauthor of the chapter "Diagnosis and Rehabilitation of Peripheral Nerve Injuries" in *Trauma Rehabilitation* by Lawrence R. Robinson--Lippincott and Wilkins, 2006.

## What people are saying about the instructor:

- "Betty is an outstanding, flexible educator. She takes the fear out of splinting. She has a wonderful gentle manner."
- "The instructor was very informative and creative."
- "The instructor was excellent. I like to see what the splint will look like, see it made, then make it. The process is very helpful."
- "Easy, encouraging style affords high learning potential. Small group size encourages one to one instruction and developing problem solving perspective for splinting."
- "Good information! Thanks for your patience!"
- "One of the best workshops I have ever attended."
- "Betty is a marvelous teacher."

Please bring along splinting scissors, a hole punch, small pliers, a tape measure, and a small goniometer—all labeled with your name.