

## **Upper Limb Orthoses (Splinting) Course**

*A practical course focusing on children with neurological impairment.*

### **COURSE DESCRIPTION**

This 2 day training course will focus on the theory and practical application of customised, rigid, wrist/thumb/finger orthoses (splints) for the management of the upper limb in children with neurological impairment. The course will assist clinicians in understanding who, how, why and when to apply an orthosis as an intervention. Participants will also learn how to objectively evaluate treatment outcomes. Detailed course notes, materials used to construct orthoses and reference material are provided.

### **COURSE OBJECTIVES**

Upon completion of this course, participants will be able to:

- Understand the latest concepts and terminology for distinguishing aspects of muscle overactivity in children with neurological impairment.
- Confidently assess upper limb impairment (i.e. range of movement, spasticity, muscle stiffness) using measures such as goniometry, the modified Tardieu Scale and the Modified Ashworth scale.
- Apply knowledge of upper limb anatomy to better understand the impact of muscle overactivity on progressive musculoskeletal deformity in children.
- Understand when to consider adjunct interventions such as serial casting and Botulinum toxin-A prior to introducing/adapting an orthosis.
- Interpret findings from an objective upper limb impairment assessment to develop an individualised orthoses program including: considerations for joint position and stretch; identifying the type and position of orthoses; materials to be used; contraindications; safety; and strategies to improve tolerance and compliance.
- Improve skills in the practical application of orthoses.
- Objectively evaluate outcomes following implementation of an orthoses program.

### **INSTRUCTORS**

Dr Brian Hoare (OT, CPteaching, Melbourne).

### **WHO SHOULD ATTEND**

Occupational therapists, Physiotherapists.