



Upper Limb Orthoses and Serial Casting Course

A practical course for children with neurological impairment.

Day 1

Time	Topic
8:45 to 9:30	Introduction - Concepts and definitions for muscle overactivity, stiffness and contracture.
9:30 to 10:30	Musculoskeletal upper limb assessment - modified Tardieu Scale and modified Ashworth Scale
10:15 to 10:45	Morning tea
10:45 to 11:45	Upper limb anatomy, positioning principles and clinical reasoning - Applied upper limb anatomy focussing on the wrist, fingers and thumb. - What muscles? What position? Why? - Complimentary interventions (Botulinum toxin-A)
11:45 to 12:30	Upper limb orthoses - What are rigid wrist/hand orthoses? - How do rigid wrist/hand orthoses work? Proposed mechanisms. - Why, who, when to prescribe and orthosis (patient selection)? - What is the evidence for children with cerebral palsy?
11:45 to 12:30	Lunch
12:30 to 1:55	Upper limb orthoses - clinical considerations, construction and tips - Positioning principles. - What orthosis type. Why? - Common errors and solutions. - Procedure for manufacturing rigid orthoses, materials, strapping, and padding. - Supination straps. - Education, aftercare and improving compliance and tolerance.
1:55 to 2:45	Demonstration – Orthoses for larger hands - Demonstration of constructing an Aquplast-T ball orthosis.
2:45 to 3:15	Afternoon tea
3:15 to 5:00	Demonstration and practice – Orthoses for smaller hands - Demonstration and practice constructing orthosis for smaller hand (Sansplint).

Day 2

Time	Topic
8:45 to 9:45	Introduction to upper limb serial casting - Theoretical principals and types of casting. - Why, who, when to cast (patient selection). - Indications, contraindications and precautions. - Assessing competency for upper limb casting. - What is the evidence for children with cerebral palsy?
9:45 to 10:30	Demonstration - Casting the wrist, fingers and thumb - Practical demonstration of applying a wrist, finger, thumb cast.
10:30 to 11:00	Morning tea
11:00 to 12:30	Demonstration and practice - Casting the elbow - Practical demonstration and practice applying an elbow cast.
12:30 to 1:30	Lunch
1:30 to 2:45	Case Study 1 - Assessment, group discussion and treatment planning.
2:45 to 3:15	Afternoon tea
3:15 to 4:30	Case Study 2 - Assessment, group discussion and treatment planning.
4:30 to 5:00	Course wrap up and conclusion