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**ORTHOPEDIC SPECIAL TESTS: UPPER EXTREMITY**  
(3 CE HOURS / .3 CEUs)

**PDH Academy Course #PT-1601**

**Course Abstract**

This course provides learners with state-of-the-art literature on orthopedic special tests for the upper extremity, with attention to the statistics that support and/or dispute the continued relevance of each. It begins with an overview of relevant statistical terminology; touches on medical screening, toolbox questionnaires, and clearing the cervical spine; and examines special tests and related statistics for the shoulder, elbow, and wrist.

*NOTE: Links provided within the course material are for informational purposes only. No endorsement of processes or products is intended or implied.*

**Approvals**

To view the states who approve and accept our courses, [CLICK HERE](#).

**Target Audience & Prerequisites**

PT, PTA, ATC – no prerequisites

**Learning Objectives**

By the end of this course, learners will:

- Correctly distinguish between the statistical concepts of *sensitivity* and *specificity* as used in 4 scenarios
- Correctly recall 7 elements of medical screening
- Correctly identify 1 toolbox questionnaire pertaining to the upper extremity
- Correctly recall 3 elements of clearing the cervical spine
- Correctly recognize special tests and related statistics for the shoulder, elbow, and wrist
- Correctly recognize the significance of statistics as they apply to 6 special test scenarios

**Timed Topic Outline**

- I. Statistics: Sensitivity and Specificity (15 minutes)
- II. Medical Screening, Toolbox Questionnaires, Cervical Spine and Deep Tendon Reflexes (30 minutes)
- III. Special Tests: Shoulder (60 minutes)
- IV. Special Tests: Elbow (15 minutes)
- V. Special Tests: Wrist (30 minutes)
- VI. Conclusion, Additional Resources, References, and Exam (30 minutes)

**Delivery Method**

Correspondence/internet self-study with a provider-graded multiple choice final exam. *To earn continuing education credit for this course, you must achieve a passing score of 80% on the final exam.*

**Cancellation**

In the unlikely event that a self-study course is temporarily unavailable, already-enrolled participants will be notified by email. A notification will also be posted on the relevant pages of our website.

Customers who cancel orders within five business days of the order date receive a full refund. Cancellations can be made by phone at (888)564-9098 or email at support@pdhacademy.com.

**Accessibility and/or Special Needs Concerns?**

Contact customer service by phone at (888)564-9098 or email at support@pdhacademy.com.

**Course Author Bio and Disclosure**

Dawn T. Gulick, PT, PhD, ATC, CSCS, is a Professor of Physical Therapy at Widener University in Chester, Pennsylvania. She has been teaching for over 20 years. Her areas of expertise are orthopedics, sports medicine, modalities, and medical screening. As a clinician, she has owned a private orthopedic/sports medicine practice. She also provides athletic training services from the middle school to elite Olympic/Paralympic level. As a member of the Olympic Sports Medicine Society, Dr. Gulick has provided medical coverage at numerous national and international events. As a scholar, Dr. Gulick is the author of 4 books (*Ortho Notes, Screening Notes, Sport Notes, Mobilization Notes*), 4 book chapters, and over 50 peer-reviewed publications, and has made over 100 professional and civic presentations. She is the developer of a mobile app called iOrtho+ (Apple, Android, & PC versions), and the owner of a provisional patent.

Dr. Gulick earned a Bachelor of Science in Athletic Training from Lock Haven University (Lock Haven, PA), a Master of Physical Therapy from Emory University (Atlanta, GA), and a Doctorate of Philosophy in Exercise Physiology from Temple University (Philadelphia, PA). She is an AMBUCS scholar and a member of Phi Kappa Phi Honor Society. As a licensed physical therapist, she has direct access authorization. She also is a certified strength and conditioning specialist.

**DISCLOSURES:** Financial – Dawn T. Gulick sells iOrtho+, a mobile app, through Therapeutic Articulations LLC; receives royalties as an author with F. A. Davis Publishing; and received a stipend as the author of this course. Nonfinancial – No relevant nonfinancial relationship exists.