

Osteoarthritis in the Hands: An Introduction to Rehabilitative Evaluation and Treatment

2.5 CE HOURS / .25 CEUs

PDH Academy Course #OT-1703

Course Abstract

This course focuses on new research surrounding the epidemiology of osteoarthritis (OA), relating it to treatment rationale in patients diagnosed with OA of the hand. It discusses applicable definitions and terminology; the normal joint anatomy and functional position of the CMC joint of the thumb, the PIP joints, and the DIP joints; the etiology and pathology of OA; the medical diagnosis and treatment of OA; and the role of therapy as it pertains to OA.

Target audience: Occupational Therapists, Occupational Therapy Assistants, Physical Therapists, Physical Therapy Assistants (no prerequisites).

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



This course is offered for 0.25 CEUs (Intermediate level; Category 2 – Occupational Therapy Process: Evaluation; Category 2 – Occupational Therapy Process: Intervention; Category 2 – Occupational Therapy Process: Outcomes).

The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

Learning Objectives

At the end of this course, learners will be able to:

- Recognize definitions and terminology pertaining to osteoarthritis (OA) of the hand
- Recognize the normal joint anatomy and functional position of the hand
- Recall the etiology and pathology of OA
- Identify elements of medical diagnosis and treatment of OA
- Identify roles of therapy as it pertains to OA

Timed Topic Outline

- I. Introduction, Definitions and Terminology (5 minutes)
- II. Normal Joint Anatomy and Functional Position of the Hand (5 minutes)
- III. Etiology and Pathology (5 minutes)
- IV. Medical Diagnosis and Treatment (30 minutes)
- V. The Role of Occupational Therapy (90 minutes)

History, Differential Diagnosis, Evaluation and Provocative Testing, Treatment, Post-operative Treatment

VI. Conclusion, Additional Resources, References, and Exam (15 minutes)

Delivery & Instructional Method

Distance Learning – Independent. Correspondence/internet text-based self-study, including 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.

Registration & Cancellation

Visit www.pdhterapy.com to register for online courses and/or request correspondence courses.

As PDH Academy offers self-study courses only, provider cancellations due to inclement weather, instructor no-shows, and/or insufficient enrollment are not concerns. 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 & Disclosure

Amy L. Paulson OTR, CHT is a certified hand therapist with over 19 years of experience in outpatient upper extremity care. She has been a licensed occupational therapist for 20 years, has experience in home health, skilled nursing, and acute care, and is a member of the American Society of Hand Therapists.

Amy has led multiple community-based classes on arthritis care, energy conservation and work simplification, and she taught as an adjunct professor at Palm Beach Community College in the OTA program. She designs and instructs hands-on continuing education courses in splinting and upper extremity treatment, and enjoys providing clinical instruction to students interested in specializing in hand therapy. She is also involved in coordinating and overseeing therapy programs in Gulu, Uganda by volunteering with the Medical Missions Foundation of Overland Park, KS.

Amy currently owns and operates her private practice in outpatient hands, where she provides patient care, clinical instruction to Level II students, community education, marketing, and insurance billing.

DISCLOSURES: Financial – Amy Paulson received a stipend as the author of this course. Nonfinancial – No relevant nonfinancial relationship exists.