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Distal Radius Fractures: Rehabilitative Evaluation and Treatment
(5 CE HOURS / .5 CEUs)

PDH Academy Course #PT-1903

Course Abstract

This course addresses the rehabilitation of patients with distal radius fractures. It begins with a review of relevant terminology and anatomy, next speaks to medical intervention, and then examines the role of therapy as it pertains to evaluation, rehabilitation, and handling complications. It concludes with case studies.

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, visit <https://pdhtherapy.com/physical-therapy/>.

Target Audience & Prerequisites

PT, PTA, OT, OTA – no prerequisites

Learning Objectives

By the end of this course, learners will:

- Differentiate between definitions and terminology pertaining to distal radius fractures
- Recall the normal anatomy and kinesiology of the wrist
- Identify elements of medical diagnosis and treatment of distal radius fractures
- Recognize roles of therapy as it pertains to the evaluation and rehabilitation of distal radius fractures
- Distinguish between potential complications resulting from distal radius fractures

Timed Topic Outline

I. Introduction; Definitions, Terminology, and Provocative Testing (30 minutes)

II. Normal Wrist Anatomy and Kinesiology (20 minutes)

Bones of the Wrist; Ligaments of the Wrist; Normal Movement Patterns of the Wrist

III. Wrist Fractures (10 minutes)

Classifications; Mechanisms of Injury; Occurrence/Epidemiology

IV. Overview of Medical Intervention (15 minutes)

Non-Operative Treatment/Casting/Immobilization; Surgical Treatment of Fractures

V. Rehabilitation/Healing Timeline (180 minutes)

Evaluation for Rehabilitation; Treatment; Complications

VI. Case Studies; Conclusion (20 minutes)

VII. Additional Resources, References, and Exam (25 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

Amy L. Paulson, OTR, CHT is a certified hand therapist with over 20 years of experience in outpatient upper extremity care. She has been a licensed occupational therapist for over 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.

DISCLOSURE: Financial – Amy L. Paulson received a stipend as the author of this course.

Nonfinancial – No relevant nonfinancial relationship exists.