

## **Elbow Trauma: Rehabilitative Evaluation and Treatment**

6 CE HOURS / .6 CEUs

### **PDH Academy Course #OT-1903**

#### **Course Abstract**

This course addresses the rehabilitation of patients with elbow trauma. It begins with a review of relevant terminology and anatomy, next discusses injuries to the elbow with attention to medical interventions, and then examines the role of therapy as it pertains to evaluation and rehabilitation.

Target audience: Occupational Therapists, Occupational Therapy Assistants, Physical Therapists, Physical Therapist 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 0.6 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.

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#### **Learning Objectives**

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

- Differentiate between definitions and terminology pertaining to elbow trauma
- Recall the normal anatomy and kinesiology of the elbow
- Identify elbow injuries, with attention to their medical diagnosis and treatment
- Recognize roles of therapy as it pertains to the evaluation and rehabilitation of elbow trauma

#### **Timed Topic Outline**

I. Introduction & Definitions (30 minutes)

II. Provocative Testing at the Elbow (10 minutes)

III. Elbow Anatomy (50 minutes)

Bones of the Elbow, Soft Tissue Structures of the Elbow, Ligaments of the Elbow, Nerves of the Elbow, Kinematics of the Elbow

IV. Elbow Fractures (90 minutes)

Classifications, Non-Operative Treatment vs. Surgical Treatment, Generalized Healing Time for Fractures as Related to Rehabilitation, Fractures to the Elbow, Terrible Triad Injuries, Essex-Lopresti Injuries

- V. Elbow Instability and Throwing Injuries (60 minutes)
  - Elbow Dislocation, Elbow Instability, Throwing Injuries, Other Athletic Injuries
- VI. Considerations for Elbow Evaluation (60 minutes)
  - Gathering History, Objective Measurements
- VII. Considerations for Elbow Treatment (30 minutes)
  - Therapeutic Modalities, Physical Agent Modalities, Strengthening
- VIII. Conclusion, References, and Exam (30 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.pdhtherapy.com](http://www.pdhtherapy.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](mailto:support@pdhacademy.com).

<b>Accessibility and/or Special Needs Concerns?</b>
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Contact Customer Service by phone at (888)564-9098 or email at <a href="mailto:support@pdhacademy.com">support@pdhacademy.com</a> .
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### **Course Author Bio & 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 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, and is co-founder of the Gulu Project, a non-profit organization that is building an outpatient village for the burn patients of Northern Uganda.

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.