

Breakout Session Descriptions

May 22, 2015

Patient and Therapist Focused Interventions for Improving Adherence in Physical Rehabilitation: Focus on Hand Therapy (1 hour) - *Folarin Babatunde*

Current evidence shows the beneficial effect of different types of exercise and therapy advice on key clinical outcomes such as pain, physical function and quality of life in musculoskeletal (MSK) rehabilitation. Adherence to treatment recommendations enhances the effectiveness of evidence based interventions and limit progression to recurrent, persistent or disabling problems. However, non-adherence to clinic-based and home-based interventions continues to be a problem across health disciplines and rehabilitation practices including hand therapy. This phenomenon may negatively impact treatment effectiveness, duration, efficiency, use of personnel and equipment, the therapeutic relationship, waiting times with significant costs to payers, employers and patients. Improving adherence is a challenging task that requires focusing on the complex interplay between patients and clinicians. Using the Multidimensional Adherence Model (MAM) this workshop would explore the evidence on strategies to improve patient's adherence in hand therapy through multifaceted approaches. Findings of novel research from the broader MSK rehabilitation literature that has implications in hand therapy would be described. The session will address predictors and barriers of non-adherence, strategies such as behaviour change techniques for maximizing adherence and influencing patient outcomes and assessing the effectiveness of potential adherence interventions.

All the Painful Details: a Workshop on Assessment of Pain and Somatosensation (2 hours) - *Tara Packham and Joy MacDermid*

This workshop will provide participants with an overview of issues in contemporary assessment of pain in medicine and rehabilitation. There will be a review and discussion of the many facets of pain assessment (intensity, frequency, interference, perception threshold, pain cognitions, emotional consequences, etc.). Participants will be given an overview of available assessment tools, their measurement properties, and clinical application. This workshop will provoke consideration and discussion of sex and gender differences in pain, and how this might influence assessment choices.

Tips and Tricks for Orthotic Fabrication with Orfit Industries (2 hours) - *Debby Schwartz*

Hands-on participation will allow attendees to experiment with the latest Orfit innovative materials. Demonstration of Orfit Strips, Orficast, multicolored precuts and Orfitubes is on the program. Time permitting, participants will have the opportunity to observe and fabricate the following: Mallet and Boutonniere orthoses, Relative motion orthosis, Trigger finger orthosis, Swan neck orthosis. In addition, demonstration and/or presentation of the following orthoses will be offered with helpful hints and instructions: Static progressive orthosis for stiff fingers using a simple bobbin and Dynamic orthosis for extensor tendons using Orfitubes.

Using Jintronix in Upper Extremity Rehabilitation (1hour) - *Mark Evin*

Jintronix combines evidence-based treatments, virtual-reality games, and motion tracking technology to offer a fun and effective tool for clinician-guided upper-extremity rehabilitation. The system is approved by Health Canada, and is currently used in a number of rehabilitation hospitals, private clinics, as well in the comfort of patients' homes. Join us for an interactive workshop where participants will have the opportunity to learn about Jintronix, and experience it themselves with the guidance of one of the company's founders.

Addressing Neurological Tone, Spasticity, Adaptive Tissue Shortening and Other Deformities of the Hand (1 hour) – *Karen Bonn*

The objective of this course is to help clinicians to safely and efficiently determine what type of splints and braces to use on the hands of patients who suffer with lost range of motion resulting from damage to the brain and/or spinal cord, which make up the Central Nervous System, and also from conditions like Rheumatoid Arthritis. The participants will understand how neurological tone and shortened tissue of the hand can be reduced, corrected and prevented, which splint is recommended for each condition, and how to remold it to continue to bring about improvements.

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Anatomy Lab (2 hours) – McGill University

This session will provide a review on prosected cadavers in McGill University's Anatomy Lab. Experienced lab instructors will be assisting groups of participants to enhance the understanding of anatomical structures and relationships that are relevant to upper extremity therapy. This will be an excellent opportunity to review your anatomy without the pressure of an exam!

Body Perception Disturbance: Approaches for Treatment (1 hour) – Dr. Jenny Lewis

This workshop will explore approaches to the assessment and treatment of body perception disturbance for those with complex regional pain syndrome. Case study material will be used to illustrate the implementation of approaches in clinical practice.

Functional Capacity Evaluation for Workers with Upper Extremity Disorders (1 hour) - Isabelle Sicard

Functional capacity evaluation (FCE) is commonly used to predict readiness to return to work following injury. The components of FCE will vary based on the purpose of the assessment. In workers with specific upper extremity injuries the protocol is often limited to those tasks that require use of the upper extremity as whole body capacity testing is not always required. During this workshop we will review testing specific to the upper extremity, objective and standardized test procedures to ensure reliability and safety and what should a valid FCE contain in order to determine an individual's ability to perform specific job demands.

Full-Circle Around the Painful Elbow: Diagnosis and Treatment (1 hour) – Dr Dominique Rouleau

This workshop will review the clinical physical exam of the elbow and will focus on the different elbow pathologies (ligamentous, tendinous, neurological, degenerative and inflammatory). Moreover, special attention will be devoted to tennis elbow, chronic instability of the elbow, osteochondritis, ulnar nerve compression and articular ossification. A diagnostic algorithm based on the location of pain will be presented and different treatment options will be discussed. Participants are invited to prepare clinical questions on the subject so that they can interact with the speaker.

Update in Peripheral Nerve Surgery (1 hour) – *Dr Jenny C. Lin*

Peripheral nerves are commonly injured by compression, as in carpal tunnel syndrome, and trauma, especially to the upper limb. The Canadian incidence of traumatic brachial plexopathy, a severe peripheral nerve injury causing paralysis of the upper limb, is estimated to occur with a similar incidence as spinal cord trauma (approximately 1 in 100 000), and the mean age of these patients is 29. The effect of such injuries on a young population is significant and can be devastating. Microsurgical advances have improved clinical recovery following such injuries, and new surgical techniques such as nerve transfer surgery have changed the treatment options available for patients with peripheral nerve trauma. However, many patients require prolonged rehabilitation to ensure optimal functional recovery, and chronic neuropathic pain, hyposensitivity and allodynia remain significant clinical challenges. In this workshop, recent surgical advances in the treatment of severe peripheral nerve injury will be discussed, as well as the important role of rehabilitation for optimizing patients' functional outcomes.

Scaphoid fractures: Diagnosis and Treatment Challenges (1 hour) - *Dr Dominique Tremblay*

An "A to Z" review from suspecting the diagnosis to knowing potential complications and reviewing appropriate rehabilitation. The hand therapist will be given an organized approach to the most common fracture within the carpal bones. Time will be allotted for discussion and questions and case presentations will be available for hands-on problem solving.