

# Outline

## Hot topics in hand therapy

- Give your patients the benefit of cutting edge research and treatments

### HANDS-ON LAB Upgrade your assessment and clinical reasoning skills

- Identify key hand and wrist anatomy as it relates to pathology
- Get to the root causes of impairments faster with the best evaluations for:
  - Pain
  - Stiffness
  - Range of motion
  - Muscle testing
  - Sensation
  - Pinch
  - Skin condition
  - Deformities
  - Function

### HANDS-ON LAB Revolutionize your rehab toolbox for hand and wrist impairments

- Practice effective techniques you can use immediately to:
  - Eliminate pain
  - Improve strength, coordination and endurance
  - Restore ROM
  - Manage edema and scarring
  - Increase function
  - Enhance independence and patient confidence

### HANDS-ON LAB Combine techniques more effectively for better outcomes

- Edema control
- Pain control
- Range of motion exercises
- Home program instruction
- Scar management
- Strengthening exercises
- Endurance exercises
- Modalities
  - Ultrasound
  - Iontophoresis
  - Thermotherapy
  - Cryotherapy
  - Paraffin baths
  - Contrast baths
  - Kinesiology tape

### HANDS-ON LAB Design advanced, innovative plans of care for your patients

- Practice developing comprehensive treatment strategies for common impairments, including:
  - Carpal tunnel
  - Sprains and strains
  - Arthritis
  - Tendonitis
  - Trigger finger
  - Gamekeeper's thumb
  - Ganglions
  - Epicondylitis
  - Tendon injuries
  - Hand edema
  - De Quervain's disease
  - Boutonniere and swan neck deformities
  - Sagittal band injuries
  - Triangular fibrocartilage injuries
  - Ligament injuries and disruptions
  - Fractures
  - Crush injuries
  - Burns
  - Amputation

### CASE STUDIES Put knowledge to practice

- Case study 1: Correctly select the root cause of impairment
- Case study 2: Problem solve a complex hand injury and develop an effective treatment plan
- Case study 3: Develop an advanced plan of care for a patient with De Quervain's
- Case study 4: Overcome barriers to effective strategy implementation

### Don't leave money on the table!

- Coding and billing updates
- Justify therapy with the right progress measures
- Avoid denials and audits with these tips

### Live Seminar Schedule

- 7:30** Networking/Coffee/Registration
- 8:00** Program begins
- 11:50-1:00** Lunch (*on your own*)
- 4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

**Seminar on DVD Package:** You can purchase a self-study package on the subject. You will receive a set of DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to [www.pesirehab.com](http://www.pesirehab.com) or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.



### HAVE A SEMINAR IDEA? A MANUSCRIPT TO PUBLISH?

The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Orion Tarpley at [otarpley@pesi.com](mailto:otarpley@pesi.com) or 715-855-5262.

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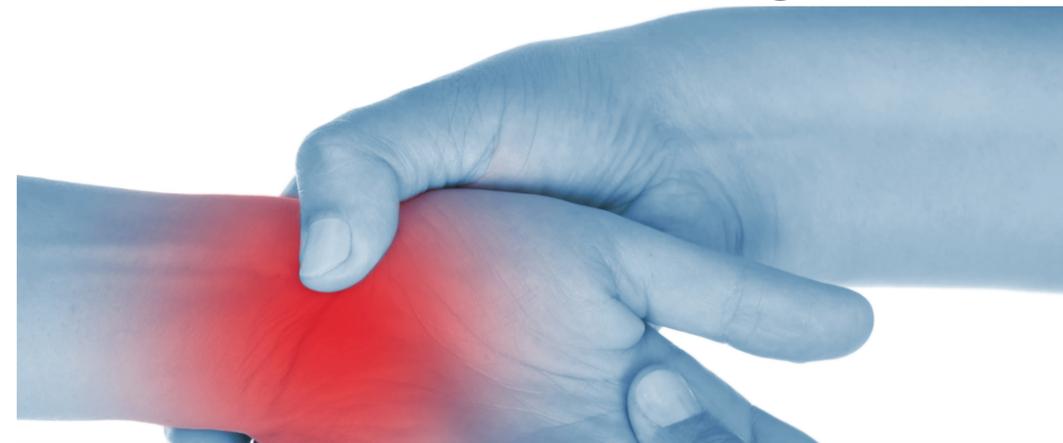
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# The Ultimate Guide to Treating Hand & Wrist Injuries



Build your professional network  
**FREE** networking event included

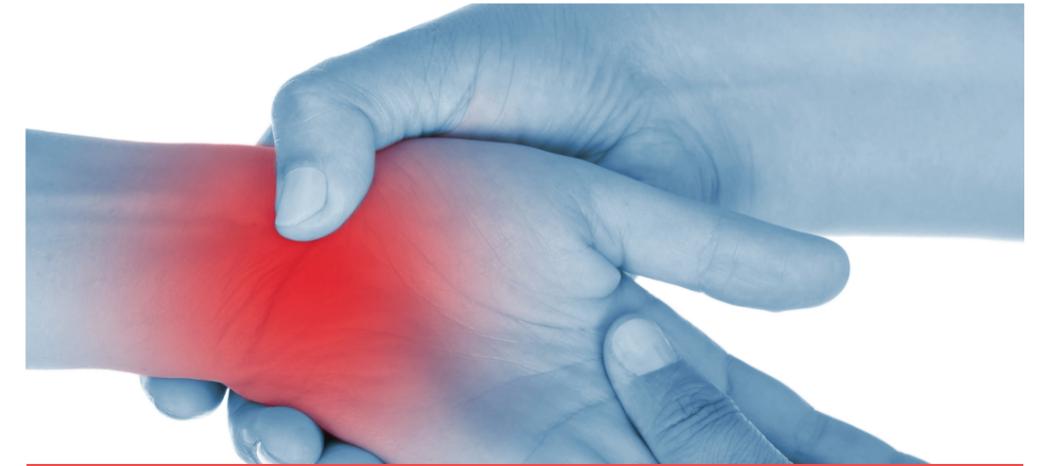
**Overland Park, KS**  
Wednesday  
October 9, 2019

**Columbia, MO**  
Thursday  
October 10, 2019

**St. Louis, MO**  
Friday  
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# The Ultimate Guide to Treating Hand & Wrist Injuries



Solving your patients' hand and wrist problems is easier than ever with the intervention framework you'll learn in this hands-on course.

**1**

**Master new techniques** that deliver faster results for your patients

**2**

**Get better outcomes** with effective strategies for common diagnoses

**3**

**Grow your practice** into the go-to resource for hand and wrist therapy

**Overland Park, KS** • Wednesday, October 9, 2019

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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

# The Ultimate Guide to Treating Hand & Wrist Injuries

Whether you want to treat the root cause of hand and wrist impairments faster, enhance your clinic's services for patients seeking hand therapy, or add personal value within a large organization, this program will get you where you want to go.

Created by one of the most trusted names in hand therapy, The Ultimate Guide to Treating Hand and Wrist Injuries will teach you today's top strategies for efficiently evaluating and resolving many common diagnoses. Clinicians have seen countless patients -- from assembly line workers with carpal tunnel to high level athletes with ligament injuries -- rediscover the joys of functional, pain-free living using the interventions you'll learn in this program.

Join Josh Gerrity, OTR/L, CHT, as he shares a proven framework for rehabilitation that combines today's best practices with over 18 years of experience helping patients recover from hand and wrist impairments in a variety of practice settings.

If you're chasing symptoms without getting to the "why" of your patients' impairment, you're losing time, money, and referrals. This course is your path to delivering results for your patients.

**Sign up today**, make yourself the go-to resource for resolving frustrating hand and wrist injuries in your clinic or facility, and feel the satisfaction of giving patients back the function they lost and activities they love!

## Speaker

**Josh Gerrity, OTR/L, CHT, is an expert in hand therapy** with over 18 years of experience helping patients recover from hand and wrist impairments and return to normal daily function. Certified in hand therapy, he practices at the Bone and Joint Center in Bismarck, ND, where he works with a group of hand specialists and orthopedic surgeons.

Mr. Gerrity travels nationally to present seminars on hand therapy, and he is known for his dynamic, hands-on teaching style. He serves as a guest lecturer on rehabilitation of hand pathologies for the University of Mary, his alma mater, and he also participates in a biannual Orthopedic Update Seminar held in Bismarck for therapists, physicians, and nurses in the North Dakota, South Dakota, and Montana region.

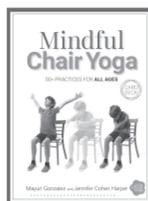
Speaker Disclosures:

Financial: Josh Gerrity has an employment relationship with Bone and Joint Center. He receives a speaking honorarium from PESI, Inc.  
Non-financial: Josh Gerrity has no relevant non-financial relationship to disclose.

## Objectives

1. Discuss the latest advances in hand therapy and their implications for rehab.
2. Demonstrate a comprehensive assessment, identifying and differentiating root causes of pain and impairment.
3. Integrate the most effective interventions available for restoring function and reducing pain, edema and scarring.
4. Combine multiple approaches for better outcomes, including exercises to improve ROM, strength, and endurance, as well as taping and other modalities.
5. Design effective, innovative plans of care for a wide range of hand impairments and diagnoses.
6. Apply the assessments and interventions discussed in this seminar to a series of interactive case scenarios.

## SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



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### TARGET AUDIENCE

- Physical Therapists
- Physical Therapist Assistants
- Occupational Therapists
- Occupational Therapy Assistants
- Athletic Trainers
- Strength and Conditioning Specialists
- Exercise Physiologists
- Physician Assistants
- Nurses
- Nurse Practitioners



PESI Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel. *Limited seats available; advance online registration required.*

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### Live Seminar Continuing Education Credit Information

**Credits listed below are for full attendance at the live event only.** After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

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**EXERCISE PHYSIOLOGISTS:** ASEP members will earn 5.0 CECS for full attendance at this seminar. The ASEP allows members to earn a maximum of 10 CECS in any one 5 year period.

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**KANSAS OCCUPATIONAL THERAPISTS AND OCCUPATIONAL THERAPY ASSISTANTS:** This course has been sent to the Kansas Occupational Therapy Association for review. Credit is pending.

**PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** This activity consists of 6.25 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

**ILLINOIS PHYSICAL THERAPISTS AND PHYSICAL THERAPIST ASSISTANTS:** PESI, Inc. is a Registered Physical Therapy Continuing Education Sponsor through the State of Illinois Department of Financial and Professional Regulation, Division of Professional Regulation. License #: 216.000270. This course qualifies for 6.0 CE Credit Hours.

**KANSAS PHYSICAL THERAPY PROFESSIONALS:** This course has been sent to the Kansas Physical Therapy Association for review.

**PHYSICIAN ASSISTANTS:** AAPA accepts certificates of participation for educational activities certified for AMA PRA Category 1™ from organizations accredited by ACCME such as PESI. Physician assistants may receive a maximum of 6.0 hours of Category 1 credit for completing this program.

**OTHER PROFESSIONS:** This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.



PLEASE RETURN ENTIRE REGISTRATION FORM

## How to Register

THE ULTIMATE GUIDE TO TREATING HAND & WRIST INJURIES  
Questions? Visit [www.pesirehab.com/faqs](http://www.pesirehab.com/faqs), or call 800-844-8260

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**1 Please complete entire form** (to notify you of seminar changes):  
*please print; staple duplicate forms.*

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**2 Check location:** (make copy of locations)

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### ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

### WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

### TUITION OPTIONS

• **FREE Military Tuition:** PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. *Limited seats available; advance online registration required.*

• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: [www.pesirehab.com/coord](http://www.pesirehab.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.

• **Groups of 10 or more:** Call 800-844-8260 for discounts.

• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to [www.pesirehab.com/faqs](http://www.pesirehab.com/faqs) or call 800-844-8260 for details. *Advance registration required. Cannot be combined with other discounts.*

**3 Check tuition:**

**TUITION** with seminar manual \_\_\_\_\_

**\$199.99** – choose one of the options below:

- per person for 2 or more preregistering together —OR—
- single registration postmarked 3 weeks prior to seminar date

**\$229.99** standard

### Add-On Products

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**\$19.99\*** *Mindful Chair Yoga Card Deck*

\*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

**4 Indicate method of payment:**

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#### The Ultimate Guide to Treating Hand & Wrist Injuries

\_\_\_\_\_ Seminar on DVD\* (video) \$219.99 (RNV063825)

\_\_\_\_\_ *Mindful Chair Yoga Card Deck*\* \$19.99 (PUB085920)

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