

## The Elbow, Wrist and Hand Series 1 Volume 6



The Elbow, Wrist and Hand double DVD is a detailed, fundamental guide to examination and treatment of the neuromusculoskeletal system and the structures involved in this anatomical area. This interactive DVD follows a clear pattern initially looking at the anatomy of the area, followed by detailed sections on observations, the most commonly used examination techniques, screening other structures, treatment progressions and exercise therapy. The emphasis of this DVD is on developing the viewer's manual skills and to provide a reference of all the commonly used examination and treatment techniques.

The DVD also includes detailed case studies to assist the development of clinical reasoning skills, expert 'Top Tips' study notes and detailed radiology of the Elbow, Wrist and Hand. The content has been developed using an international Consensus Development System<sup>©</sup> and contains input from senior lecturers from over 20 international recognized universities from Europe and North America.

This double DVD contains over 6 hours of material, is filmed using Multi-Angle Vision<sup>©</sup> and comes with a complete interactive workbook and online examination system to provide the reader with the complete e-learning solution for their ongoing professional development.

The DVD is designed for use by anyone requiring to identify and assess clinical problems in this area, whether student or clinician. The DVD is also designed as a resource of ongoing professional development for all suitably qualified clinicians.

### Menu System

#### The Elbow, Wrist and Hand

##### 1.0 Introduction

- 1.1 Introduction
- 1.2 Surface Anatomy

##### 2.0 Examination of the Elbow, Wrist and Hand

- 2.1 Observation
- 2.2 Screening Other Joints
  - 2.2.1 Cervicothoracic Region
  - 2.2.2 Shoulder
  - 2.2.3 Elbow
  - 2.2.4 Wrist

##### 2.3 Overpressure

##### 3.0 Elbow Examination

- 3.1 Movement Testing
- 3.2 Special Tests
  - 3.2.1 Ligament and Joint Tests
  - 3.2.2 Lateral Epicondyle Tendinosis Tests
  - 3.2.3 Medial Epicondyle Tendinosis Tests
  - 3.2.4 Nerve Tests

##### 3.3 Accessory Movements

- 3.3.1 Humeroulnar Joint
- 3.3.2 Superior Radioulnar Joint
- 3.3.3 Radiohumeral Joint

##### 3.4 Palpation

##### 4.0 Elbow Treatment

- 4.1 Introduction
- 4.2 Passive Physiological Movements
- 4.3 Accessory Movements
- 4.4 Accessory and Physiological Movements Combined
- 4.5 Hold-Relax Techniques
- 4.6 Exercise

##### 5.0 Wrist and Hand Examination

- 5.1 Movement Testing
- 5.2 Special Tests

- 5.2.1 Wrist Complex
- 5.2.2 Carpal Bones
- 5.2.3 Hand

##### 5.3 Accessory Movements

- 5.3.1 Wrist
- 5.3.2 Hand
- 5.3.3 Kalltenborn 10 point test

##### 5.4 Palpation



## 6.0 Wrist and Hand Treatment

- 6.1 Passive Physiological Movements
- 6.2 Accessory Movements
- 6.3 Rehabilitation

- 6.3.1 Exercise
- 6.3.2 Soft-Tissue Massage
- 6.3.3 Hold-Relax Techniques

## 7.0 Case Study – Lateral Elbow Pain

- 7.1 Summary of Subjective Examination Findings
- 7.2 Physical Examination
- 7.3 Analysis of Examination Findings
- 7.4 Treatment

## 8.0 Top Tips

- 8.1 How do I screen the shoulder joint?
- 8.2 How do I test the medial collateral ligament complex of the elbow?
- 8.3 How do I test for posterolateral rotatory instability of the elbow?
- 8.4 How do I test for medial epicondyle tendinosis?
- 8.5 Which muscle is most commonly implicated in lateral epicondyle tendinosis?
- 8.6 Which structure is implicated by the pronator compression test?

- 8.7 How do I perform longitudinal glide to the elbow joint?
- 8.8 How do I stretch the muscles attaching to the lateral epicondyle?
- 8.9 How do I test the distal radioulnar joint?
- 8.10 How do I test for scapholunate instability?
- 8.11 How do I test for triquetrohamate instability?
- 8.12 How do I test for de Quervain's tenosynovitis?
- 8.13 How do I test for carpal tunnel syndrome?
- 8.14 How do I differentiate between FDP and FDS dysfunction?
- 8.15 How do I evaluate wrist antero-posterior accessory glides?
- 8.16 How do I evaluate MCP accessory postero-anterior glide?
- 8.17 What accessory movement occurs during wrist flexion?
- 8.18 What are tendon gliding exercises?

## 9.0 Extras

- 9.1 Radiology of the Elbow, Wrist and Hand

## 10.0 Website Link

### DVD Features

- Multi-Angle Vision ©
- Broadcast Quality
- Fully Interactive
- Double DVD
- Running time  
6 hours 12 mins

### Content Features

- Examinations
- Treatments
- Case Studies
- Top Tips
- Extras

### Additional Online Features

- Online workbook
- Online testing
- Resource centre

[www.clinicsinmotion.com](http://www.clinicsinmotion.com)