
Learning Objectives

MedBridge

*Manual Therapy Techniques to Address Stiffness at the
Thumb*

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Course Objectives:

- Explain the intricate anatomy of the CMC, including the arthrokinematics of the saddle joint.
- Recognize how the radial column of the wrist contributes to motion at the thumb CMC joint
- Draw out pertinent surface anatomy along the radial column of the wrist to know exactly where to place your hands when performing the manual techniques
- Demonstrate how to provide joint mobilization to address limitations at the thumb CMC and radial column