Learning Objectives

MedBridge
Sensorimotor & Proprioception for the Upper Extremity: Evidence Based Hands-on Treatment Strategies
Kristin Valdes OTD, OT, CHT

Chapter 1: The Sensorimotor System
• Appreciate the afferent and efferent fibers and their role in transmission of proprioceptive feedback to the brain
• Discriminate between kinesthesia and proprioception
• Assess proprioceptive and sensorimotor dysfunction of the hand and wrist quantitatively
• Apply the components of proprioception and their implications for practice
• Accurately assess joint position sense
• Accurately assess kinesthesia

Chapter 2: The Sensorimotor and Proprioception Assessment
• Assess proprioceptive and sensorimotor dysfunction of the hand and wrist quantitatively
• Increase understanding of additional tests that can be used as screening tools to determine sensorimotor impairments

Chapter 3: Sensorimotor and Proprioception Training
• Apply strategies for integrating proprioceptive activities into hand and wrist rehabilitation and treatment
• Integrate concepts and strategies into daily practice with specific interventions
• Discriminate between plyometric exercises and eccentric exercises
• Determine when motor imagery could be incorporated effectively into a patient’s program

Chapter 4: The Thumb and Hand
• Appreciate the support for specific treatments for the thumb and hand
• Increase knowledge of nerves in the thumb and hand

Chapter 5: Exercises for the Thumb and Hand
• Increase understanding of exercises that may be applied to support the thumb and hand