

THE UPPER LIMB

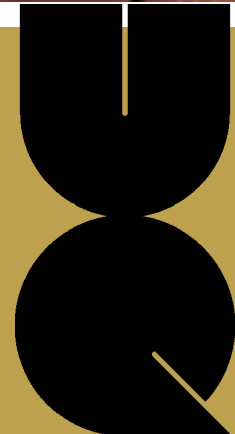
FOR THERAPISTS



Anatomical Skills Workshop

School of Biomedical Sciences

THE UNIVERSITY OF QUEENSLAND



THE UPPER LIMB FOR THERAPISTS

CLINICAL FUNCTIONAL ANATOMY FOR THERAPISTS



COURSE CONTENT

The Upper Limb for Therapists[®] provides an overview of the anatomy of the upper limb, with an emphasis on clinically relevant functional anatomy and critical evaluation of therapeutic interventions.

This course is a hands-on workshop where participants will view and be encouraged to handle human anatomical specimens and models. This course will focus on the shoulder girdle, arm, forearm and hand, investigating both the individual anatomy, and their combined functional anatomical aspects.

Upper Limb Anatomy

Dissected human specimens will allow participants to view the superficial and deep musculoskeletal structures of the upper limb, observing muscle compartments, vasculature, innervation, and lymphatic drainage.

Dissected joints will be used to examine extra and intra-capsular elements including ligaments and discs.

Functional anatomy will be reviewed through investigation of muscle origins and insertions, muscle type, and joint classification.

Dissected specimens will allow observation and inspection of different examples of fascia. The role and functional impact of fascia will be reviewed in light of the current literature.

Participants will review the surface anatomy of, and palpation techniques pertaining to, the trunk and upper limb, and undertake functional palpation of the shoulder girdle.

Gateways

The anatomical boundaries and contents of the major gateways of the upper limb will be investigated, including the suprascapular region, the axilla, the cubital fossa and the carpal tunnel. The surface anatomy and palpation of bony landmarks will be reviewed. The impact of gateway contents and boundaries on a therapist's technique in these areas will be discussed.

Specific Problems, Injuries, and Syndromes

Dissected human specimens will allow participants to examine the anatomical basis of common clinical syndromes and common conditions, including rotator cuff syndrome, frozen shoulder, tendonitis, tension headache and carpal tunnel syndrome.

Critical analysis of the efficacy of common therapeutic interventions, such as patient positioning and recommended techniques, will be discussed in terms of the presenting anatomy.

COURSE OBJECTIVES

On completing the course, participants will appreciate:

- The importance of surface anatomy and palpable bony landmarks in the reliability of palpation skills and massage techniques.
- The axial and appendicular skeleton associated with the upper limb, with particular emphasis on surface anatomy and palpable bony landmarks.
- The major muscle groups of the upper limb and pectoral girdle.
- The vascular and lymphatic systems of the upper limb with an emphasis on surface anatomy and palpable vessels.
- The nervous system of the upper limb with particular emphasis on surface anatomy and palpable nerves.
- The anatomical basis for some of the clinical syndromes that may require therapy.
- The anatomical basis for massage techniques and positioning.

PRE- AND POST-COURSE SUPPORT

Participants will be provided with pre-course material to enhance their learning experience and will have access to a University of Queensland Anatomist for 1 month following completion of the course.

A Certificate of Achievement is issued to participants who successfully complete the assessment for this course.

THE COURSE FEES

The fee for completing all modules is \$175 plus GST. This fee covers course materials, Personal Protective Equipment (PPE), and light refreshments.

MORE INFORMATION

Please contact our CPD Program Manager and visit our website to learn more about our continuing professional development offerings:

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