



COURSE SCHEDULE

Hand and Upper Limb Orthotic Fabrication - Immobilisation

Day 1

0830 - 0900	Registration, Tea & Coffee
0900 - 1030	Fundamental Principles
	Orthosis Classification
	Purpose of Immobilisation Orthoses
	Clinical reasoning issues
	Orthosis Fabrication
	Case Study Form
1030 - 1100	Morning Tea Break
1100 - 1230	Anatomical and Biomechanical Principles
	Anatomical Principles
	Biomechanical Principles
	Characteristics of Thermoplastic and strapping materials
	Safe working principles
	Self Assessment Form
1230 - 1330	Lunch
1330 - 1430	Finger Orthosis
	Demonstration:
	<ul style="list-style-type: none">• One of two types of DIP Immobilisation (mallet) orthoses.• PIP extension restriction (Swan Neck).
	Participants make one of each of the DIP & PIP orthoses
1430 - 1500	Afternoon Tea Break
1500 - 1700	Wrist Immobilisation Orthosis Fabrication
	“Functional”
	Demonstration: 3 orthoses - dorsal, volar and circumferential.
	Participants make two different orthoses in their pair, generally a circumferential and one other.
1700	Close Day One



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Day 2

0830 - 0900	Tea & Coffee
0900 - 1030	Thumb Immobilisation Orthosis
	Demonstration:
	<ul style="list-style-type: none">Hand based thumb MCP & CMC Immobilisation OrthosesParticipants make one orthosis
1030 - 1100	Morning Tea Break
1100 - 1230	Wrist Hand Immobilisation Orthosis Fabrication
	Demonstration:
	<ul style="list-style-type: none">Resting wristParticipants make one
1230 - 1330	Lunch
1330 - 1500	Hand-based finger immobilisation orthosis
	<ul style="list-style-type: none">Demonstrate volar hand based finger immobilisation splint & metacarpal fracture orthosisParticipants make one
1500 - 1530	Afternoon Tea Break
1530 - 1600	Clinical Reasoning
	<ul style="list-style-type: none">Discussion on all topics coveredIf no issues from participants a case study may assist to provide point of discussion on range of issuesDiscussion regarding self critique form and orthoses fabricated over the course of the weekend
1600 - 1700	Exam
1700	Course Close