

Introducing our Fantastic 2019 Workshop series.

"We are proud to bring you Ben Cunningham"

The Wrist – Tips and Tricks

With Ben Cunningham

MClinSci (Hand & Upper Limb) Member of the Australian Hand Therapy Association

WORKSHOP OUTLINE

This interactive workshop will assist the therapist to clinically reason through wrist injuries at a medium to advanced level. It will take an in depth look at the wrist and focus on the areas that we may not have studied much in the past. We will discuss complications, possible causes and differential diagnoses of wrist injuries, their assessment and management. We will have an in depth look at the anatomy through a thorough radiological assessment. CT, MRI, x-rays and ultrasounds relevant to the conditions will be read and interpreted. This course is suitable for medium to advanced level therapists, Physiotherapists and Occupational Therapists working in private practice, hospital or community settings who want to expand their current knowledge of the wrist and target complications.

WORKSHOP CONTENT

The following conditions and their pathology will be discussed:

- **Ulnar sided wrist pain, why?**
- **An alternative treatment for De Quervains**
- **The DIC and other "unknown" wrist ligaments**
- **FCR and ECU tendonopathy, symptom or cause?**
- **Carpal fractures – the other ones**
- **What goes wrong with distal radius fractures?**
- **Assessment – what to look for on xray, MRI and CT**

Discussion will include:

- **Overview of the Anatomy**
- **Common causes**
- **Misconceptions**
- **Healing rates/Factors affecting healing**
- **Treatment and Complications.**
- **Tips and tricks**

Ben is the hand therapist with the Melbourne Football Club (AFL) and the director of Action Rehab. Ben manages a team of 17 Physiotherapists and Occupational Therapists. Ben has over 20 years' experience providing hand and upper limb therapy, including three years working in the United Kingdom at the Queen Victoria Hospital and eight years as the senior clinician at The Alfred Hospital a major trauma centre in Melbourne.

Ben completed postgraduate Masters of Clinical Science (Hand & Upper Limb) through Curtin University in 2006. Ben is currently a Lecturer at Monash University where he teaches both undergraduate and postgraduate Physiotherapy students. Ben runs his own hand therapy training program and topics include, Advanced Fracture Management, Shoulder – Assessment and Treatment, The Elbow – Assessment and Rehabilitation, Advanced Tendon Management, Clinical Mechanics of the Wrist, Hand Trauma and Common Conditions of the Upper Limb.

Ben is an engaging teacher and a founding member of the Australian Hand Therapy Certification Board. He is passionate about the advancement of Hand Therapy through teaching and learning. Ben has taught in Australia and overseas on the specialist area of hand trauma, wrist rehabilitation and upper limb biomechanics.

Ben's special interests are in sports biomechanics and hand trauma and through his role at Olympic Park Sports Medicine Centre he treats a number of elite athletes including players from the AFL, NRL, A-league, Cricket Australia,

Melbourne Victory, Melbourne Rebels and Netball Australia. Ben has led the way in the treatment of complex intra-articular fractures in the wrist, hand, thumb and digits, presenting at national and international conferences.



Auckland:

Saturday 27th July 2019
Independent Living Service
14, Erson Road, Royal Oak, Auckland
8.30am – 4pm

Christchurch:

Sunday 28th July 2019
Airport Gateway Motor Lodge
Christchurch
8.30am – 4pm

