

**Joint Mobilization of the Upper Extremity**

**Presented by: Ann Porretto-Loehrke DPT, CHT,COMT**

**Dates: April 24-25, 2020 (11.25 CEU’s)**

**Time: 8:00 – 5:00 Friday & 8:00- 12:00 Saturday. Registration opens @ 7:30**

**Location**: **West Bay Beach Resort, Traverse City (Formerly Holiday Inn)**

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| **MiOTA/MPTA/ASHT members/students** | **$275** |
| **NonMembers** | **$300** |
| **Late Registration (After March 24, 2020 )** | **Add $25 to above prices** |

**LIGHT CONTINENTAL BREAKFAST AND FULL LUNCH PROVIDED**

**Register online at www.misht.org**

**OR print form and mail to:**

**MSHT**

**13116 Talbot, Huntington Woods, MI 48070**

**Please make checks payable to MSHT, Confirmations will be emailed**

**FOR QUESTIONS: Call Rasa at 248-344-2304**

**For lodging arrangements please contact:**

**West Bay Beach Resort**, 615 E Front St., Traverse City, MI 49686 (231)947-3700

Mention MSHT for rate of $132 before 3/25/20

OR

**Country Inn and Suites,** 420 Munson Ave., Traverse City, MI 49686 (231)941-0208 (1.5 miles from conference center)

Mention MSHT for rate of $89 before 3/23/20 (includes hot breakfast)

-------------------------------------------------------------------------------------------------------------------------------Registration Form: please complete entirely and legibly

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| **Name:** |  |
| **Phone Number:** |  |
| **Email:** |  |
| **MiOTA/ASHT/MPTA member #:** |  |
| **Amount enclosed/paid:** |  |

**Get it Moving! Joint Mobilization Techniques for the Upper Extremity**

**April 24-25, 2019**

**Date:** Friday, April 24, 2020 from 8:00-5:00 and Saturday, April 25, 2020 from 8:00-12:00 (11.5 hours)

**Course description**: Come and discover new ways to facilitate improved mobility using a Cyriax-based approach! The course combines lecture and lab to give hand therapists manual therapy techniques that can be used immediately in the clinic.

**What to bring**: **Sharpie markers for surface anatomy, a mobilization wedge, 2 or 3 lb cuff weight, mobilization belt (or gait belt), clips or plastic clamps to secure the belt, clothing that exposes the shoulder and scapula, and a yoga mat or similar.**

**(*We will request you bring what you can and we can share most items*)**

**Instructor Biography:** Ann Porretto-Loehrke is a skilled clinician with a passion for teaching and clinical treatment of upper extremity disorders. She has been practicing for 25 years and teaching continuing education courses for the past 15. She is the therapy co-manager of a large department at the Hand to Shoulder Center in Appleton, Wisconsin. Ann is a Certified Hand Therapist (CHT) and a Certified Orthopedic Manual Therapist (COMT) for treatment of the upper quadrant through the International Academy of Orthopedic Medicine (IAOM). She received a bachelor’s degree in physical therapy from Marquette University in 1994 and completeda a post-professional Doctorate in Physical Therapy (DPT) degree from Drexel University with a specialty in hand and upper quarter rehabilitation in 2007. She is also certified in dry needling through Myopain Seminars, as a Certified Myofascial Trigger Point Therapist (CMTPT). Ann previously served as an item writer for the CHT examination and served as the Vice-Chair of the Examination committee for the Hand Therapy Certification Commission (HTCC). She is a lead instructor who co-developed the Hand & Upper Extremity Track through IAOM, a set of 6 manual therapy courses designed specifically for hand and upper extremity specialists. She co-authored a chapter in Rehabilitation of the Hand & Upper Extremity on nerve compression syndromes of the elbow and forearm, as well as published two peer-reviewed articles entitled “Clinical Manual Assessment of the Wrist” and “Taping Techniques for the Wrist” in the 2016 Journal of Hand Therapy’s special edition of the wrist. Ann serves as the planning committee chair for the Wisconsin Hand Experience conference and has presented at American Society of Hand Therapists (ASHT) annual conferences, Canadian Society of Hand Therapist Annual Conference, Philadelphia meeting, and Teton Hand Conferences. She also teaches online courses for MedBridge education.

**Day 1: Friday**

7:30-8:00 **Registration-** Light continental breakfast

8:00-9:00                     **lecture**: anatomy and kinesiology of the wrist

9:00-10:00                   **lab**: surface anatomy of the wrist

10:00-10:15                 **Vendor** **break**

10:15-12:00                 **lab:** addressing a capsular pattern at the wrist: testing and

treatment of radiocarpal joint (RCJ) & trapezoid-on-

scaphoid joint-specific techniques to address limitations at

the midcarpal joint (MCJ)

12:00-1:00                   **Lunch (provided)**

1:00-2:00 **lab:** testing and treatment to address a capsular pattern at

the thumb CMC joint

2:00-2:45 **lab:** Joint specific treatment for a capsular pattern of the

MP, PIP, & DIP joints

2:45-3:00 **Vendor** **break**

3:00-3:30                     **lecture**: ulnar wrist anatomy

3:30-4:15                     **lab:** clinical testing to determine the pain-generator at the

ulnar wrist

4:15-5:00                     **lab**: PRUJ joint-specific treatment to improve forearm

supination & pronation

5:00                             **questions/adjourn**

**Day 2: Saturday**

8:00-8:30 am **lecture:** humeroulnar joint (HUJ): anatomy and kinesiology

8:30-9:45 am **lab**: HUJ mobilization: clinical indications; testing and treatment

9:45-10:00 am **break**

10:00-12:00 pm **lecture & lab:** joint mobilization techniques to address

Posterior shoulder issue