

## Online Video Course:

# Introduction to Orthotic Fabrication and the Resting Hand Orthosis

*An Introduction to thermoplastic materials and their characteristics, with structured demonstrations for fabrication of the resting hand orthosis*

CanDo Academy 

Register online: [theCanDoAcademy.com](http://theCanDoAcademy.com)

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### Learning Objectives:

At the completion of this program the participant will be able to:

- List 2 types of general orthoses
- Define each of the following material characteristics: memory, rigidity, thickness, drapability
- Identify 2 key landmarks for pattern making
- Demonstrate 1 method of fabrication for a resting hand orthosis
- Define 1 method for adhering straps to orthoses
- List 2 items to check for fit and comfort when critiquing a clinically indicated resting hand orthosis

### Course Description:

This online course will provide an introduction on the use of low temperature thermoplastic materials for the fabrication of custom-made orthoses for the upper extremity. Thermoplastic materials are easily heated and activated in hot water of 160-165°F. These materials have different degrees of stretch, rigidity, conformability and drape. The clinician will learn the importance of testing the various materials to understand these properties and how they can assist in the fabrication process.

The resting hand orthosis is an important component of the rehabilitation process for patients following burn and crush injuries of the upper extremities, stroke, brain injuries and other conditions. The step by step demonstration will allow the viewer to appreciate the process of finding anatomical landmarks, pattern making, matching the pattern to the patient, cutting and molding the material and critiquing the completed orthosis. After viewing the video in its entirety, it is recommended that the viewer take material and practice the techniques as outlined of testing materials for their properties as well as fabricating all steps of the resting hand orthosis.

Orthotic fabrication involves many skills that requires hours of practice in cutting, molding and adapting thermoplastic material to match the patient's anatomy. This course offers a great introduction to the development of these important skills, with clear instructions and a great frontal as well as top down view to see exactly how every step is performed.

### Expected Proficiency to Receive Certification:

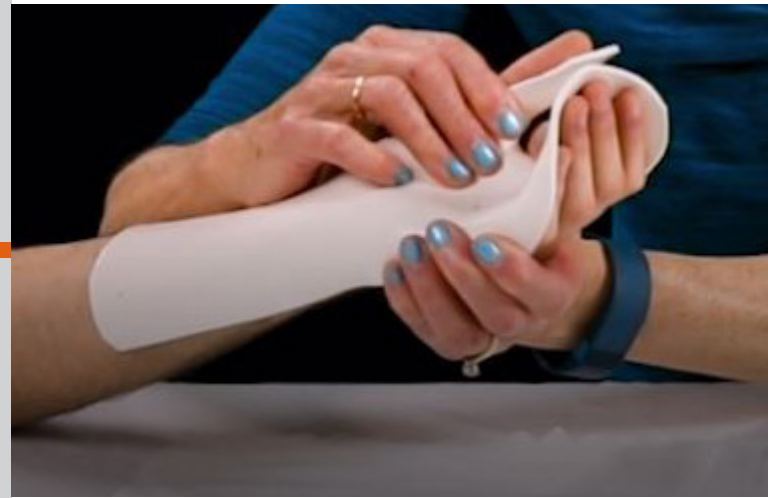
75% or higher on post-course examination

### Online Registration:

[theCanDoAcademy.com](http://theCanDoAcademy.com)

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### Course Outline:

- Introduction
- Material Characteristics (Total: 25 min)
- The Resting Hand Orthosis (Total: 25 min)
- Tips for Increasing Patient Compliance and Conclusion (Total: 15 min)
- Post-Course Online Examination

### Course Total Hours:

**Lecture, Video Demonstration, Exam: 1.5**

\*Participants are responsible for ensuring their respective state/association's CEU rules and guidelines. This course meets Category C for CHT's as per guidelines provided by HTCC and Category 2 (Occupational Therapy Process) per the AOTA Classification Codes for CE.

### Refund policy:

Please contact Kate Miller, Education Coordinator for CanDo Academy, with any refund requests. Grievances or requests will be considered on an individual-case basis. [Kate.miller@fab-ent.com](mailto:Kate.miller@fab-ent.com)