

# Online Video Course: Introduction to Orthotic Fabrication for the Wrist

*Structured Demonstrations for Fabrication of Two  
Important Wrist Immobilization Orthoses*

CanDo Academy 

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

Author: **Deborah A Schwartz, OTD, OTR/L, CHT**

## Learning Objectives:

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

- List 2 types of orthoses for the wrist
- List 2 clinical benefits of a fabricated wrist orthoses
- Identify 2 key landmarks involved in fabrication pattern making
- Fabricate a volar wrist cock-up orthosis
- Fabricate a dorsal wrist cock-up orthosis
- List 2 items to check for fit and comfort when critiquing a clinically indicated volar wrist cock-up orthosis

## Course Description:

This online course will provide instruction in the fabrication process for making a volar wrist cock-up orthosis and a dorsal wrist cock-up orthosis.

The volar wrist cock-up orthosis is one of the most important orthoses that clinicians fabricate. This orthosis supports the wrist in a functional position and is used for patients following injuries of the upper extremity that involve the wrist: fractures, sprains, nerve compression syndrome such as carpal tunnel syndrome and arthritis among others. 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.

The dorsal wrist cock-up orthosis is an alternative method of immobilizing the wrist. It is useful for patients who still need their palmar surface to be free for functional tasks. It is extremely helpful to be familiar with both options so that each patient can be fitted with the most beneficial orthosis for their individual needs. After viewing the video, it is recommended that the viewer take material and practice the techniques as outlined, fabricating all steps of the volar and the dorsal wrist cock-up orthoses.

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 more practical knowledge and information for 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:

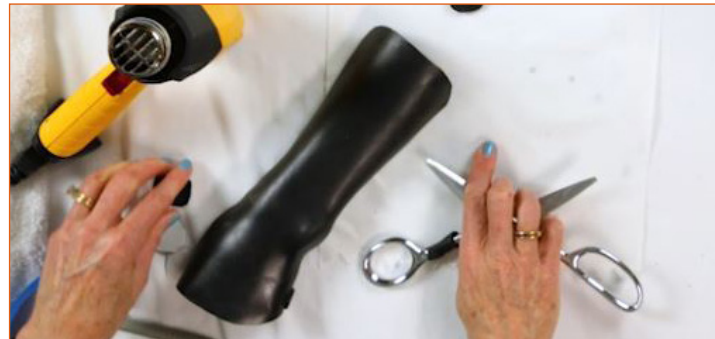
75% or higher on post-course examination

## Online Registration:

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

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## Course Outline:

- Introduction: Orthotic Fabrication for the Wrist
- The Volar Wrist Cock-up Orthosis
- The Dorsal Wrist Cock-up Orthosis
- Tips for Increasing Patient Compliance (Total: 35 min)
- Post-Course Online Examination

## Course Total Hours:

**Lecture, Video Demonstration, Exam: 1.0**

\*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)