

# 2010 Splinting Courses



**June 25-26, 2010: Greensboro, NC**  
Splinting for Tendon Injuries

**July 10-11, 2010: Marietta, GA**  
**July 30-31, 2010: Southlake, TX**  
Immobilization & Mobilization Splinting

**August 14-15, 2010: Lexington, SC**  
Advanced Splinting



*presented by*

**Noelle M. Austin, MS, PT, CHT**

*Sponsored by*

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CONSULTING, LLC  
EDUCATION AND



# 2010 Splinting Courses

The focus of these courses will be the splint fabrication process. A dynamic format utilizing lecture, case studies, demonstration and hands-on lab activities will address the skill of splinting. These interactive courses are intended for the practicing PT, PTA, OT and COTA. Participants will gain insight into appropriate splinting products on the market as well as acquire 'Clinical Pearls' from the experienced instructor. Various splinting materials will be utilized, including a wide range of thermoplastics and strapping. (Please note that due to time constraints, all splints may not be fabricated by each participant.) Additional information including Course Objectives can be found online at [cj-education.com](http://cj-education.com).

## Course Instructor

**Noelle M. Austin MS, PT, CHT** is a graduate of Quinnipiac University who obtained her Master's degree at the University of Connecticut with a special focus on Allied Health Education. She has been teaching the art and science of splinting for over 15 years. In addition to conducting both national and private workshops on splinting and hand rehabilitation, Noelle has been involved in product development and training of sales representatives for Sammons Preston Rolyan. For the past two years she has presented a pre-conference at the Annual ASHT meetings on the topic of splinting. She owns CJ Education and Consulting, LLC that is dedicated to providing quality clinical education for therapists around the country. Currently a hand therapist at ProPT in Hamden, CT, she is also an active member of the American Society of Hand Therapists. Noelle is co-author and co-editor of the book: *Splinting the Hand and Upper Extremity: Principles and Process* published by Lippincott Williams and Wilkins, 2003. She co-authored the Jul-Sep 2004 article published in *The Journal of Hand Therapy*: "A comparison of high-profile and low-profile dynamic mobilization splint designs". In addition, she wrote the chapter "Wrist and Hand Complex" in the 4th edition of *Joint Structure and Function* (Levangie and Norkin) published by FA Davis in 2005. (updated chapter to be published in 5th edition, 2010) She also co-authored "Orthotics in the Management of Hand Dysfunction" in 2nd edition of *Orthotics and Prosthetics in Rehabilitation* (Lusardi and Nielsen) published by Elsevier 2007.

## Here's What Participants Have to Say About Our Workshops!

*"It was great - in such a small group with one on one attention."*

***"Wonderful instruction - lots of individual attention."***

***"Excellent presenter - very involved in labs - always offering help."***

*"Very good seminar - great handouts. I feel more confident with splints now."*

***"Instructors very approachable to help, comfortable with students."***

*"Liked references to clinical situations - good practical application - liked friendly atmosphere."*

*"Tips on specific techniques 'pearls' are most helpful!"*

***"Lots of opportunity to practice in a non-threatening environment."***

## Course Schedule

### Splinting for Tendon Injuries (intermediate to advanced level)

June 25 - 26, 2010 – Greensboro, NC

#### Friday:

- 7:30 – 8:00 Registration
- 8:00 – 10:00 Lecture: Tendon Injuries
- 10:00 – 12:30 Lab: Extensor Tendon Injury/Repair
  - Digit immobilization splints
- 12:30 – 1:30 Lunch (on own)
- 1:30 – 5:30 Lab: Extensor Tendon Injury/Repair (cont)
  - Wrist/MP immobilization splint
  - MP extension mobilization splint

#### Saturday:

- 8:00 – 9:00 Lecture: Clinical Pearls
- 9:00 – 12:00 Lab: Flexor Tendon Injury/Repair
  - Hand stand (for positioning)
  - Dorsal wrist/hand immobilization splint
  - Dorsal wrist/thumb immobilization splint
- 12:00 – 1:00 Lunch (on own)
- 1:00 – 3:30 Lab: Exercise Splints
  - Blocking splints
  - Digit casting

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## Course Schedule

*PLEASE NOTE: Participants may attend one or both days.*

### Immobilization & Mobilization Splinting (beginner to intermediate level).

July 10 - 11, 2010 – Marietta, GA

July 30 - 31, 2010 – Southlake, TX

#### Day 1: Immobilization Splinting

- 7:30 – 8:00 Registration
- 8:00 – 10:00 Lecture: Immobilization Splinting
- 10:00 – 12:30 Lab:
  - Hand-based thumb immobilization splint (short opponens)
  - Hand-based digit immobilization splints
  - Wrist immobilization splint (wrist cock-up)
- 12:30 – 1:30 Lunch (on own)
- 1:30 – 4:30 Lab:
  - Wrist/thumb immobilization splint (thumb spica)
  - Wrist/hand immobilization splint (resting hand)
  - Elbow immobilization splint

#### Day 2: Mobilization Splinting

- 7:30 – 8:00 Registration
- 8:00 – 10:00 Lecture: Mobilization Principles
- 10:00 – 12:00 Lab:
  - MP flexion mobilization splint
- 12:00 – 1:00 Lunch (on own)
- 1:00 – 4:30 Lab:
  - PIP extension/flexion mobilization splints
  - MP extension mobilization splint
  - Wrist mobilization splint

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## Course Schedule

### Advanced Splinting (intermediate to advanced level)

August 14 - 15, 2010 – Lexington, SC

#### Saturday:

- 7:30 – 8:00 Registration
- 8:00 – 10:00 Lecture: Advanced Splinting
- 10:00 – 12:30 Lab:
  - Digital exercise splints
  - PIP extension mobilization splints
  - Ulnar nerve & Combined Ulnar/Median nerve splints
- 12:30 – 1:30 Lunch (on own)
- 1:30 – 4:30 Lab:
  - MP extension mobilization splint (Digitec Kit)
  - CMC joint splints

#### Sunday:

- 8:00 – 9:00 Lecture: Splinting Clinical Pearls
- 9:30 – 11:30 Lab:
  - MP flexion mobilization splint (Zipper splint with multiple mobilization options)
  - Wrist mobilization splint
- 12:30 – 1:30 Lunch (on own)
- 1:30 – 2:45 Lab:
  - Radial nerve splints
- 2:45 – 3:00 Lecture: Splinting with Neoprene
- 3:00 – 4:30 Lab: Splinting with Neoprene – unique ideas for custom splinting
  - Forearm splint
  - CMC splint
  - Wrist splint
  - Digit splints/strapping

## Course Registration

**Course Tuition:** Includes continental breakfast, refreshments/snacks at the breaks, course manual and splinting materials.

**PLEASE NOTE: Ability to attend one or both days of Immobilization/Mobilization Splinting Course ONLY (Marietta, GA and Southlake, TX)!!**

2 days – \$475 (early bird \$425 – due 30 days prior)  
**OR** 1 day – \$250 (early bird \$225 – due 30 days prior)

**Contact Hours:** Certificates of attendance will be issued to all participants completing the CEU requirements. This course meets criteria “A” for hand therapy re-certification.

2 days – 15 contact hours (1.5 CEUs)  
**OR** 1 day – 7.5 contact hours (0.75 CEUs)

**Course Locations:** Specific addresses, directions and listing of local lodging will be included in confirmation letter. (Also available online at [cj-education.com](http://cj-education.com))

**June 25-26:** Patterson Medical/Sammons Preston Greensboro, NC

**July 10-11:** Patterson Medical/Sammons Preston Marietta, GA

**July 30-31:** Patterson Medical/Sammons Preston Southlake, TX

**August 14-15:** The Moore Orthopaedic Clinic Lexington, SC

**Payment:** (no credit cards accepted – CHECKS ONLY)  
Please make checks payable and return to:  
CJ Education and Consulting, LLC  
P.O. Box 3930  
Woodbridge, CT 06525  
phone/fax: 203.393.2446

**Registration Form: PLEASE PRINT CLEARLY!!**

NAME: \_\_\_\_\_

PROFESSION/CREDENTIALS: \_\_\_\_\_

HOME ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_

HOME PHONE: (\_\_\_\_) \_\_\_\_\_

WORK PHONE: (\_\_\_\_) \_\_\_\_\_

FAX: (\_\_\_\_) \_\_\_\_\_

E-MAIL: \_\_\_\_\_

EMPLOYER: \_\_\_\_\_

**CONFIRMATION LETTERS WILL BE FAXED OR EMAILED – PLEASE INDICATE PREFERENCE!!**

\_\_\_\_\_ **FAX OR** \_\_\_\_\_ **EMAIL**

Registration is on a first come first served basis. Limited enrollment is planned to ensure quality of course and ample instructor-participant attention. Cancellation of registration up to 2 weeks prior to course date will result in a refund minus a \$50 administrative fee. Refunds will be issued within 30 days of notification. THERE WILL BE NO REFUNDS AFTER THIS ESTABLISHED DEADLINE. CJ Education and Consulting, LLC reserves the right to cancel this course and in such an event cannot be responsible for expenses associated with travel and lodging. In the unlikely event that a course is cancelled CJ Education and Consulting, LLC will provide a full refund of the registration fee only.

**CJ Education and Consulting, LLC** is a therapist - owned and operated enterprise committed to providing dynamic, original, evidence - based, and contemporary post - entry level educational and consulting services to occupational therapists, occupational therapy assistants, physical therapists, physical therapy assistants, and other health care professionals. This unique company is dedicated to providing quality continuing education opportunities to therapists who have a special interest in learning the art and science of rehabilitation and splinting of the hand and upper extremity. CJ Education and Consulting, LLC believes that the educational process should be learner - centered and strives to maintain a stress - free learning environment with an abundance of instructor - participant interaction.

**CJ Education and Consulting, LLC** LLC is also available for private inservices at your facility. There are a few ways these can be arranged: 1) inservice for staff only or 2) inservice for staff and area therapists (marketed by facility to cover costs of speaker). These inservices can be tailored to meet your staff's unique needs. Below is a listing of our available full days courses; however, these can be customized to create a unique course to satisfy your staff's particular interests. Please call 203-393-2446 or Email [cjec@optonline.net](mailto:cjec@optonline.net) for details. This can be a very affordable way to educate the entire staff and meet continuing education requirements as well!

### Courses offered include:

Immobilization Splinting  
Mobilization Splinting  
Advanced Splinting Techniques  
Splinting for Tendon Injuries  
Splinting for Nerve Injuries  
Splinting for Arthritis  
Splinting for Fractures  
Splinting and Therapy Interventions for CTDs  
Rehabilitation and Splinting for the Hand



Please refer to our website at  
[www.cj-education.com](http://www.cj-education.com)  
for additional course information.

We are also available for private in-services with content prepared to meet your therapists' particular needs. Please call 203-393-2446 or Email [cjec@optonline.net](mailto:cjec@optonline.net) for details.