



# **MGM INSTITUTE OF HEALTH SCIENCES**

(Deemed to be University u/s 3 of UGC Act, 1956)

**Grade 'A' Accredited by NAAC**

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## **Curriculum for Certificate Course in Hand Therapy**

Approved as per BOM - 53/2018, Dated 19/05/2018

## **Amended History**

1. Approved as per BOM - 53/2018, [Resolution No.4.8], Dated 19/05/2018.

## Hand therapy- Certificate Course

### Preamble

Hand therapy is the art and science of evaluating and treating injuries and conditions of the upper extremity (shoulder, arm, elbow, forearm, wrist and hand). The goal is to optimally prepare therapists to render quality care for all pathologies afflicting the hand, wrist, while inspiring the candidate to give back to the specialty through engagement in scientific research and practice as a life-long learner and teacher.

Learning experiences are provided under the guidance and supervision of competent faculty. The designed curriculum will prepare the entry-to-practice Hand Rehabilitation, to be an autonomous, effective, safe and compassionate professional, who practices collaboratively in a variety of healthcare set ups and is responsive to the current and future needs of the health care system.

On completion of the Course, the Student will have:	
CO 1	Detailed and In-depth knowledge of Applied/Functional anatomy of Wrist and Hand.
CO 2	Thorough skills in evaluation of Wrist and Hand.
CO 3	Ability to integrate the structural and radiological findings and functions.
CO 4	Hands on skills in management of various conditions relating to wrist and hand.
CO 5	In depth knowledge of clinical decision-making triage

### Course Content/Curriculum:

Sr.No.	Topic	Hours	Mode
1	<b>Anatomy of Wrist and Hand Complex</b> <ul style="list-style-type: none"><li>• Basic Structure</li><li>• Bony Landmarks</li><li>• Muscles</li><li>• Ligaments</li><li>• Nerve supply</li><li>• Blood supply</li><li>• Surface Anatomy</li><li>• Applied Anatomy</li></ul>	5	Cadeveric study
2	<b>Clinical Biomechanics</b> <ul style="list-style-type: none"><li>• Biomechanics of Wrist and Hand Complex</li></ul>	5	Seminar Self-Reading

	<ul style="list-style-type: none"> <li>• Kinetics</li> <li>• Kinematics</li> <li>• Pathomechanics</li> <li>• Function and Architecture of Hand</li> <li>• Functional positions of wrist and hand</li> </ul>		
3	<b>Examination</b> <ul style="list-style-type: none"> <li>• Specific History taking</li> <li>• Differential Diagnosis based on History</li> <li>• Screening for Red and Yellow flags</li> <li>• Assessment</li> <li>• Neurological Screening</li> <li>• Special tests</li> </ul>	3	On Patients
4	<b>Investigations</b> <ul style="list-style-type: none"> <li>• X-ray</li> <li>• MRI</li> <li>• NCS</li> <li>• EMG</li> </ul>	2	Seminars Self reading
5	<b>Common lesions</b> <ul style="list-style-type: none"> <li>• Carpal tunnel syndrome</li> <li>• Flexor tendon injuries</li> <li>• Extensor tendon injuries</li> <li>• Crush injury</li> <li>• Rheumatoid hand</li> <li>• Stiff Hand</li> <li>• Burnt Hand</li> <li>• Dupuytren Disease</li> <li>• Ligament injuries of hand</li> <li>• Fractures of Hand</li> <li>• Triangular fibrocartilage injuries</li> <li>• Replantation</li> <li>• Digital amputation and Ray resection</li> <li>• Arthroplasty</li> <li>• Arthroscopy</li> <li>• Arthrodesis</li> </ul>	10	On Patients
6	<b>Management of various conditions</b>	10	On Patients
7	<b>Research Projects</b>	50	



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