

An Evidence-Supported Review of Impairment-Based Rehabilitation for the Affected Upper Extremity

Practicing OTs assess a multitude of common upper extremity conditions as standard elements of the routine care they provide. For our presentation, we will present a review of the current literature pertaining to the assessment of common conditions of the upper extremity, including the relevance of the cervical spine as a potential source of symptom etiology. We will address the pertinent anatomy and epidemiology for each condition, provide a brief overview of a typical clinical presentation and disseminate information on promoting a thorough, efficient and evidence-based assessment for a multitude of conditions frequently seen in the shoulder and elbow. A portion of our presentation will involve hands-on practice in order to reinforce the proper application of special tests related to assessing several conditions of the regions. Ultimately, we would like to offer our musculoskeletal expertise to facilitate refined clinical decision-making and evidence-based interventions to positively impact treatment outcomes for the shared patient- provider benefit.

Brian Wilkinson, PT, DPT, CHT, CLT completed his Doctor of Physical Therapy studies at the University of Southern California in 2006. Since that time, he has elected to specialize in conditions of the upper extremity and has a special professional interest in work-related ergonomics. In addition to his teaching responsibilities as a Pacific University faculty member, he serves as part of the Clinical Education team, helping to coordinate and manage the graduate clinical rotations for his students. Dr Wilkinson lives in Portland, OR with wife Emily, and is an active member of the American Physical Therapy Association, the Oregon Physical Therapy Association, and the American Society of Hand Therapists.

Financial Disclosures: Mr. Wilkinson does not receive an honorarium for this course.

Nonfinancial disclosure: There are no nonfinancial disclosures

Evan Liu, PT, DPT, OCS received his DPT from Pacific University in 2015 and completed an orthopaedic residency at the University of Illinois at Chicago in 2017. He is a board certified orthopedic clinical specialist and is currently a fellow-in-training at Regis University's Orthopedic Manual Physical Therapy fellowship His practice primarily focuses on the orthopaedic and pediatric population, with a mix of manual therapy and exercise intervention. He currently practices at Tuality-OHSU's outpatient clinic, as well as Pacific Physical Therapists, and serves as adjunct faculty for Pacific University's physical therapy program. Outside of the PT realm, you will find him with his dog Oakley, going to Blazers games, playing tennis, cycling, and exploring new eateries/breweries.

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By the end of this presentation, participants will be able to:

- 1) Describe the prevalence and anatomy of common musculoskeletal disorders in the proximal upper extremity, including appropriate screening methods for the cervical spine, that are assessed by OT professionals in the clinical setting.
- 2) Identify effective methods for evaluation of familiar musculoskeletal disorders using evidence-based assessment techniques for the shoulder and elbow.
- 3) Describe the ways to integrate objective data to facilitate clinical decision-making, prognosis and plan of care.

This course is an Intermediate Level, with content focus in Occupational Therapy Process, Evaluation and Intervention, and Occupational Therapy Domain, Client Factors. Completion of this course is recognized by the OT Oregon Licensing Board as 2.5 contact hours.



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