

# Management of Clients with Upper Limb Conditions

## 24 – 25 Aug 2023

### Introduction

Occupational Therapists often see patients with arthritis as well as Repetitive Strain Injuries (RSI) which can affect them in many different ways. They may find simple movements difficult and painful and encounter difficulties in managing their day-to-day activities. Occupational therapy helps to empower patients to live life to its fullest by maximizing their ability to participate in activities (occupations) through activity analysis, use of orthosis and assistive devices and exercise.

### Course Objectives

- 1) Understand the etiology of the following conditions:
  - Osteoarthritis
  - Rheumatoid Arthritis
  - Repetitive Stress Injuries (e.g. Carpal Tunnel Syndrome, Trigger Finger, DeQuervain's Tenosynovitis, Elbow Tendonitis)
- 2) Propose or apply evidence-based intervention strategies to manage the abovementioned conditions

### Course Outline

- 1) Common Rheumatology conditions (Osteoarthritis and Rheumatoid Arthritis)
- 2) Common Repetitive Stress Injuries (Carpal Tunnel Syndrome, Trigger Finger, DeQuervain's Tenosynovitis, Elbow Tendonitis)
- 3) Evidence based management for 1) and 2) including splint fabrication practice.

### Target Audience

Occupational Therapists

### Quick Links

[FAQs](#)

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[Training Calendar and Directory](#)

### Course Details

Date	: 24 – 25 Aug 2023
Duration	: 10.5 hours (1.5 days)
Time	: 9.00 am – 5.00 pm (24 Aug) 9.00 am – 12.30 pm (25 Aug)
Class size	: 18
Venue	: <b>Therapy Skills Training Lab Academia Level 1</b> 20 College Road, S (169856)
Fee	: <b>S\$1,310</b> (SingHealth staff/ SAOT Member) <b>S\$1,450</b> (Regular) (inclusive of prevailing rate of GST)

### Teaching Faculty

**Julia Chong** is a Senior Occupational Therapist from Singapore General Hospital with special interest in the area of geriatric rehabilitation and population health. she is experienced in the areas of orthopedics and covers the rheumatology center attending to patients with osteoarthritis and rheumatoid arthritis as well as repetitive strain injuries.

**Lee Zhi Yu** is an Occupational Therapist from Singapore General Hospital with a keen interest in hand and upper limb rehabilitation. She has expertise in providing rehabilitation for patients with various upper limb conditions, including repetitive strain injuries, tendon and nerve injuries, fractures and polytrauma.

### Registration

To register (internet access required), scan the QR code or click on the web link.

Registration closes on **3 August 2023, Thursday**.



<https://form.gov.sg/6440ad7c9a1260001248a435>

Upon registration, you agree to PGAHI [Terms & Conditions](#).