

# Hand and Upper Limb Therapy

(RHAB806)

## Pathways, programmes/specialisations the course is attached to

Postgraduate Certificate in Health Science, Master of Health Science, Postgraduate Diploma in Health Science, Master of Health Practice

## Am I eligible to enrol in this course?

The paper is for health professionals registered under the HPCA Act, or for international physiotherapists who hold a Special Purpose Scope of Practice from the Physiotherapy Board of New Zealand. Applicants will normally have completed the requirements of one of the following in a relevant field from a New Zealand tertiary institution or equivalent:

- A bachelor's degree
- Professional qualification recognised by the university as being equivalent to a bachelor's degree
- Evidence of professional experience deemed by the university to be equivalent to a bachelor's degree

It is highly recommended that you have a sound working knowledge of anatomy of the upper limb, and that you also have a minimum of 2 years' postgraduate experience in a physical rehabilitation field of work. Where entry qualifications do not meet the criteria for study at postgraduate level, completion of transitional studies may be required before the applicant is admitted to the programme.

## What is this course about?

Encompasses advanced study in the practical and applied assessment of hand and upper limb dysfunction and the understanding and integration of the scientific and clinical research foundation of current medical, surgical and therapeutic management strategies for such dysfunction. Specialised clinical competency is gained in advanced hand and upper limb assessment and management strategies, including the use and application of splints, with the ultimate goal of optimizing client function.

## What can I expect to learn?

- Biomechanics, pathomechanics, and pathophysiology relating to all hand and upper limb disorders.
- Advanced knowledge of functional anatomy
- Clinical assessment strategies and evaluation of their effectiveness.
- Hand and upper limb concepts of treatment relating to hand and upper limb conditions
- Efficacy of re-education of movement, sensibility and function of the hand through activity and exercise.
- Traumatic hand and upper limb presentations, including fractures, joint injuries, tendons, nerves, skin, multiple injuries
- Pathologic hand and upper limb conditions. arthritis/osis, tendonopathies, nerve compressions, dupuytren's, pain syndromes, congenital conditions
- Principles and application of controlled stress to healing tissue. Efficacy of the use of static, serial static and dynamic splinting in hand dysfunction
- Addressing functional deficits and re-integration into work and other life roles.
- Psychosocial considerations of hand and upper limb dysfunction and therapeutic management

## How is this course taught?

**Location:** On campus at North Campus, AUT

**Teaching Period(s):** Full year

**Block Course:** Yes (Three on-campus teaching blocks: April 4 days, July 5 days, and September 4 days)

**Online:** Online learning tasks incorporated

## How will I be assessed?

1. Presentation (15 minutes)
2. Written assessment (3500 words)
3. Practical Assessment (30 minutes)

## Who will be teaching me?

**Course Coordinator: Christie Oldfield:** Christie is a Physiotherapist with over 10 years of clinical experience as a Registered Hand Therapist. She completed her Masters in Health Science in 2013, her research at AUT having a particular focus on ultrasound imaging of the Distal Radioulnar Joint.

### **Fees**

Information about course tuition fees may be found at:

<http://www.aut.ac.nz/study-at-aut/fees-scholarships-and-finance/fees/postgraduate-fees>

### **Enrolment and enquires**

New to AUT? Please submit an application for a programme on the AUT website - <https://www.aut.ac.nz/study/applying>

When you are a confirmed student you will be able to indicate your paper selection.

Any questions about applying to AUT please contact Debra Spinetto – [fhes.enquiries@aut.ac.nz](mailto:fhes.enquiries@aut.ac.nz)

Current students will receive a re-enrolment email each year – any enquiries please contact [fhes.administration@aut.ac.nz](mailto:fhes.administration@aut.ac.nz)