

**Technique for Sports Injuries of the Wrist and Elbow ~ 4 Hours**  
**Richard Belsky, DC, CCSP**  
**Back To Chiropractic CE Seminars**

**Course Objectives:**

This course will provide the chiropractor with information on diagnosis, examination and chiropractic technique treatment for common sports injuries involving the wrist and elbow. Information will be presented on the importance of history taking and performing an examination to determine a diagnosis with emphasis on sports injuries. The anatomy and function of the wrist and elbow will be reviewed. Several common sports injuries mechanisms will be discussed with correlation to the activity. Treatment protocols for acute, subacute, chronic, post-surgical and overuse conditions will be explained with utilization of chiropractic adjustive techniques, kinesio-taping, therapeutic exercises and functional sport specific rehabilitation. Several case discussions will be included. This course will also discuss the principles of managing the patient athlete through the healing process and returning them to their sport in a manner to reduce the possibility of a recurrence.

**Hour 1:**

Overview on injuries caused from common sports to distinguish overuse trauma and acute trauma and how age, activity frequency and prior injury affect the sports injury and recovery time. The mindset of the athlete will also be discussed. Anatomy and function of the wrist and elbow joints will be explained.

**Hour 2:**

A discussion on history taking with emphasis on the sport, mechanism of injury and prior injuries as well as conducting a thorough examination of the wrist and elbow. An explanation of range of motion, palpation, special tests and functional tests will be made.

**Hour 3:**

Types of common injuries that affect the wrist and elbow will be explored. These include wrist and elbow sprains, lateral epicondylitis (tennis), medial epicondylitis (golfer's), olecranon bursitis, radial nerve entrapment, common fractures, tenosynovitis de Quervain's), carpal tunnel syndrome and ganglion cyst as well as overuse. Discussion of the post-surgical wrist and elbow will also be instructed. There will also be a discussion on diagnosis determination and when to refer for x-ray, MRI and orthopedic consultation.

**Hour 4:**

Treatment of the acute, subacute, chronic, post-surgical wrist and elbow and overuse injuries will be described. Emphasis on tissue work, mobilization, chiropractic adjustive technique, kinesio-taping, physiotherapy, stretching (static and dynamic) and exercises (open and closed kinetic chain) will be accomplished. An explanation of functional, sport specific coordination, balancing and strengthening activates will be taught with the goal of returning the athlete to their sport well-conditioned to reduce the chance of re-injury. Cases studies will be discussed.