

# Redefine.

## Health Education

### HawkGrips

#### IASTM and the Management of Thumb CMC Osteoarthritis

#### Course Syllabus

**I. Primary Instructor(s):**

Jim Wagner OTD, OTR/L, CHT, CPAM, CSCS  
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**Key Consultants/Contributors:** *delete section if not applicable*

Course Reviewers	Jim Wagner OTD, OTR/L, CHT, CPAM, CSCS
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\*We will send updated resumes if we add instructors to our dynamic schedule.

**II. Financial Disclosures:** The authors and presenters of this content are consultants of HawkGrips. Instructors are paid to teach HawkGrips courses/webinars. Instructors do not receive reimbursement for the sale of HawkGrips instruments or products at any time.

HawkGrips instruments and products are used for demonstration purposes. Demo instruments and products are also provided for lab-based instruction during live courses. Participants are under no obligation to use or purchase HawkGrips branded instruments or products at any time.

The sole purpose of all course content is for education and HawkGrips does not intend to endorse or oppose any specific products, brands, or manufacturers within their educational content.

**III. Post Professional Learning Level:** Beginner/Basic

**IV. Statement of Non-Discrimination:** This course is made available to all *physical therapist and physical therapist assistant* licensees on a non-discriminatory basis.

**V. Verification of Attendance:** Attendance will be verified through Zoom. Following the course, all attendees who have viewed the session in its entirety will be given instructions to move on to the next module in order to obtain credit. All attendees

who did not attend in its entirety will be given instructions on how they can watch the recorded webinar.

**VI. Statement of Relevance to PT Practice:** Thumb CMC osteoarthritis affects millions of individuals and can cause significant disability. Understanding pathokinematics, progression and assessment of this challenging diagnosis will better help the allied health professional initiate evidence-based interventions.

**VII. Content Specialty Area:**

	Acute Care/Inpatient	Home Health	Post-Operative Management
	Adaptive Sports & Recreation	Imaging (not included US)	Primary Care/Medical Screening
	Amputation	Leadership & Professional Practice	Prosthetics/Orthotics/Braces & Assistive Devices
	Animal Therapy	Lifestyle Medicine (including nutrition & wellness)	Psychology/Behavioral Health
	Aquatics	Lymphedema	Skilled Nursing/Long Term Care
	Billing/Coding/Compliance	X Manual Therapy	Sports
	Business & Entrepreneurship	Neurology	Tactical Athlete/Military
	Cardiovascular & Pulmonary	Occupational Health/Work Comp/Ergonomics/FCE	Telehealth
	Diagnostic Ultrasound/Clinical Electrophysiology	Oncology	TMJ Disorders
	Dry Needling	Pain Science/Chronic Pain	Vestibular/Concussion/Balance & Falls
	General Orthopedics	Pediatrics	Wheelchair & Mobility Devices
	Geriatrics	Performing Arts/Dance	Women's Health/Pelvic Floor
	Hand Therapy	Pharmacology	Wound Management

**VIII. Differential Diagnosis content:** This course contains 0.15 hours of differential diagnosis content.

- a. De Quervain's tenosynovitis
- b. Wartenberg's syndrome
- c. Intersection syndrome

**IX. Mode of Instruction:**

<b>MODE</b>	<b>Definition</b>	<b>Place X, if applicable</b>
<b>Live, In-Person</b>	Interactive, in-person (same physical space)	
<b>Live, Virtual</b>	Interactive, virtual classroom, synchronous*	<b>X</b>
<b>Online Self-Paced</b>	Asynchronous**, online, self-paced	<b>X</b>
<b>Not Online Self-Paced</b>	Asynchronous, text/workbook, self-paced	
<b>Hybrid</b>	Mixed synchronous and asynchronous instruction. <i>Please spell out the format in your course description/schedule as if you were explaining it to a prospective student.</i>	

**X. Course Description:**

*This is a 1-hr livestream webinar designed for physical therapists, occupational therapists, athletic trainers, massage therapists and other allied health professionals to enhance their evaluative skills in screening, differential diagnosis, assessment, and management of individuals incorporating IASTM for thumb CMC osteoarthritis. This live webinar will assist the participant in better assessing and formulating an evidence-based plan of intervention for greater outcomes utilizing IASTM. The participant will learn differential diagnosis, assessment and how to incorporate instrument assisted soft tissue mobilization into clinical practice for management of thumb OA.*

**XI. Course Outline (if On-Demand)**

<b>Module #</b>	<b>Module Title</b>	<b>Learning Assessment</b>	<b># contact hours</b>
<i>1</i>	<i>Pre-Recorded Webinar</i>	<i>Video Recording</i>	<i>1</i>
2	Quiz	Quiz	

See live schedule. This is the recording of the live webinar.

### **Course Schedule (if LIVE)**

#### **Introduction Portion - 10 minutes**

- Brief Intro of course objectives & instructor background

#### **Clinical background of - IASTM and thumb CMC OA management - 25 min**

- Pathomechanics of thumb CMC OA
  - Radiographic progression, provocative testing for thumb CMC OA
  - Traditional conservative management
- Basic explanation of IASTM research and usage relevant to this specific topic.
  - Indications/contraindications for IASTM
  - Scanning, sweeping, brushing along opponens pollicis, abductor pollicis and first dorsal interossei, demonstrate adductor release and, framing the hand/carpal tunnel

#### **Clinical Demonstration Portion - 20 minutes**

- Instructor led clinical demonstration live

#### **Questions & Answers Portion - 10 minutes**

#### **Post Webinar Quiz - 5 minutes**

**XII. TOTAL Course Contact Hours Requested: 1 hour**

**XIII. Required Materials/Resources:** Computer/Laptop, Phone or any device that has access to Zoom.

**XIV. Course Objectives:**

1. *Define diagnostic characteristics of an individual with thumb CMC osteoarthritis*
2. *Outline indications/contraindications for IASTM*
3. *Describe and demonstrate clinical provocative testing to assist in differential diagnosis of thumb CMC OA*
4. *Demonstrate how to scan and implement IASTM in the management of the individual with thumb CMC OA.*

**XV. Competency Demonstration:** At the conclusion of the course, students must demonstrate a minimum of 75% proficiency in the following course assessments to achieve a passing grade. The assessments will demonstrate that the student has met the objectives listed in Section IX:

The competency demonstration will be the same for both live and self-paced.

Assessment	Description	Points
<i>Written Quiz</i>	<i>Online, 3 questions</i>	100
Possible Points	-----	100

**Post Webinar Quiz:**

1. The first dorsal interossei has a distraction force on the thumb CMC. **True** or False?
2. The Adductor Pollicis transverse and oblique fibers originate on the...
  - a. Second metacarpal only
  - b. **Third metacarpal (transverse fibers) Capitate, volar base of 2/3<sup>rd</sup> metacarpal base.**
  - c. Fourth metacarpal ulnar border
  - d. Scaphoid tubercle
3. The dynamic stability program for thumb CMC OA includes allow of the following except:
  - a. Adductor pollicis stretching/mobilization.
  - b. Dorsal first interossei strength
  - c. Opponens pollicis activation
  - d. **Thumb IPJ stabilization**

**XVI. Course Evaluation**

*First Name, Last Name*

*Email*

*What is your profession?*

*What is your license number? If you are a student, please put n/a.*

*Date of Course*

*What was your primary Instructor's name?*

*Please consider your first instructor. How would you rate the first instructor on Knowledge of Speaker?*

*Please consider your first instructor. How would you rate the first instructor in Quality of Presentation?*

*The program matter was sufficiently covered*

*The program increased knowledge in areas where greater knowledge was desired*

*The subject matter has practical application*

*The activity will improve my patient outcomes*

*Questions I had on today's topic were answered during this activity*

*The visual aids were helpful*

*I would recommend this workshop to a friend or colleague*

*This course met the objectives*

*Do you feel that the information was based on the best available evidence?*

*If you answered No to the above question, please explain:*

*Do you feel that there was commercial bias or influence in this activity?*

*If you answered Yes to the above question, please explain:*

*What specific aspects of today's activities do you think you will use most to improve your practice?*

*Quality of Zoom conference (instructor's audio/visual)*

*Have you previously attended an IASTM Training Course?*

*If no, do you plan on attending an IASTM Training course?*

*How did you hear about the course? (i.e. HawkGrips website, Sales Rep, etc)*

*Please utilize the space below for other comments or suggestions.*

## **XVII. Complete Reference List:**

Bertozzi, L., Valdes, K., Vanti, C., Negrini, S., Pillastrini, P., & Villafane, J. H. (2015). Investigation of the effect of conservative interventions in thumb carpometacarpal osteoarthritis: systematic review and meta-analysis. *Disability and rehabilitation*, 37(22), 2025-2043.

Cheatham, S. W., Baker, R., & Kreiswirth, E. (2019). Instrument assisted soft-tissue mobilization: a commentary on clinical practice guidelines for rehabilitation professionals. *International journal of sports physical therapy*, 14(4), 670.

Gutierrez Espinoza, H., Araya-Quintanilla, F., Olgúin-Huerta, C., Valenzuela-Fuenzalida, J., Jorquera-Aguilera, R., Gutiérrez-Monclus, R., ... & Retamal-Pérez, P. (2021). Effectiveness of manual therapy in patients with thumb carpometacarpal osteoarthritis: a systematic review and meta-analysis. *Physiotherapy Theory and Practice*, 1-10.

Johnson, J., Tranchida, G., Mathiason, M. A., O'Brien, V. H., & McGee, C. (2022). Characterizing response to a dynamic stability modeled approach for thumb carpometacarpal joint pain: A retrospective study. *Journal of Hand Therapy*, 35(3), 346-357.

Loghmani, M. T., & Bane, S. (2016). Instrument-assisted soft tissue manipulation: evidence for its emerging efficacy. *J Nov Physiother S*, 3(2).

Seffrin, C. B., Cattano, N. M., Reed, M. A., & Gardiner-Shires, A. M. (2019). Instrument-assisted soft tissue mobilization: a systematic review and effect-size analysis. *Journal of athletic training*, 54(7), 808-821.

*Note:* There is a scarcity of evidence in the literature on the topic of use of IASTM for thumb CMC OA. IASTM can be generalized regarding soft tissue manual therapy interventions with CMC OA.

