Redefine.

Health Education

HawkGrips

IASTM Interventions for Carpal Tunnel Syndrome

Course Syllabus

I. Primary Instructor(s):

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Key Consultants/Contributors:

Course Reviewers	**Jim Wagner OTD, OTR/L, CHT, CPAM, CSCS**

***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:** Carpal tunnel syndrome is one of the most prevalent peripheral nerve compressions in the upper extremity. Allied health professionals evaluate and treat this on a consistent basis. Traditional and non-traditional treatments to address this condition can benefit the patients we serve.

VII. **Content Specialty Area (Place an X to the right of the ONE that MOST applies):**

	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. Thoracic outlet syndrome
b. Cervical radiculopathy
c. Trauma/soft tissue/tumors

IX. Mode of Instruction (select all that apply):

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

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 adults with carpal tunnel syndrome with an emphasis on utilizing instrument assisted soft tissue mobilization techniques as an adjunctive treatment tool. This live webinar will assist the participant in better assessing and formulating an evidence-based treatment plan for enhanced outcomes through incorporating IASTM. The participant will learn differential diagnosis, assessment, contraindications, and how to appropriately incorporate instrument assisted soft tissue mobilization into clinical practice.

XI. Course Outline (if On-Demand)

Module #	Module Title	Learning Assessment	# contact hours

1	*Pre-Recorded Webinar*	*Video Recording*	*1*
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 – 20 minutes
(IASTM and Carpal Tunnel Syndrome)

- Origin of brachial plexus and median nerve course
    - C5-T1 (medial/lateral cords of brachial plexus)
    - TOS, ligament of struthers, Lacertus fibrosis, FDS arch, pronator teres, carpal tunnel
- Basic explanation of IASTM research and usage relevant to CTS
- Indications and contraindication review
- Scanning, sweeping along the length of the nerve, IASTM and nerve mobilization, extrinsic flexor mobility, framing the hand and carpal tunnel

Clinical Demonstration Portion - 20 minutes

- Instructor led clinical demonstration live

Question and Answer - 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 carpal tunnel syndrome*

2. *Describe and demonstrate clinical provocative testing to assist in differential diagnosis of CTS.*
3. *List at least 3 contraindications to IASTM.*
4. *Demonstrate how to scan and implement IASTM in the management of the individual with carpal tunnel syndrome.*

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
Written Quiz	*Online, 4 questions*	100
Possible Points	----------	100

Post Webinar Quiz

1. Carpal tunnel is the most prevalent upper extremity nerve compression syndrome. True / False
2. Common symptoms for CTS include all of the following except:
    a. Nocturnal thumb, index, middle, radial ½ of ring finger paresthesia
    b. Hand pain
    c. Loss of grip strength
    d. Poor digital abduction of the small finger
3. Differential diagnosis for CTS includes all the following except:
    a. Pronator syndrome
    b. C5-T1 nerve root compression
    c. Thoracic outlet syndrome
    d. Supinator syndrome

4. The Journal of Orthopedic and Sports Physical Therapy (Clinical Practice Guideline, Vol.5, Issue 5, 2019) reports that soft tissue mobilization can provide “short term relief for mild to moderate CTS”. True / False

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

Define diagnostic characteristics of carpal tunnel syndrome

Describe and demonstrate clinical provocative testing to assist in differential diagnosis of CTS

Demonstrate how to scan and implement IASTM in the management of the individual with carpal tunnel syndrome.

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:

Burke, J., Buchberger, D. J., Carey-Loghmani, M. T., Dougherty, P. E., Greco, D. S., & Dishman, J. D. (2007). A pilot study comparing two manual therapy interventions for carpal tunnel syndrome. Journal of manipulative and physiological therapeutics, 30(1), 50-61.

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.

Erickson, M., Lawrence, M., Stegink Jansen, C., Coker, D., Amadio, P., & Cleary, C. (2019). Carpal tunnel syndrome: A summary of clinical practice guideline recommendations-using the evidence to guide physical therapist practice. J. Orthop. Sports Phys. Ther, 49, 359-360.
Loghmani, M. T., & Bane, S. (2016). Instrument-assisted soft tissue manipulation: evidence for its emerging efficacy. J Nov Physiother S, 3(2).

Page, M. J., O'Connor, D., Pitt, V., & Massy-Westropp, N. (2012). Exercise and mobilisation interventions for carpal tunnel syndrome. Cochrane Database of Systematic Reviews, (6).

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.

Taylor, A., & Wolff, A. L. (2021). The forgotten radial nerve: A conceptual framework for treatment of lateral elbow pain. Journal of Hand Therapy, 34(2), 323-329.

** There is a paucity of evidence specifically referencing IASTM for the intervention of CTS. The research presented represents clinical practice guidelines and clinical effectiveness of manual therapy for carpal tunnel syndrome*