



## Neuro Hand Lab: Optimizing Hand Position and Function After Neurologic Injury

**Overview:** This hybrid course explores the occupational therapist's role in evaluation of physical and motor dysfunction of the distal upper extremity and hand after neurologic injury, and the interventions and strategies recommended for optimizing hand positioning and function. Participants will review the complex anatomy of the hand, the impact of neurologic impairment, and essential assessment skills. Emphasis is placed on selecting and progressing custom and pre-fabricated orthotics to support functional recovery.

**Audience:** Occupational Therapists, Occupational Therapy Assistants

**Presenters:**

- Anne L. Maattala, MS, OTR/L (Pennsylvania: OC009439)  
*Supervisor, Outpatient Services at Bryn Mawr Rehab*
- Casey Converse, MS, OTR/L, CBIS (Pennsylvania: OC011636 )  
*Advanced Clinician/Inpatient Occupational Therapist at Bryn Mawr Rehab Hospital*

**Objectives:** At the completion of this course, the learner will be able to:

- Identify and screen for common physical limitations of distal upper extremity and hand, due to neurologic injury
- Identify appropriate patients who would benefit from orthosis or other positioning aids
- Identify indications for mechanical/ positioning splints
- Identify indications for therapeutic/ functional splints
- Discuss materials commonly used in custom splint fabrication
- Explain how fit of splint may impact function or outcomes
- Modify fit of splint based upon individual patient needs (physiologic versus function)
- Prescribe appropriate frequency and duration of orthoses or positioning devices
- Discuss indications for consultations to other providers
- Document splinting plan of care for continuity

**Program Date:** May 16, 2026

**Program Length:** 9.0 hours

**Program Location:** Bryn Mawr Rehab Hospital

**Program Registration:** <https://www.mainlinehealth.org/rehabeducation>

**Program Cost:** \$200.00

**Cancellation Policy:** Main Line Health reserves the right to cancel an educational event. If Main Line Health cancels the event, participants will be refunded 100% of any registration fees paid.

Participants may cancel their participation in the course. The course tuition is refundable, minus a 20% processing fee, if the cancellation is received in writing at least one week prior to the start date of the course. No refunds or credits will be granted if notice is provided less than one week prior to the start date. No refunds or credits will be granted for no shows.

## Program Agenda:

<b>Virtual coursework to be completed prior to start of course (2 hours)</b>
<ul style="list-style-type: none"><li>• Intro to Orthotic Fabrication/ Selection- Neuro vs ortho population considerations</li><li>• Hand and wrist anatomy (maintaining resting and functional joint, arch positions, digit considerations),</li><li>• Hand evaluation of barriers to positioning and function (contracture prevention, muscle tone, edema)</li><li>• Mechanical Orthoses- Indications, common types/ examples, schedule</li><li>• Therapeutic/ Functional orthoses- Indications, common types/ examples, schedule</li><li>• Interdisciplinary Care and referrals- Indications for Physiatrist involvement, Orthotist referral, Common types of pre-fabricated and custom orthoses, dynamic stretch-assist braces</li></ul>

<b>8:00 am</b>	Registration
<b>8:30 am</b>	Introduction Interpreting hand evaluation for positioning needs
<b>9:00 am</b>	Mechanical and positioning orthotics
<b>9:15 am</b>	Materials
<b>9:30 am</b>	Fabrication of splints lab <ul style="list-style-type: none"><li>• Resting hand splint</li><li>• Wrist cock up splint</li></ul>
<b>11:40 am</b>	Lunch
<b>12:30 pm</b>	Therapeutic/functional positioning consideration
<b>1:00 pm</b>	Hand assessment and clinical decision making through positioning trials
<b>1:30 pm</b>	Therapeutic/functional fabrication of splints lab
<b>3:30 pm</b>	Break
<b>3:45 pm</b>	Case studies
<b>4:25 pm</b>	Question/answers
<b>4:35 pm</b>	Adjourn

### CE Statement:

- OT: Main Line Health is recognized by the PA State Board of Occupational Therapy as a pre-approved provider. This course is applicable for 9.0 contact hours (0.90 CEUs).

**Satisfactory Completion:** Requirements for satisfactory completion of this course include completion of online coursework and passing of pre-course test; full attendance at the course as evidenced by a monitored sign-in/sign-out sheet, completion of perceived attainment of course objectives, and self-assessment of how course materials will impact your clinical performance and/or outcomes.

**Participant Satisfaction/Complaint Policy:** Program evaluation evaluates participant satisfaction, and complaints are handled by designated Main Line Health representative.

### Conflict of Interest Disclosure

Speaker	Financial	Non-Financial
Anne Maattala	Receives a salary from MLH	No disclosure
Casey Converse	Receives a salary from MLH	No disclosure