

School: Medical Management
Course: Orthopedic Roadshow – Part 1, Extremities
Faculty: Donald A. Abrams, Orthopedic Physician Assistant, Executive Vice President, WorkCompCollege

Summary

In the course "Orthopedic Roadshow: Part 1 - Extremities," Donald Abrams, a founding partner of WorkCompCollege.com, provides a comprehensive overview of the anatomy, common injuries, diagnostic techniques, and treatment options for the upper extremities, with a focus on the shoulder, elbow, wrist, and hand. This course is essential for workers' compensation professionals aiming to enhance their understanding and management of orthopedic injuries.

Abrams begins by emphasizing the importance of detailed anatomical knowledge in diagnosing and treating upper extremity injuries. He covers the structures and functions of the shoulder, including common injuries like rotator cuff tears and fractures. The anatomy and mechanics of the elbow are explored, highlighting typical injuries such as epicondylitis and fractures. Abrams also delves into the detailed bone and muscle structure of the wrist and hand, discussing conditions like carpal tunnel syndrome and various fractures.

The course introduces key orthopedic terminology and diagnostic techniques crucial for accurate communication and diagnosis. Terms such as flexion, extension, abduction, and adduction are explained, along with common injury types like fractures, sprains, and strains. Diagnostic techniques, including palpation, range of motion tests, and imaging studies (X-rays and MRI), are covered to equip participants with the skills needed to assess and diagnose injuries effectively.

Abrams highlights the importance of understanding appropriate treatment options and interventions for various orthopedic conditions. He differentiates between non-surgical treatments, such as physical therapy, splinting, and medication, and surgical interventions, including indications, procedures, and post-surgical care and rehabilitation.

Effective communication with injured workers is a central theme of the course. Abrams stresses the need to explain medical conditions and procedures in simple terms to alleviate workers' fears and enhance their understanding. Building trust through empathy and support is essential for improving compliance with treatment plans and overall recovery outcomes.

The course also emphasizes a holistic approach to managing orthopedic injuries, integrating medical, psychological, and social support systems. Abrams advocates for the biopsychosocial model, which considers the physical, psychological, and social aspects of injuries. Proactive management and continuous follow-up are highlighted as best practices to improve workers' compensation claim outcomes.

In conclusion, "Orthopedic Roadshow: Part 1 - Extremities" provides valuable insights into the anatomy, diagnosis, and treatment of upper extremity injuries. By enhancing their understanding of orthopedic conditions and developing effective communication strategies, workers' compensation professionals can better support injured workers and improve recovery outcomes.

Learning Objectives

1. Understand the detailed anatomy and common injuries of the upper extremities, including the shoulder, elbow, wrist, and hand.
2. Learn the key orthopedic terminology and diagnostic techniques used in assessing and treating upper extremity injuries.
3. Recognize the appropriate treatment options and interventions for various orthopedic conditions affecting the extremities.
4. Develop skills to effectively communicate medical conditions and treatment plans to injured workers, aiming to reduce their anxiety and enhance understanding.
5. Apply comprehensive knowledge of orthopedic anatomy and injury management to improve workers' compensation claim outcomes.

Primary Takeaways

1. Importance of Detailed Anatomy: A thorough understanding of the anatomy of the upper extremities is crucial for diagnosing and treating injuries effectively.
2. Orthopedic Terminology: Familiarity with orthopedic terminology and diagnostic techniques is essential for clear communication and accurate diagnosis.
3. Effective Treatment Interventions: Knowing the appropriate interventions and their implications can significantly impact recovery and functional outcomes for injured workers.
4. Communication and Trust: Explaining medical conditions and procedures clearly to injured workers helps reduce their anxiety and improve compliance with treatment plans.
5. Holistic Approach to Recovery: Integrating medical, psychological, and social support systems leads to better management of workers' compensation claims and enhances overall recovery.

Course Outline

- 1) Introduction to Orthopedic Roadshow

- a) Overview of the Course
 - i) Purpose and objectives
 - ii) Relevance to workers' compensation
 - b) Instructor Background
 - i) Donald Abrams' experience and expertise
- 2) Anatomy of the Upper Extremities
- a) Shoulder
 - i) Structure and function
 - ii) Common injuries (e.g., rotator cuff tears, fractures)
 - b) Elbow
 - i) Anatomy and mechanics
 - ii) Typical injuries (e.g., epicondylitis, fractures)
 - c) Wrist and Hand
 - i) Detailed bone and muscle structure
 - ii) Common conditions (e.g., carpal tunnel syndrome, fractures)
- 3) Orthopedic Terminology and Diagnostics
- a) Common Terms
 - i) Flexion, extension, abduction, adduction
 - ii) Fractures, sprains, strains
 - b) Diagnostic Techniques
 - i) Palpation, range of motion tests
 - ii) Imaging studies (X-rays, MRI)
- 4) Treatment and Intervention
- a) Non-Surgical Treatments
 - i) Physical therapy, splinting, medication
 - b) Surgical Interventions
 - i) Indications and procedures
 - ii) Post-surgical care and rehabilitation
- 5) Communication with Injured Workers
- a) Explaining Medical Conditions
 - i) Simplifying complex terms
 - ii) Addressing common fears and misconceptions
 - b) Building Trust
 - i) Importance of empathy and support
 - ii) Strategies for effective communication
- 6) Holistic Management of Injuries

- a) Biopsychosocial Model
 - i) Integrating physical, psychological, and social aspects
 - b) Improving Claim Outcomes
 - i) Proactive management and follow-up
 - ii) Case studies and best practices
- 7) Conclusion
- a) Recap of Key Points
 - i) Importance of anatomical knowledge
 - ii) Effective communication and holistic approach
 - b) Future Directions
 - c) Continued learning and application
 - d) Resources for further education and support

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