

**Saturday December 5, 2009**  
**Rehabnet Outpatient Center**  
**1260 15th St, Suite 900**  
**Santa Monica, CA 90404**

**\$180 until Nov 14th (postmarked)**

**\$215 after Nov 15th**

**\$10 discount per person for  
multiple registrations received  
together.**

Seven (7) contact hours, approved  
by California Board of Occupational  
Therapy for Advanced Practice  
in Hand Therapy.

Questions or registration via email:  
fearless.seminars@mac.com  
or  
mail this form with payment to:

Fearless Seminars  
c/o Elisa Marks  
1010 California Ave #101  
Santa Monica, CA 90403  
888-469-4619  
Fax 310-807-9273

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone (day): (    )    -

email: \_\_\_\_\_

Check enclosed

Credit card payments will be  
billed via email by PayPal.

Registration will be confirmed via email

No refunds after Nov 25th.  
Substitutions accepted.

Fearless Seminars  
1010 California Ave #101  
Santa Monica, CA 90403

# Arthritis WITHOUT Anxiety

## Management of Arthritis for the Hand Therapist

**Saturday December 5, 2009**

**9:00am-5:00pm**

**Rehabnet Outpatient Center**  
**Santa Monica, CA**



# Arthritis of the Wrist and Hand Without Anxiety

After completing this course, participants should be able to:

- 1) Discuss relevant anatomy for hand and wrist arthritis
- 2) Describe the disease process for both osteoarthritis and rheumatoid arthritis
- 3) Understand different surgical techniques and treatment techniques used for patients with osteoarthritis and rheumatoid arthritis
- 4) Identify splints that are appropriate for various arthritic problems
- 5) Think critically about difficult patient cases and modify treatment plans based on progression of the disease process
- 6) Describe the therapist's management during each rehabilitation phase and critical timeline
- 7) Document for arthritis patients in accordance with Medicare guidelines

Schedule	
Time	Activity
9:00–9:15	Introduction
9:15–10	Anatomy
10–10:30	Arthritis Overview
10:30–10:45	Break
10:45–11:15	PIP/DIP Arthritis
11:15–12:15	Thumb Arthritis
Lunch (on your own)	
1:15–1:45	Thumb Splint Demo
1:45–2:25	MP Arthritis
2:25–3:00	Wrist Arthritis
3:00–3:15	Break
3:15–3:45	Documentation for Arthritis
3:45–4:30	Case Studies
4:30–5:00	Scleroderma and Lupus

About your instructor:

**Elisa Marks, MS, OTR/L, CEAS  
CHT**

is currently a Senior Occupational Therapist at Rehabnet Outpatient Center. Previously she has held the positions of Outpatient Therapy Supervisor at Cedars-Sinai Medical Center in Beverly Hills, CA and Clinical Specialist II in hand therapy at Kaiser Permanente in Woodland Hills, CA.

She received her CHT in 2001. She is the co-author of ASHT's Treatment Guidelines for Tendon Transfer. Elisa also teaches Flexors Without Fear: Current Concepts in Tendon Rehabilitation and Fingers Without Fear. Elisa is a frequent speaker at national, state, and local conferences.

**Previous Attendees of Fearless Seminars have raved:**

**Excellent Course!**

**One of the best courses I have ever taken.**

**Elisa is an excellent, interesting speaker**

**I learned so much that I will use in the clinic.**