

August 16,  
2008

Northridge  
Hospital



**\$185 until July 26th** (postmarked)

**\$210 after July 26th**

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registrations received together*

Light breakfast and afternoon snacks  
to be provided.

Seven (7) contact hours, advanced  
practice approval pending

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# Fearless

# Flexors

**Current Concepts  
in  
Tendon Rehabilitation**

**August 16, 2008  
Northridge Hospital  
Northridge, CA**



# Fearless Flexors: Current Concepts in Tendon Rehabilitation

After completing this course, participants should be able to:

- 1) Explain the basic anatomy and function of the flexor tendon, pulley system, and functions of synovial fluid.
- 2) Describe surgical landmarks and their importance / relevance in developing a rehabilitation program.
- 3) Briefly define intrinsic and extrinsic healing of the tendons.
- 4) Ask appropriate questions of the patient and physician before initiating a treatment program
- 5) Understand the relevance of physical agent modalities in the treatment of tendon repairs and critical thinking required in choosing a modality.
- 6) Understand the differences and similarities between the various protocols being used today: Kleinart, Modified Duran, Evans, and other early motion protocols. Know and explain key timelines in tendon healing.
- 7) Describe the therapist's management during each rehabilitation phase and critical timeline.

Schedule	
Time	Activity
8:30-8:45	Registration & Introduction
8:45-9:15	Tendon Anatomy
9:15-10:15	Tendon Biomechanics and Healing
10:15-10:30	Break
10:30-11:30	Surgical Repairs (including comments on tenolysis & 2-stage tendon repairs)
11:30-12:15	Tendon Rehab (Duran and Kleinart Protocols)
12:15-1:15	Lunch on your own
1:15-2:00	Tendon Rehab (Evans and Early Motion protocols)
2:00-3:00	Splinting for tendon repair (Sponsored by Sammons-Preston)
3:00-3:15	Break
3:15-3:30	Complex issues in Tendon Rehab
3:30-4:00	Case Study
4:00-4:30	Q & A

About your instructors:

**Elisa Marks, MS, OTR/L, 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. She is President of Fearless Seminars

**Dr. Prosper Benhaim, MD, FACS** completed general surgery at UCSF and plastic and hand surgery fellowships at UCLA. He has a Certificate of Added Qualification in hand surgery and has been an attending surgeon at UCLA since 1998. He is currently an Associate Professor for the UCLA Department of Orthopedic Surgery and the UCLA Division of Plastic and Reconstructive Surgery. Dr. Benhaim has lectured extensively and frequently participates in symposiums for hand therapists.