

ÖGHT Webinar – Reihe
„Management of Musicians with Upper Limb Disorders“
- ein Thema: vier abgestimmte Webinare -

Kursbeschreibung:

This course aims to explore the world of the professional and keen amateur musician who presents with upper limb disorders. We will explore the world of the musician, how problems present, assessment approaches and core hand therapy skills which can be deployed. Extended scope skills in management of the psychological effects of pain, threat to play and loss of self will be examined. Entering the world of an elite musician is both terrifying and a privilege and we will explore together how to make this deeply professionally satisfying caseload to work with.

Webinar 1: Introduction to hand therapy for musicians

This webinar will include a summary of musculoskeletal problems presenting in musicians, risk factors, common disorders, assessment, specific outcome measures, the role of prevention rather than cure (including evidence) and prevention strategies.

Wann: 27.11.2023 19.00 – 21.00 Uhr
Wo: Online
Anmeldeschluss: 12.11.2023

Webinar 2: Physical approaches for the musician with upper limb disorders

How to assess the injured musician, special understanding of musician lifestyle, activity analysis, what is and is not controllable, posture and movement, return to play principles and hidden problems

Wann: 13.12.2023 19.00 – 21.00 Uhr
Wo: Online
Anmeldeschluss: 28.11.2023

Webinar 3: Psychological approaches for the musician with upper limb disorders

Pacing, mental strength, lifestyle, role and evidence for different types of practice such as mental practice, persistent pain and catastrophisation, understanding HT approaches to resolution. We will include some practical activities to bring this alive.

Wann: 15.01.2024 19.00 – 21.00 Uhr
Wo: Online
Anmeldeschluss: 31.12.2023

Webinar 4: Case Studies

This final webinar will present real cases with a combination of needs for small groupwork and whole group feedback to help bring together and consolidate all the concepts from the first three sessions and give confidence to taking a diverse approach to these challenging patients.

Wann: 07.02.2024 19.00 – 21.00 Uhr
Wo: Online
Anmeldeschluss: 23.01.2024

Referentin: Nicola Goldsmith, MSc Dip COT SROT

Nicola has been a specialist occupational therapist in hand therapy since 1991 having worked in both the NHS and private sectors. She always maintained a clinical caseload but much of her experience has involved developing hand therapy departments across the private sector in the UK. Nicola worked as the clinical director of GripAble for three years, is Past President of the International Federation of Societies for Hand Therapy and is now the Clinical Ambassador for Performance Health. Nicola teaches as a partner in NES Hand Therapy Training, which has been operating for over 25 years and independently in many universities in Portugal. Clinically, Nicola sees patients for about 20 hours per week and approximately 70% of her caseload involves working with musicians. She has recently run a course on injury awareness and prevention at the Royal Academy of Music.



Kurssprache: Englisch (good level)

Zielgruppe: Ergotherapeut*innen, Physiotherapeut*innen

TN-Zahl: je Webinar **mind. 10 TN**

Anmerkung: Die Webinare sind aufeinander abgestimmt. Sie können dennoch individuell gebucht werden.

Kosten:	pro Webinar	ÖGHT Mitglieder	€ 35,-- (inkl. Handout)
	pro Webinar	Nichtmitglieder	€ 70,-- (inkl. Handout)

Anmeldeschluss: **jeweils 2 Wochen vor dem jeweiligen Webinar**

Bitte schicken Sie das Anmeldeformular | per Post an: Österreichische Gesellschaft für Handtherapie ÖGHT, Holzmeistergasse 7-9, 1210 Wien oder **| per Fax:** (01) 8974358 oder **| per Mail:** office@oeght.at