 OBJECTIVES

The McMaster University Hand, Arm, Nerve (MacHANd) Group is a new initiative promoting excellence in education, clinical service, and research for hand and upper limb injuries, diseases, and disorders.

The objectives of the inaugural MacHANd Day are:
- To understand the evaluation and diagnosis of selected upper extremity disorders.
- To understand the therapeutic, surgical, and current evidence in the management of selected upper extremity disorders.

 TARGET AUDIENCE

Anesthesiologists, Athletic Therapists, Emergency Medicine Physicians, Family Physicians, Kinesiologists, Occupational Therapists, Physiotherapists, Physical Medicine and Rehabilitation Physicians, Radiologists, Residents and Students, Surgeons and all other Allied Health Professionals interested in upper extremity disorders.

 PLANNING COMMITTEE

 CO-CHAIRS  Jaydeep Moro  Carolyn Levis

 Jaydeep Moro, MD, FRCSC  Orthopaedic Surgery  McMaster University & St. Joseph’s Healthcare Hamilton

 Carolyn Levis, MD, MSc, FRCSC  Plastic Surgery  McMaster University & St. Joseph’s Healthcare Hamilton

 James Bain, MD, MSc, FRCSC  Plastic Surgery  McMaster University & Hamilton Health Sciences

 Pam Ball, OT  Hand Therapy  Hamilton Health Sciences

 Wade Elliott, BSc, MD, CCFP, Dip. Sport Med  Sports Medicine  McMaster University

 Srinivasan Harish, MBBS, FRCS, FRCR, FRCPC  Radiology  McMaster University & St. Joseph’s Healthcare Hamilton

 Joy MacDermid, BScPT, MSc, PhD  School of Rehabilitation Science  McMaster University

 Michael Vallely, BA, BScPT  School of Rehabilitation Science  McMaster University
### PROGRAM

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<th>Time</th>
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<td>07:30</td>
<td>Continental Breakfast</td>
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<td>08:00</td>
<td>Welcome and Introduction</td>
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| 08:15 | Complex Regional Pain Syndrome (CRPS): Reconciling Theory and Practice                           | **Gareth Rydderch, MB, FRCS**  
McMaster University and Hamilton Health Sciences  
**Tara Packham, OTReg(Ont), MSc (candidate)**  
Hand Therapy  
McMaster University & Hamilton Health Sciences |
| 08:50 | Q & A                                                                                             |                                                                           |
| 09:00 | Thumbs Up: Diagnosis of Atypical Thumb Injuries                                                  | **James Bain, MD, MSc, FRCS**  
Plastic Surgery  
McMaster University & Hamilton Health Sciences |
| 09:35 | Q & A                                                                                             |                                                                           |
| 09:45 | Break                                                                                             |                                                                           |
| 10:00 | Shoulder Instability                                                                             | **Jaydeep Mora, MD, FRCS**  
Orthopaedic Surgery  
McMaster University & St. Joseph's Healthcare Hamilton |
| 10:45 | Throwing Injuries                                                                                | **Wade Elliott, BSc, MD, CCFP, Dip. Sport Med.**  
Sports Medicine  
McMaster University |
| 11:20 | Q & A                                                                                             |                                                                           |
| 11:30 | Lateral Elbow Pain/Tennis Elbow                                                                   | **Michael Valiley, BA, BScPT**  
School of Rehabilitation Science  
McMaster University  
**Krishan Rajaratnam, MD, FRCS**  
Orthopaedic Surgery  
McMaster University & Hamilton Health Sciences  
**Srinivasan Harish, MBBS, FRCS, FRCP, FRCP.C**  
Radiology  
McMaster University & St. Joseph's Healthcare Hamilton |
| 12:05 | Q & A                                                                                             |                                                                           |
| 12:15 | Lunch                                                                                             |                                                                           |
| 13:00 | Measuring Outcomes for Upper Extremity Patients in Your Clinic                                  | **Joy MacDermid, BScPT, MSc, PhD**  
School of Rehabilitation Science  
McMaster University |
| 13:35 | Q & A                                                                                             |                                                                           |
| 13:45 | Physical Examination of the Wrist                                                                | **Carolyn Levis, MD, MSc, FRCS**  
Plastic Surgery  
McMaster University & St. Joseph's Healthcare Hamilton |
| 14:20 | Q & A                                                                                             |                                                                           |
| 14:30 | Break                                                                                             |                                                                           |
| 14:45 | Traumatic Wrist Injuries                                                                         | **Carolyn Levis, MD, MSc, FRCS**  
Plastic Surgery  
McMaster University & St. Joseph's Healthcare Hamilton  
**Jaydeep Mora, MD, FRCS**  
Orthopaedic Surgery  
McMaster University & St. Joseph's Healthcare Hamilton  
**Naveen Parasu, FCRF FRCP.C**  
Radiology  
McMaster University & Hamilton Health Sciences |
| 15:20 | Q & A                                                                                             |                                                                           |
| 15:30 | Electrodiagnostic Evaluation, Management, and Rehabilitation of Upper Extremity Peripheral Nervous System Disorders | **Todd Bentley, MD, MSc, FRCP(C), Dip. ABPM&R, Dip. Sport Med.**  
Physical Medicine & Rehabilitation  
McMaster University |
| 16:05 | Q & A                                                                                             |                                                                           |
| 16:15 | End of Conference                                                                               |                                                                           |

*Program subject to change*

### DISCLOSURE OF POTENTIAL CONFLICTS OF INTEREST

In keeping with accreditation guidelines, speakers and planning committee members participating in this event have been asked to disclose to the audience any involvement with industry or other organizations that may potentially influence the presentation of the educational material. Disclosure may be done verbally or using a slide prior to the speaker’s presentation.

### LIABILITY

Continuing Health Sciences Education (CHSE) hereby assumes no liability for any claims, personal injury, or damage:
- To any individual attending this conference.
- That may result from the use of technologies, program, products and/or services at this conference.
- That may arise out of, or during this conference.
GENERAL INFORMATION

As an organization accredited to sponsor Continuing Medical Education for Physicians, by both the Committee on Accreditation of Canadian Medical Schools and the Accreditation Council for Continuing Medical Education of the United States, Continuing Health Sciences Education, McMaster University designates this educational program as meeting the criteria for:

The College of Family Physicians of Canada Mainpro-M1
This educational program meets the accreditation criteria of The College of Family Physicians of Canada, and has been accredited for 6.75 Mainpro-M1 credits.

The Royal College of Physicians and Surgeons of Canada
This educational event is approved as an Accredited Group Learning Activity under Section 1 of the Framework of CPD options for the Maintenance of Certification Program of The Royal College of Physicians and Surgeons of Canada for a maximum of 6.75 credits participant.

Each physician should claim only those hours of credit that he/she actually spent in the educational activity

CONFIRMATION OF REGISTRATION
A written acknowledgement of your registration will be sent to registrants prior to the event if an e-mail address is provided. Otherwise receipts will be provided in your registrant package.

CANCELLATION POLICY
The University reserves the right to cancel a course due to insufficient registration or any circumstances that are beyond our control. Cancellations received before October 15, 2008 will be refunded less a 25% administrative fee. No refunds will be issued for cancellations received after this date.

DIRECTIONS

FROM THE NIAGARA PENINSULA
Follow the QEW over the Burlington Skyway Bridge as though going to Toronto. Take Highway 403 toward Hamilton to the Main Street West exit ramp. At the traffic signal turn left on to Main Street West, and then after turning left onto Main Street West, turn immediately right on Newton Avenue. As this street crosses King Street it becomes Sterling Street. Proceed up Sterling Street onto McMaster campus, to zone 2. The Michael G. DeGroote Centre for Learning & Discovery is adjacent to the McMaster University Medical Centre, just behind Wentworth House.

FROM BRANTFORD AND LONDON
From Brantford and London travel on Highway 403 to the Aberdeen Avenue exit. Turn left at the first traffic signal and proceed along Longwood Road, then turn left onto Main Street West. After turning left onto Main Street West, turn right on Newton Avenue. As this street crosses King Street it becomes Sterling Street. Proceed up Sterling Street onto McMaster campus, to zone 2. The Michael G. DeGroote Centre for Learning & Discovery is adjacent to the McMaster University Medical Centre, just behind Wentworth House.

FROM TORONTO, OAKVILLE, BURLINGTON (TO CENTRAL CAMPUS)
Take Highway 403 West to the Main Street West exit ramp. At the traffic signal turn left on to Main Street West, and then after turning left onto Main Street West, turn immediately right on Newton Avenue. As this street crosses King Street it becomes Sterling Street. Proceed up Sterling Street onto McMaster campus, to zone 2. The Michael G. DeGroote Centre for Learning & Discovery is adjacent to the McMaster University Medical Centre, just behind Wentworth House.

Parking Fee
Zone 2 University Campus enter off Sterling - Daily $20.00
-If parking at the hospital, take blue elevator to 4th floor and follow signs to MDCL. Cross the overhead walkway connecting the hospital to MDCL. Take elevator to 3rd floor (Rm 3020).