



CMMS ONLINE COURSE SYLLABUS

Introduction to the Course

1 - Introduction to CMMS

Definitions

2 - Explain terms and define jargon

The Challenge of the Stiff Hand

3 - Overview of the stiff hand

Understanding Joint Stiffness

4 - Causes of joint stiffness

5 - Connective tissue & ligaments

6 - The treatment of stiff joints

Factors Contributing to Joint Stiffness

7 - Stages of wound healing

8 - The affect of wound healing on join stiffness

9 - Traumatic and fibro proliferative conditions

10 - Oedema

11 - Pitting versus non-pitting oedema

Evaluation of the Stiff Hand

12 - Joint stiffness

13 - Interosseous muscle tightness

14 - Quantifying interosseous muscle tightness

15 - Muscle-tendon unit tightness

16 - Tissue adherence

17 - Skin and scar tightness

Motor Cortex Repatterning

18 - What is MCRP?

Patterns of Motion

19 - Muscle isolation and pathological pattern of motion

20 - Intrinsic-Plus Pattern

21 - Intrinsic minus pattern

22 - Dupuytren's fasciectomy article



CMMS ONLINE COURSE SYLLABUS (continued)

Clinical Reasoning and Treatment Implementation

- 23 - Identifying the problems and use of CMMSI principals
- 24 - Clinical Reasoning and treatment implementation
- 25 - Traditional and CMMS Home exercise programs
- 26 - Managing Edema
- 27 - Active pumping versus gliding motion and Passive Range of Motion
- 28 - Sensorimotor input and proprioceptive feedback
- 29 - Use of orthotic mobilisation
- 30 - Types of mobilisation orthosis
- 31 - Choosing mobilisation orthosis based on stage of healing
- 32 - Active re-direction orthosis

Clinical Application of CMMS

- 33 - Introduction to CMMS
- 34 - MCRP and CMMS
- 35 - Why use POP - explanation
- 36 - Intrinsic plus cast
- 37 - Intrinsic minus cast
- 38 - Serial finger extension & MCPJ immobilization cast
- 39 - How to remove the cast

Treatment Guidelines & Weaning Process

- 40 - Treatment guidelines & cast exercises
- 41 - Weaning process

Overall Summary of the Application of CMMS

- 42 - CMMS technique and summary

Therapeutic Techniques Summary

- 43 - Therapeutic Techniques Summary

Additional Reading

- 44 - Additional Reading

Qualifying

- 45 - Prove embedded knowledge - Final Evaluation