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# **SAVE THE DATE!**

## **15th Annual Teton Hand and Upper Extremity Conference**

**December 13th-15th 2018**  
Jackson|Wyoming

**(Preliminary Program)**



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## **15th Annual Teton Hand and Upper Extremity Conference: Clinical Application of Kinesiology, Mechanics and Joint Mobilization of the Upper Extremity**

**December 13th-15th 2018**  
Jackson|Wyoming

The Teton Conference Series invites you to calendar a trip to Jackson Hole, Wyoming! Join us December 13<sup>th</sup>-15<sup>th</sup> 2018 for an opportunity to study with peers from across the country in a unique, nontraditional gathering. The Clinical Application of Kinesiology, Mechanics and Joint Mobilization of the Upper Extremity will take place at the Snake River Lodge and Spa, nestled at the base of the mountain in Teton Village. Participants will actively apply kinesiological

principles presented with hands-on practice via combined lectures, small group labs and discussion gatherings in a comfortable, relaxed, breath-taking setting! This will be an unparalleled event that is open to the new graduate, CHT candidate, or seasoned occupational or physical therapist who is serious about their lifelong study of the upper extremity.

### **Seating and hotel accommodations are limited.**

(Online registration will open in the next week)

### **To Register Today...**

(see below registration form or call/text Mike Cricchio @ 307-413-8704 to register)

### **21 continuing education hours**

Case Driven Study of Kinesiology & Mechanics of the Upper Extremity

Joint Mobilization the of Upper Extremity (Lecture & Lab)

Small Group Sessions

Intimate & Interactive Setting

Breakfast and Dinner Catered Daily

### **Learning Objectives:**

1. Identify understanding of upper extremity anatomy, joint mobilization, kinesiological principles and case study evaluation through group discussion, presentation and individual as well as group lab work.
2. Recognize the value of personal and clinical collaborative work through multiple small group discussions and labs centered on upper extremity rehabilitation and joint mobilization.
3. Differentiate between initial and concluding knowledge of shoulder, elbow, wrist and hand joint mobilization, biomechanics, anatomy and associated pathologies.
4. Identify a network of therapist colleagues in which to exchange ideas and contact information.
5. Differentiate the difference and value of studying the segments of the upper extremity via various educational modes and media.
6. Recognize and understand the importance of health and balance in rehabilitation.

### **Course Description:**

Participants will actively learn and participate in the study of the shoulder, elbow, wrist and hand via combined lectures, small group labs and discussion gatherings in a comfortable, relaxed, breath taking setting! This will be an unparalleled event that is open to the new graduate, CHT candidate, or seasoned occupational or physical therapist who is serious about their lifelong study of the Hand and Upper Extremity.

All topics presented by: *Ann Porretto-Loehrke PT, DPT, CHT, COMT, CMTPT and Mike Cricchio MBA, OT/L, CHT*

## **Preliminary Program**

**Thursday, December 13<sup>th</sup>**

(9 contact hours)

6:15-7:00am

**Breakfast**

7:00-9:00am

**Shoulder: Joint Mobilization Techniques to Address Posterior Shoulder Limitations**

*(Ann Porretto-Loehrke PT, DPT, CHT, COMT, CMTPT)*

9:00-9:30am

**Break**

9:30-11:30am

**Biomechanical Considerations of the Shoulder: Conditioning of the Glenohumeral and Scapulothoracic Joints**

*(Mike Cricchio MBA, OT/L, CHT)*

11:30-12:00pm

**Cases and Questions**

*(Ann Porretto-Loehrke PT, DPT, CHT, COMT, CMTPT)*

*(Mike Cricchio MBA, OT/L, CHT)*

*(Attendee\*)*

12:00-1:00pm

**Lunch**

1:00-3:00pm

**Elbow: Joint Mobilization Techniques to Address Limitations at the Humeroulnar & Proximal Radioulnar Joints**

*(Ann Porretto-Loehrke PT, DPT, CHT, COMT, CMTPT)*

3:00-3:30pm

**Break**

3:30-5:30pm

**Isometric, Eccentric and Concentric Muscle Contraction and Exercise of the Elbow and Shoulder**

*(Mike Cricchio MBA, OT/L, CHT)*

5:30-6:00

**Cases and Questions**

*(Ann Porretto-Loehrke PT, DPT, CHT, COMT, CMTPT)*

*(Mike Cricchio MBA, OT/L, CHT)*

*(Attendee\*)*

**Friday, December 14<sup>th</sup>**

(7.5 contact hours)

6:15-7:00am

**Breakfast**

7:00-9:00am

**Wrist: Understanding Wrist Kinematics with the Radiocarpal and  
Midcarpal Joints, Surface Anatomy and Joint Mobilization Techniques to  
Address Limitations**

*(Ann Porretto-Loehrke PT, DPT, CHT, COMT, CMTPT)*

9:00-9:30am

**Break**

9:30-10:30am

**Wrist: complete Radiocarpal & Midcarpal Mobilization Techniques**

*(Ann Porretto-Loehrke PT, DPT, CHT, COMT, CMTPT)*

10:30-11:30am

**Anatomy and Physiology of Muscle Contraction and Calculation of Muscle  
Torque: Clinical Implications in Treatment**

*(Mike Cricchio MBA, OT/L, CHT)*

11:30-12:00 Cases and Questions

**Break for Ski**

4:30-6:30pm

**Closed verse Open Chain Exercise Considerations of the Upper  
Extremity/**

**Combining Levers and Torque to Produce Efficient Movement and  
Detailed Patient Instruction**

*(Mike Cricchio MBA, OT/L, CHT)*

6:30-7:30

**Dinner**

7:30-8:30pm

**Cases and Questions**

*(Ann Porretto-Loehrke PT, DPT, CHT, COMT, CMTPT)*

*(Mike Cricchio MBA, OT/L, CHT)*

*(Attendee\*)*

**Saturday, December 15<sup>th</sup>**

(4.5 contact hours)

6:15-7:00am

**Breakfast**

7:00-9:00am

**Thumb CMC: Mobilization Techniques**

*(Ann Porretto-Loehrke PT, DPT, CHT, COMT, CMTPT)*

9:00-9:30am

**Break**

9:30-11:30am

**Biomechanical Considerations of the Hand: A Close Look at Balancing**

# Extrinsic and Intrinsic Control of the Hand

(Mike Cricchio MBA, OT/L, CHT)

11:30-12:00

## Cases and Questions

(Ann Porretto-Loehrke PT, DPT, CHT, COMT, CMTPT)

(Mike Cricchio MBA, OT/L, CHT)

(Attendee\*)

**Bring a Colleague. Make a Friend. Advance Your Career!**

### Host Hotel

Snake River Lodge and Spa

[www.snakeriverlodge.com](http://www.snakeriverlodge.com)

All discussions, presentations, small groups and labs lead by:

***Ann Porretto-Loehrke PT, DPT, CHT, COMT, CMTPT***

***Mike Cricchio, MBA, OT/L, CHT***

*\*Attendee:* we invite any attendee to submit a case to be presented in the **Case and Questions Sections**. If interested, please send a 2-3 slide power point to [criccm@gmail.com](mailto:criccm@gmail.com) prior to 9/1/2018.



Ann Porretto-Loehrke is a skilled clinician and dynamic instructor. She is the therapy manager of a large department at the Hand to Shoulder Center. Ann is a Certified Hand Therapist (CHT) and a Certified Orthopedic Manual Therapist (COMT) for treatment of the upper quadrant through the International Academy of Orthopedic Medicine (IAOM). She has extensive training in the evaluation and treatment of the upper quadrant. Ann completed a post-professional Doctorate in Physical Therapy (DPT) degree from Drexel University with a specialty in hand and upper quarter rehabilitation. Most recently, Ann has become certified in dry needling through Myopain Seminars, as a Certified Myofascial Trigger Point Therapist (CMTPT). She previously served as the Vice-Chair of the Examination committee for the Hand Therapy Certification Commission (HTCC). Ann also previously served as the Northeast District chair for the Wisconsin Physical Therapy Association from 2004 to 2008. She is a lead instructor who developed the Hand & Upper Extremity Track through IAOM, a set of six manual therapy courses designed specifically for hand and upper extremity specialists. Ann has presented at American Society of Hand Therapists (ASHT) annual conferences, Canadian Hand Conferences, Philadelphia meeting, and Teton Hand Conference.

Mike Cricchio, MBA, OT/L, CHT, is a graduate of the Loma Linda University Occupational Therapy Program. He completed a Hand and Upper Extremity Fellowship at Stanford University Hospital



in 1996 and went on to earn a Masters of Business Administration. He is a Certified Hand Therapist and active clinical educator. He is presently the Site Manager of UFHealth Hand and Upper Extremity at the University of Florida. He co-founded and chairs the Teton Hand and Upper Extremity Conference Series. He has taught as a guest lecturer at University of Florida Occupational and Physical Therapy programs, and is presently an adjunct faculty member at the University of Florida Occupational Therapy

Program where he teaches Applied Kinesiology, Physical Agent Modalities and Upper Extremity Orthotics & Orthopedics. He has been an item writer for HTCC and participated as a member of the CHT exam review committee. Mike has provided instructional education on business and practice management concepts for several annual ASHT and ASHT/ASSH conferences. He has been the Vice Chair and/or Chair of ASHT national conferences in Phoenix, Boston, San Diego and Chicago. Mike has published in the Journal of Hand Therapy. Mike also developed a clinical documentation system employed by UFHealth Hand and Upper Extremity Center for eight years and dabbles in the development of a variety clinical software solutions.

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## Early Registration Form

### 15th Annual Teton Hand and Upper Extremity Conference

December 13-15th 2018  
Jackson | Wyoming

#### Early Registration Form

To register early, please complete and email/text/scan/photo the below to:  
(criccm@gmail.com or 307-413-8704)

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

Credentials: \_\_\_\_\_

e-mail address: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

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

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

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

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

Years of Experience: \_\_\_\_\_

## Payment Information:

**Registration: \$850.00**

(21 continuing education hours)

Credit Card #: \_\_\_\_\_

Security Code: \_\_\_\_\_

Name on Card: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Billing Zip Code: \_\_\_\_\_

Please also feel free to send payment directly via PayPal to: Mike Cricchio,  
MBA, OT/L, CHT @ criccm@gmail.com

## Hotel Accommodations:

To make Snake River Lodge and Spa reservations, please call: 1-855-342-4712  
under the group reservation "**Teton Hand and Upper Extremity  
Conference**"

**Conference Deluxe Queen Rate:** (present rate: \$169.00) plus 30% discount

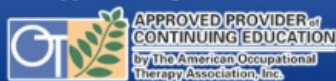
For questions about the conference/registration please text Mike Cricchio @  
307-413-8704

We look forward to seeing you in Jackson this Winter!

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**Experience:**  
**JACKSON  
HOLE**

Occupational Therapy continuing education credits provided by:



Physical Therapy continuing education credits provided by:

