Title: Critical Review and Demonstration of Upper Extremity Closed Kinetic Chain Assessment Techniques

Presenter: Dr. Leard and Dr. Roller are Assistant Professors in the Department of Rehabilitation Sciences at the University of Hartford. Dr. Leard earned his physical therapy degree from Northeastern University and his Doctorate in Education from West Virginia University. Dr. Roller earned her physical therapy degree from the University of Hartford and her Doctorate in Physical Therapy from Massachusetts General Hospital Institute of Health Professions. Faraaz Bhura SPT, Krista Conti SPT, Joshua McAdams SPT, Kyle Petruzzello SPT, and Jonathan Soderquist SPT are third year doctoral physical therapy students at the University of Hartford.

Time Frame: 3 hours

Target Audience: Intermediate

Description: Physical therapists are responsible for assessing patient progress and return to activity following upper extremity injury. Typical tests and measures are unidimensional, measuring only a single attribute of the musculoskeletal system, such as range of motion or strength. These results provide some indication of return to function but do not examine whether the musculoskeletal system is able to collectively perform a function. Recently, functional tests have been established that attempt to measure muscle groups working together, particularly in a closed kinetic chain fashion. This presentation will examine the evidence of several upper extremity closed kinetic chain functional assessments.

Objectives:

Participants will be able to:

1. Demonstrate upper extremity closed kinetic chain (UE CKC) assessments.
2. Discuss the literature presented related to UE CKC assessments.
3. Critically analyze the characteristics of the UE CKC assessment techniques.
4. Compare results of UE CKC assessment techniques to normative values.

References:


