
Learning Objectives

MedBridge Massage
Upper Extremity Nerve Entrapment Syndromes
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Chapter 1: Types of Nerve Injury

- Discuss the 5 main causes of nerve injury
- Identify the common nerve entrapment locations in the UE
- Identify the relevant nerve distribution regions in the hand

Chapter 2: Thoracic Outlet Syndrome

- Define and discuss Thoracic Outlet Syndrome (TOS), including the three types (Neural, Arterial, Venous)
- Discuss and demonstrate assessment and treatment techniques for TOS

Chapter 3: Common Median Nerve Injuries

- Discuss common median nerve compression injuries
- Detail common entrapment locations
- Discuss and demonstrate assessment and treatment techniques for median nerve compression injuries

Chapter 4: Common Ulnar Nerve Injuries

- Discuss common ulnar nerve compression injuries
- Detail common entrapment locations
- Discuss and demonstrate assessment and treatment techniques for ulnar injuries

Chapter 5: Common Radial Nerve Injuries

- Discuss common radial nerve compression injuries
- Detail common entrapment locations
- Discuss and demonstrate assessment and treatment techniques for radial nerve compression injuries

Chapter 6: Prevention and Self Care

- Discuss and demonstrate simple strategies to help prevent UE nerve entrapment syndromes