

**Beyond Weight Bearing:
Getting the Hands to Work More Efficiently
About The Speaker**

Lezlie Adler, M.A., OTR holds a degree in occupational therapy and an MA in human development and family relations from Wayne State University, Detroit, Michigan. She is certified in Neurodevelopmental Treatment in both pediatrics and baby treatment, and is certified in Sensory Integration Treatment. She has extensive clinical experience in pediatric assessment and treatment including the areas of sensory, physical, learning and emotional challenges. She is nationally recognized for her teaching and clinical work.

**Beyond Weight Bearing: Getting the Hands to Work More Efficiently
Topic Index**

Part 1

Introduction.....	3 min.
Characteristics of Upper Extremity Function.....	23 min.
Frames of Reference.....	19 min.
Foundations for Upper Extremity Function	6 min.

Part 2

Foundations for Upper Extremity Function	46 min.
Musculoskeletal and Neuromuscular Systems.....	11 min.

Part 3

Musculoskeletal and Neuromuscular Systems.....	62 min.
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Part 4

Musculoskeletal and Neuromuscular Systems.....	52 min.
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Part 5

Musculoskeletal and Neuromuscular Systems cont.....	21 min.
The Sensory Systems	39 min.

Part 6

The Sensory Systems	55 min.
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Part 7

Emphasis on Sensory Systems cont.....	26 min.
Skilled Use of the Elbow, Forearm, Wrist and Hand	36 min.

Part 8

Skilled Use of the Elbow, Forearm, Wrist and Hand	52 min.
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Part 9

Skilled Use of the Elbow, Forearm, Wrist and Hand	49 min.
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Part 10

Skilled Use of the Elbow, Forearm, Wrist and Hand	57 min.
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Part 11

Emphasis on Hand Use	57 min.
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Total Viewing Time (10 hours 25 min.)

Total Time for Written Material (95 min.)

Total Contact Hours Granted: 12 Hours / 1.2 CEUs