APPLIED GROSS ANATOMY & BIOMECHANICS OF THE UPPER LIMB: A HUMAN DISSECTION COURSE

May 4-5, 2019
COURSE DESCRIPTION

During four sessions, spanning two days, participants will be immersed in the study of upper limb gross anatomy. Emphasis will be placed on the musculoskeletal system, with its associated vascular and neural elements. Using a regional approach, each session will consist of a 1-hour lecture followed by a 3-hour, in-depth human cadaver dissection laboratory. Lectures will lay the groundwork for the laboratories by providing descriptions of structures, including functional considerations, pertinent relationships, and approaches to dissection. In the laboratory, participants will work in pairs to perform a complete dissection of an upper limb. Simultaneously, instructors will guide discussions focused on applicable clinical correlations and conduct demonstrations on joint prosections highlighting relevant biomechanical concepts.

SCHEDULE

SATURDAY MAY 4

7:30-8:00AM  Check In
8:00-8:50AM  Lecture – Superficial Back, Shoulder, Posterior Arm
9:00AM-12:00PM  Laboratory – Superficial Back, Shoulder, Posterior Arm
12:00-1:00PM  Lunch
1:00-1:50PM  Lecture – Pectoral Region, Axilla, Anterior Arm
2:00-5:00PM  Laboratory – Pectoral Region, Axilla, Anterior Arm

SUNDAY MAY 5

8:00-8:50AM  Lecture – Posterior Forearm, Dorsum of Hand
9:00AM-12:00PM  Laboratory – Posterior Forearm, Dorsum of Hand
12:00-1:00PM  Lunch
1:00-1:50PM  Lecture – Anterior Forearm, Palmar Surface of Hand
2:00-5:00PM  Laboratory – Anterior Forearm, Palmar Surface of Hand
PURPOSE & OBJECTIVES

The purpose of this course is to provide participants with backgrounds in anatomy, such as clinicians and anatomy educators, the opportunity to strengthen their anatomical knowledge base. Learning anatomy through a clinical or academic lens affords the optimal approach to understand the integral relationship between normal structure and function, providing the clinician with an enhanced foundation for the diagnosis and treatment of musculoskeletal dysfunctions.

At conclusion of this course, participants will be better able to:

1. Perform a complete dissection of the upper limb of a human cadaver.
2. Understand the organization and relationships of structures within the regions of the upper limb.
3. Understand the actions of the muscles of the upper limb.
4. Understand and identify the attachments and innervations of the muscles of the upper limb.
5. Describe, identify and trace the course of the vascular elements of the upper limb.
6. Describe, identify and trace the course of the neural elements of the upper limb.
7. Understand and identify the roles of the ligaments of the upper limb.
8. Understand how the skeletal, muscular, ligamentous, and neural elements contribute to the clinical application of biomechanics in functional and dysfunctional movement of the upper limb.
9. Apply knowledge of normal structure and function to reason abnormal structure and function in the upper limb.

WHO SHOULD TAKE THIS COURSE?

If you ever imagined upgrading your anatomy knowledge through a clinical lens, this is your chance! This course is geared toward healthcare professionals and/or anatomy educators, especially those in physical therapy, occupational therapy, and physical medicine and rehabilitation. The course instructors believe that learning anatomy with clinical and/or teaching experience through human cadaver dissection is the best way to reinforce, supplement, and/or solidify a functional anatomical knowledge base.
FACULTY

Stacy A. Kinirons, PT, PhD, MPH

Dr. Kinirons earned a Bachelor of Science in Physical Therapy from Ithaca College, a Master of Public Health from New York University, and a Doctor of Philosophy in Anatomy from Virginia Commonwealth University. She joined Columbia University’s Program in Physical Therapy faculty in 2004. Over the past 20 years, Dr. Kinirons has taught Gross Anatomy to physical therapy students, occupational therapy students, medical students, and physical medicine and rehabilitation residents. A New York State licensed physical therapist since 1993; Dr. Kinirons incorporates her clinical experiences into her gross anatomy courses. Her current research focuses on gross anatomy education. Dr. Kinirons was awarded Columbia University’s Program in Physical Therapy Excellence in Teaching Award in 2017 and 2018.

Rami M. Said, PT, DPT, MEng, OCS

Dr. Said earned his Bachelor and Master of Engineering degrees from The Cooper Union, and a Doctor of Physical Therapy from Columbia University. He has been an adjunct faculty member of Columbia University’s Program in Physical Therapy since 2007, participating in the instruction of Gross Anatomy, Kinesiology/Biomechanics, Therapeutic Exercise, and Orthopedics to physical therapy students, medical students, and physical medicine and rehabilitation residents. He has been the senior physical therapist of The Spine Hospital at The Neurological Institute as a member of Columbia University’s Department of Neurological Surgery since 2011. Dr. Said’s current research focuses on the development of an injury risk profile for athletes based on the objective assessment of sport-specific movement patterns.
LOCATION

Columbia University Irving Medical Center
Roy and Diana Vagelos Education Center
Lecture: 8th Floor, Room 801B
Laboratory: 5th Floor, North Anatomy Lab
104 Haven Avenue
New York, New York 10032

Parking is available at the New York-Presbyterian/Columbia University Irving Medical Center parking lot, located on the southwest corner of Fort Washington Avenue and West 165th Street.

Columbia has negotiated rates with preferred hotels in New York City. See Columbia University Visitors Center Accommodations. The Edge Hotel is located in Washington Heights within walking distance from the course.
FEE

Enrollment is $995 per person. The fee includes lunch and all course materials. Participants will be provided with gloves, aprons, dissection instruments, atlases, and cadavers for use in the laboratory. Participants are encouraged to bring scrubs and comfortable shoes. Lockers will be available for use throughout the course; participants must provide their own locks.

REGISTRATION

Enrollment is limited to 16 participants. Early registration is encouraged.

Register On-Line: https://events.columbia.edu/go/AnatomyUpper

Confirmation of enrollment will be provided via e-mail.

Refund of registration fee, less a $25 administrative charge, will be made if notice of cancellation is provided via e-mail by April 5, 2019. No refunds can be made thereafter.

ACCREDITATION

Columbia University is approved by the New York State Education Department’s State Board for Physical Therapy as an approved provider of continuing education for physical therapists and physical therapist assistants. A certificate of attendance for 16 contact hours of educational activity will be awarded to registrants upon completion of the course evaluation.

All participants may receive a certificate verifying 16 contact hours.

ADDITIONAL INFORMATION

Stacy A. Kinirons, PT, PhD, MPH

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