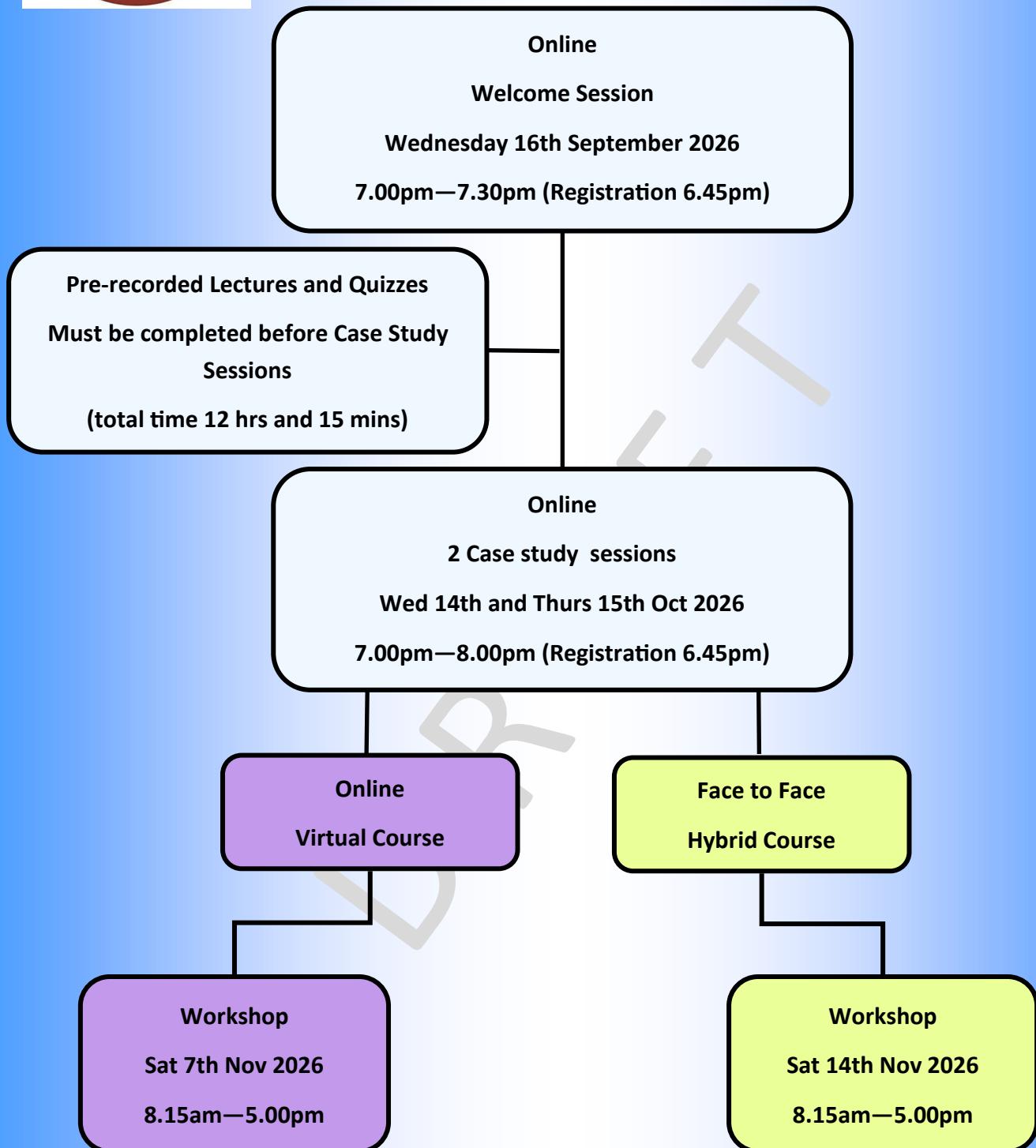


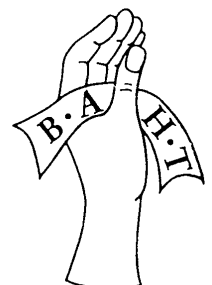


BAHT Level 1 Course 2026
An introduction to Hand Therapy
Programme



@The_Pulvertaft

www.pulvertafthandcentre.org.uk



Course technical requirements:

Please make sure you read and check/undertake all the below steps.

We cannot help you with your computer set up on the day of the course. Being prepared in advance will then ensure that your and other delegates learning is not affected on the course. As a teaching faculty our priority on the day is delivering the course.

1. Good stable internet
2. Computer, laptop which you know how to operate – i.e. you know where symbol @ is etc.
3. Have Microsoft Word installed on the computer you use and PDF reader
4. Have a go with someone and attend meeting via Zoom ie so that you can check that both your microphone and speakers work
5. Check that you know how to mute and unmute
6. Connect microphone or headphones and test that so you can be heard. Our course is interactive so you need to know how to be connected to be able to speak and to hear other.
7. Know how to put the volume up and down while on Zoom
8. Know how to switch your camera on and off

To gain an attendance certificate delegates must complete/attend ALL teaching aspects including:

- **the Welcome session**
- **pre-recorded sessions**
- **all online quizzes must be completed**
- **live case study sessions 1 and 2**
- **1 day workshop session (virtual or hybrid)**

To receive BAHT level 1 points, delegates must also:

- **successfully complete and pass the BAHT Level I online exam**

**Wednesday - 16 September 2026
7.00pm-7.30pm UK local time
(registration 6.45pm)**

Online Welcome & Introduction

Welcome and introduction to the BAHT level I course, learning portal, course resources & requirements

Derby Hand Centre
Faculty and
Administration Team

(please refer to Course Technical Requirements)

Pre-recorded Lectures

Delegates will be given access to a password protected Learning Portal which contains all of the pre-recorded theory sessions that **must** be watched **before Live Session 1.**

Delegates will be able to revisit the pre-recorded sessions but access will cease at the end of the course.

Delegates are required to complete the quiz at the end of each pre-recorded presentation to demonstrate consolidation of learning.

Any queries relating to the pre-recorded sessions will be answered during the two live online case study sessions

Pre-recorded Lectures

TOTAL TEACHING TIME PRE-RECORDED SESSIONS: 735 MINUTES
(12 HOURS 25 MINS)

75 mins	Pure and functional anatomy of the bones and soft tissues of the hand and forearm	Di Langford -functional Emma Bamford-pure
40 mins	Introduction to Hand Therapy and Assessment	Helen Reader
60 mins	Peripheral nerves	Ian Shelton
45 mins	Pain	Louise Amandini
30 mins	Wound Healing - Surgeon	Jill Arrowsmith
60 mins	Dupuytren's Disease—Surgeon and Therapist	Jill Arrowsmith/Anicia Baron
45 mins	Fractures (finger, hand and wrist), bone healing, summary of fractures, treatment and therapy	Sarah Harlington
40 mins	Common soft tissue injuries and conditions - treatment and therapy	Katie Horton
30 mins	Flexor tendons—surgical management	Surgeon—Peter Russell
30 mins	Flexor tendons—therapeutic management	Helen Bateman
30 mins	Extensor Tendons—surgical management	Surgeon—Peter Russell
30 mins	Extensor Tendons—therapeutic management	Sarah Nganga
40 mins	Psychological Aspects of Hand Injury	Laura Adamson
70 mins	Arthritis, pathology, aetiology and surgery	Helen McKenna
75 mins	Therapy for Arthritis – Conservative and Surgical management.	Victoria Jansen
40 mins	Introduction to Splinting	Laura Goodman

Online Live Case Study Sessions 1 & 2

Wednesday 14 and Thursday 15 October 2026—7.00-8.00pm (UK local time)

Registration 6.45pm

(Please refer to Course Technical Requirements)

Wednesday 14 October — Live Session 1

Tendon and nerves interactive consolidation session

Case studies breakout

1.Tendon

2. Nerves

Thursday 15 October — Live Session 2

Fractures, soft tissues and arthritis interactive consolidation session

Case studies breakout

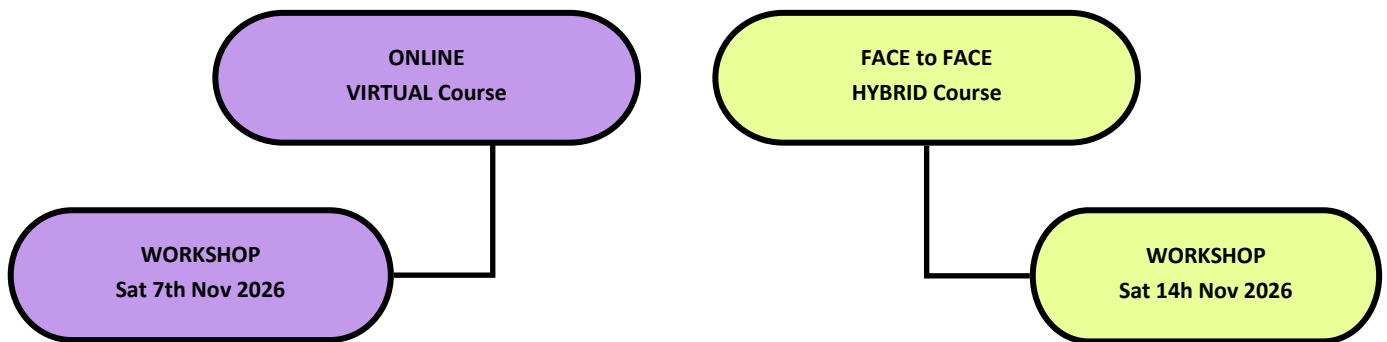
1.Fractures

2. Arthritis

Two online live case study sessions will be used to aid consolidation of learning from the pre-recorded sessions covering anatomy, pathology and treatments. Any questions related to the pre-recorded sessions must be emailed in advance to the course organisers.

TOTAL TEACHING TIME LIVE SESSIONS 1 & 2: 120 minutes (2 hours)

Interactive Workshops



8.15am—5.00pm (UK local time)

8.15am	Registration	
8.30am	Welcome	Anicia Baron/Ella Donnison
	Introduction to the Day	
8.45am	British Association of Hand Therapists (BAHT) overview	Ella Donnison
8.50 am	Introduction and Guidance to Exam	Anicia Baron/Ella Donnison
Interactive Workshops		
9.00am — 12.30pm		4 x 45mins (45 mins teaching)
Session 1 (9.00am—9.50am)	Oedema	Lucy Hamilton/Di Langford
Session 2 (9.50am—10.40am)	Soft Tissue Assessment	Katie Horton/Dani Booth
10.40am —10.55am	Coffee/tea break	
Session 3 (10.55am—11.45am)	Exercise/Stiffness	Siobhan Dziakonski/Rebecca Hall
Session 4 (11.45am—12.35pm)	Scars	Katie Phelps/Anita Scrase
12.35pm—1.15pm Lunch (40 minutes)		
1.15pm — 4.45pm		4 x 45 mins (45 mins teaching)
Session 1 (1.15pm—2.00pm)	Range of Movement (ROM)	Lucy Hamilton/Di Langford
Session 2 (2.05pm—2.55pm)	Muscle Testing/Dynamometry	Rebecca Hall/Siobhan Dziakonski
2.55pm—3.10pm	Tea/coffee break	
Session 3 (3.10pm—3.55pm)	Sensory Loss	Katie Horton/Ella Donnison
Session 4 (4.00pm—4.45pm)	Palpation	Dani Booth/Katie Phelps
Total teaching time Live Session 3—440 mins (7 hours 40 mins)		
4.50pm—5.00pm	Close	Anicia Baron/Ella Donnison

The Pulvertaft Hand Centre request that ONLY delegates who have been provided access rights use the learning portal and its contents

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Teaching Time

Pre-recorded Theory Sessions	12 hours 25 minutes
Consolidation Sessions (Live sessions 1 & 2)	2 hours
Interactive Workshops (Live session 3)	7 hours 40 minutes

TOTAL:

TOTAL: 21 hours 45 minutes