



MAPS THERAPY COURSE: LEVEL A1:

PRINCIPLES AND TECHNIQUES FOR MAPS IN HAND THERAPY 1

1. INTRODUCTION

MAPS Therapy is a treatment method that uses mechanotherapy to facilitate mobilization in the functional rehabilitation of the hand and upper limb. The initials MAPS stand for Mobilization: Analytical, Progressive and Sequential.

The MAPS device is a **pegboard** with different accessories designed to stabilise the hand in 3D positions to ensure that rehabilitation exercises are carried out with the hand correctly positioned and to avoid compensations.

The MAPS method has been developed by certified **Hand Therapists** and is born out of real needs experienced in clinical practice.

It is based on knowledge of mobilization techniques in the area of Hand Therapy, but also in contemporary manual therapy and functional rehabilitation.

Using MAPS we can create exercises that specifically address individual anatomical structures in order to modify their behaviour to achieve the desired clinical outcomes.

The mobilization techniques are adapted to the mechanical needs of each structure according to its biological state and the phase of the pathology. MAPS provides a wide variety of exercise intensities, ranging from active techniques in the acute phase, to techniques to treat stiffness that are based on the principle of maximum TERT (Total End Range Time).

MAPS helps with the organisation of treatment, working through a sequence of exercises in order to optimise the output of each session.

Working with MAPS can make a huge difference to the efficiency of your clinic because it means you can treat various patients simultaneously, knowing that the quality of your treatment will not be diminished. MAPS allows patients to get more out of each session as they can work on their exercises for longer without needing constant supervision. MAPS means that therapy can be personalised and regulated. It empowers the patient, giving them the tools they need to do their rehabilitation exercises more autonomously but still in a controlled way. The design of the material and the training makes MAPS ideal for complementing clinic-based treatment or for implementing treatment online.



2. GENERAL AIMS OF THE MAPS THERAPY COURSE: LEVEL 1 ONLINE

On this course therapists will:

- Build up the necessary knowledge to understand mechanics and pathomechanics of the human hand.
- Learn to administer specific tension tests which ensure that the right mechanical diagnosis and clinical evaluation is made, thereby offering a more rigorous and scientific approach to treatment.
- Find out how to exploit the MAPS accessories to treat a range of hand conditions in their various phases.
- Understand the clinical reasoning process behind MAPS Therapy.

3. SPECIFIC OBJECTIVES

- Detect the main mechanical alterations likely to generate functional difficulties in the hand.
- Recognise mechanical dysfunctions and quantify their degree.
- Distinguish between mechanical alterations and other factors that could also be contributing to the alteration.
- Synthesize clinical findings with an appropriate diagnosis.
- Organise treatment in a way that is systematic, progressive and sequential.
- Be able to apply all the techniques learnt in the course.
- Evaluate the outcomes obtained in a precise and standardised way using the appropriate tools.
- Explain diagnosis, therapeutic procedure and outcomes in a clear and concise way through a clinical report.



4. COURSE OUTLINE. MAPS LEVEL A1

1. Introduction to the MAPS method

Introduction to the MAPS concept (Mobilisation: Analytical, Progressive and Sequential) as a therapeutic approach within hand rehabilitation.

2. Mobilisation

Mobilisation therapies drawn from hand therapy, physiotherapy and occupational therapy are brought together within one system to offer a more complete range of therapies.

3. The analytical concept of MAPS Therapy

The normal kinesis of moving structures can be recognised as a particular movement pattern. If the hand is impaired by the processes of scarring and fibrous proliferation these movement patterns are modified. Using the MAPS method to test hand movements helps to recognise these modified movement patterns and allows for more accurate diagnosis and clearer treatment objectives.

4. Progressive MAPS Therapy adapts to the tissue biology of the hand.

Injury causes mechanical alterations to the hand, which have to be understood within the context of biological processes. The way that these mechanical alterations evolve leads to a range of symptoms and signs that must be well understood. Being able to identify differences in how biological processes are expressed in healthy tissue and in damaged or scarred tissue helps us create an appropriate therapeutic response. In this section we see an overview of evidence that supports using MAPS to create that therapeutic programme.

5. MAPS in practice

MAPS techniques: We present a system of clinical reasoning which justifies the application of MAPS. We explore how each MAPS technique is designed to respond to a target structure. We look at practical contexts in which each technique can be used, how the technique can be applied and adapted and how to evaluate the outcomes.

6. Treatment using MAPS therapy

**MAPS Therapy - www.mapstherapy.com –
mapstherapy.ht@gmail.com – tel.93 301 39 29**



- Framework for working with MAPS techniques
 - Diagnostic testing
 - Selective tissue tension testing
 - Managing intensity to mould fibrous tissue and control pain
 - Physical justification of the exercise design
 - Interpretation of the results obtained
 - Indications and contra-indications
- Techniques for treating:
 - Movement impairment syndromes in the forearm
 - Movement impairment syndromes in the wrist
 - Movement impairment syndromes in the metacarpophalangeal joints
 - Movement impairment syndromes in the fingers
 - Movement impairment syndromes in the thumb



6. TRAINING METHODOLOGY

The training includes:

- Theory classes
- Practical workshops including. These activities build an understanding of MAPS and give experience of how specific techniques can be applied in practice.
- Video Exam

7. COURSE DETAILS

- **Length of the course:** Thursday evening 6h, Friday 8h, Saturday 8h, Sunday 6h .
- **Number of training hours:** 30 hours. These include 7 hours of theory, 21 hours of practical tasks, 2 hours of exam.
- **Prices:** training only 500€; training plus MAPS Original Kit 950€; training plus MAPS Advanced Kit 1160€. (these kit prices include a 10% discount, delivery and customs duty on the material are not included).
- **How to sign up:** send an email to info@mapstherapy.com and you will receive all the details necessary for inscription and payment via bank transfer. You will be officially signed up to the course on payment of the course fee.
- **Trainer:** Vicenç Punsola-Izard, PT, CHT, MSc, PhD candidate
- **Material required by course participants:** Either a MAPS Original or MAPS Advanced Set can be used for the training. There is a 10% discount on the material when it is bought at as part of a training pack.
- **Evaluation:** The knowledge acquired by therapists will be evaluated at the end of each level by a video exam. This exam has no additional cost for those who have completed the training and if you pass the evaluation you will appear on the MAPS website as being certified with this training. Only participants who pass the exam will be permitted to go on to the following MAPS training levels. You have a second opportunity to take the exam if you don't pass first time.
- **Diploma:** A diploma is awarded at each level to those therapists who complete the course and pass the evaluation.