

An Innovative Approach to Teaching and Learning Hand Anatomy for Therapists, Students and Patients

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Challenges for course instructors and therapists. How to:

1. Enhance and refresh hand anatomy knowledge in a time-efficient and meaningful way
2. Demystify the intrinsic muscles and their attachments
3. Explain pathology and intervention to patients

Solution: Anatomy Glove Learning System

Used in courses for:

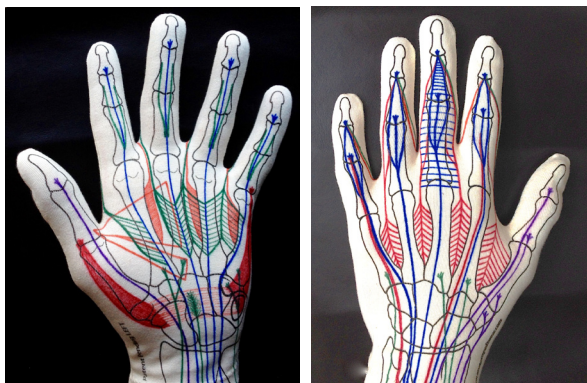
- Hand Therapists
- OT, PT, Medical, Anatomy & Kinesiology students



The System is comprised of

1. Anatomy **Glove**, with bones printed on the front and back
2. Instructional **videos** (available in English, German, French and Portuguese)

The videos, complete with anatomical dissections, provide direction for drawing muscles and tendons onto the glove with coloured markers, as shown below.



Above: Some instructors attach coloured cords instead of drawing the tendons to demonstrate tendon excursion and joint motion.

We have used the glove-drawing exercise since 2012, as a **pre- or post- course activity** (where the therapist/student draws the muscles at home at his/her own pace) **or within a course**.

Teaching and learning with the Anatomy Glove Learning System is so effective and fun, that we have used the System year after year. Course participants comment that they find the learning experience **effective, fun and time efficient**, and that difficult concepts are made understandable.



The drawn gloves are valuable in **patient education** to help provide insight and understanding of injuries and the rationale for various therapeutic interventions. They are also useful in consults and team meetings to discuss treatment and orthotic options.

This unique "hands-on" approach provides students with a firm grasp of hand anatomy knowledge to apply in clinical practice, and allows hand therapists to refresh and enhance their knowledge of functional anatomy.