



A Joint Approach: Strategies to Reduce Repetitive Strain Injuries in the Upper Extremity

Saturday, June 11, 2022

8a-11a, 1p-4p

(presented via Zoom, 11a-1p ARID GMM)

Our Topic - Repetitive Stress Injuries

In this two-part workshop interpreters will learn about various repetitive stress injuries and what they can do to prevent and respond to them. Interpreters will learn about various repetitive stress injuries, including carpal tunnel syndrome, thoracic outlet syndrome, various tendonopathies of the upper extremities. Interpreters will learn about techniques they can employ in self-care.

Our Presenter - Amanda West, OTR/L, CHT

Amanda West is an occupational therapist at the University of Arkansas for Medical Sciences (UAMS), where she has been specializing in upper extremity disorders for the past 5 years. In 2021, she earned the Certified Hand Therapist (CHT) credential, demonstrating advanced clinical knowledge in the field of hand therapy. Her passion is working collaboratively with her clients to improve their quality of life. When not working, she enjoys traveling and spending time outdoors with her family.



ARID is an approved sponsor for Continuing Education Activities under the CMP and ACET. This program is offered for a total of .8 RID CEUs in Professional Studies with Content Knowledge at Little to None. Target audience is certified and pre-certified interpreters. Other Licensed/Provisional Licensed interpreters may earn 6 hours of CEUs. Interpreters will be provided upon request and should be requested two weeks in advance. ARID has a no discrimination policy and expects all participants to feel welcome. ARID holds a no refund policy.