**Videos:**

* Flexor Tendon: <https://www.youtube.com/watch?v=PTIYouP59VA>
* Extensor Tendon: <https://www.youtube.com/watch?v=FjeAC183b4c>
* Ulnar and Median Nerve Injuries: <https://www.youtube.com/watch?v=KemHraXhRDQ>
* Median, Ulnar, Radial Nerve Injuries: <https://www.youtube.com/watch?v=zuJEXdAdnyk&list=PLbyGtPppgcHX75i9j3eFSfJMgj6VGkk5P&index=28>
* Upper Extremity ROM: <https://www.youtube.com/watch?v=ntQckK2ceKU&list=PLbyGtPppgcHX75i9j3eFSfJMgj6VGkk5P&index=32>
* Tendon Gliding Exercises: <https://www.youtube.com/watch?v=chZryiXzB3I&list=PLbyGtPppgcHX75i9j3eFSfJMgj6VGkk5P&index=9>
* Carpal Tunnel: <https://www.youtube.com/watch?v=LGuvgFzKNHY&list=PLbyGtPppgcHX75i9j3eFSfJMgj6VGkk5P&index=40>
* De Quervain’s Syndrome: <https://youtu.be/wdC_8b-dAN0>

**Continuing education courses (not free):**

* Differential Diagnosis for musculoskeletal assessments for the upper extremity: <https://www.homeceuconnection.com/course/differential-diagnosis-for-musculoskeletal-assessment-for-the-upper-extremity/state/new-york/discipline/ot/?wpv-states=new-york&wpv-discipline=ot>
* The elbow series: <https://www.homeceuconnection.com/course/the-elbow-series/state/new-york/discipline/ot/?wpv-states=new-york&wpv-discipline=ot>
* Flexor Tendon of the hand and wrist: <https://www.medbridgeeducation.com/course-catalog/details/flexor-tendon-rehabilitation-of-the-hand-and-wrist-kristin-valdes-hand-therapy/>
* Innovative treatments for the hand, wrist, and elbow: <https://summit-education.com/course/PHWETM.1/innovative-treatments-for-the-hand-wrist-and-elbow#/onlinevideo/6-ceus>
* Neuropathies of the upper quadrant: <https://summit-education.com/course/PHWETM.1/innovative-treatments-for-the-hand-wrist-and-elbow#/onlinevideo/6-ceus>
* An Upper Extremity Primer: <https://www.occupationaltherapy.com/ot-ceus/course/upper-extremity-primer-assessing-motion-4862>