



Casting Motion to Mobilize Stiffness (CMMS)

Course n°1 bis – 2026

Objectives:

CMMS is a specialized approach for rehabilitating stiff hands, originally developed by Judy Colditz (OT/L, CHT, FAOTA). It involves selective immobilization of proximal joints using a non-removable plaster of Paris cast to direct motion distally, and is widely regarded as the treatment of choice for stiff-hand conditions. This intensive course will combine interactive lectures with hands-on practice, following the official CMMS online syllabus and learning objectives to ensure a comprehensive, accredited learning experience.

Content:

E-learning (audios; videos; Q&A)

- Introduction to the stiff hand and CMMS treatment philosophy, including underlying causes and risk factors
- Prevention and early intervention strategies to minimise stiffness and how they apply to various hand injuries and conditions
- Assessment techniques specific to stiff hand rehabilitation, focusing on range of motion deficits, tissue tightness, and oedema management

In-person course

- Robyn will be present in person in Fribourg
- Workshop into pairs to practice applying the cast techniques to mobilise stiff joints (finger extension, MCPJ immobilisation, intrinsic plus & intrinsic minus casts)
- Integration of sensorimotor feedback and motor cortex re-patterning to retrain effective hand movement
- Holistic management strategies for stiff hands, combining casting with active movement exercises and home programs
- Clinical reasoning, treatment implementation and application to various conditions in complex stiff hand cases
- *The workshop is kindly sponsored by Essity.*

Speaker:

Robyn Midgley, BSc OT (Hons), Hand and Upper Extremity Therapist

Date:

Hybrid course (e-learning + 1 day in-person training course)

E-learning, approx. 6-10 hours online at home to manage on your own
In person course Tuesday 02 June 2026, the participants will meet Robyn in Fribourg

The course will not be duplicated

Time:

08:30 – 17:00

Location: **Le Domaine Notre-Dame de la Route**
Chemin des Eaux-Vives 17, 1752 Villars-sur-Glâne (Fribourg)
E-mail : info@domaine-ndr.ch / T +41 26 409 75 00

Group: Occupational therapists & physiotherapists
Maximal participant capacity: **18 people**

Price (meals and materials included):

SSRM members: CHF 300.-
Non-members: CHF 400.-

Note:

- Participants will be added to the CMMS Online Course platform 4 weeks prior to the in-person course. Participants must have completed a list of lessons before attending the in-person course (certification will be required and checked at the beginning of the in-person course).
- Free scientific articles and e-books to deepen your knowledge
- Optional: participants have the opportunity to present their own case study on one of their patients to Robyn Midgley, including images, videos, and a one-page written summary.
- 3 months access included to the CMMS Club to help therapists continue honing their CMMS skills.
- **Course in English**

Registration date 23 March 2026