

2016 PHILADELPHIA MEETING

Surgery and Rehabilitation of the Hand

20/20: A Vision for Quality in Hand Care

MARCH 12-15, 2016 | *One day pediatric pre-course on Friday, March 11, 2016*



MARCH 12 - 15, 2016

PHILADELPHIA MARRIOTT DOWNTOWN HOTEL

Friday, March 11, 2016

**Pediatric Upper Extremity Pre-Course
for Surgeons and Therapists**

COURSE DIRECTORS: *Joshua M. Abzug, MD;
Scott H. Kozin, MD; Dan A. Zlotolow, MD*

*A one-day course of pediatric upper extremity surgery
and therapy that focuses on the hand, including common,
traumatic and congenital disorders.*

HONORED PROFESSORS:

Julianne W. Howell, PT, MS, CHT
Amy Jo Lamb, OTD, OTR/L, FAOTA
Marco Rizzo, MD
Melvin P. Rosenwasser, MD
William H. Seitz, MD
Dean G. Sotereanos, MD

CHAIRMEN:

Terri M. Skirven, OTR/L, CHT
Jane M. Fedorczyk, PT, PhD, CHT, ATC
Jenifer M. Haines, MS, OTR/L, CHT
A. Lee Osterman, MD

Sponsored by:



Endorsed by:



Supported by:



THE 2016 PHILADELPHIA MEETING

The Philadelphia Hand Rehabilitation Foundation is proud to present the 42nd annual symposium, **Surgery and Rehabilitation of the Hand**. The 2016 program will emphasize quality in hand care with comprehensive evaluation and management presented by a distinguished faculty of surgeons and therapists. Surgery videos, anatomy laboratory sessions, panel discussions, hands-on workshops and orthosis fabrication labs will complement the general didactic sessions.

TARGET AUDIENCE: Hand Therapists, Occupational and Physical Therapists, Athletic Trainers, Rehabilitation Nurses, Hand, Orthopedic, Plastic and General Surgeons, Psychiatrists and Residents.

SATURDAY, MARCH 12, 2016

General Session

- 6:30 Registration/Continental Breakfast**
8:00 Welcome and Introduction of Honored Professors
Terri M. Skirven, OTR/L, CHT
Lawrence H. Schneider, MD

HAND BASICS

Moderator: Amy Jo Lamb, OTD, OTR/L, FAOTA

- 8:15 A Vision for Quality in Hand Care**
Amy Jo Lamb, OTD, OTR/L, FAOTA
8:40 Hand Anatomy
Peter J. Stern, MD
9:00 Clinical Examination of the Hand – The Foundation for Quality Care
Karen S. Schultz, MS, OTR, FAOTA, CHT
9:20 The Biology of Wound Healing
Maureen A. Hardy, MS, PT, CHT
9:40 Edema, Wound and Scar Management
J. Martin Walsh, OTR/L, CHT
10:00 Break/Exhibits

FLEXOR TENDON

Moderator: Roslyn B. Evans, OTR/L, CHT

- 10:30 Flexor Tendon Injury and Repair**
Dean G. Sotereanos, MD
10:50 Flexor Tendon Healing, Edema and Gliding Resistance and Implications for Postoperative Management
Peter C. Amadio, MD
11:10 Clinical Decision Making in Tendon Management
Roslyn B. Evans, OTR/L, CHT
11:35 Case Study
David S. Zelouf, MD
Lauren M. DeTullio, MS, OTR/L, CHT

- 11:55 Alternative Flexor Tendon Management Approaches Around the World**
Karen M. Pettengill, MS, OTR/L, CHT

- 12:15 Evidence Based Practice and Knowledge Translation: How to Find, Interpret and Implement Research**
Joy C. MacDermid, BScPT, PhD

- 12:30 Lunch/Exhibits**

EXTENSOR TENDON INJURIES

Moderator: Julianne W. Howell, PT, MS, CHT

- 1:30 Extensor Tendon Injuries and Repairs**
Mark E. Baratz, MD
1:50 Short Arc Motion for Extensor Tendon Injuries and Repairs
Roslyn B. Evans, OTR/L, CHT
2:10 The Relative Motion Concept for Extensor Tendon Injuries and Repairs
Wyndell H. Merritt, MD
Julianne W. Howell, PT, MS, CHT
2:40 Solving the Chronic Boutonnière
Donald H. Lalonde, MD, FRCSC
3:00 Break/Exhibits
3:30 Concurrent sessions 1 – 10

Please refer to the list of concurrent sessions at the right.

Registration fee includes one concurrent session. Kindly indicate 3 sessions, in order of preference, on the attached registration form.

Concurrent sessions will be assigned based on your list of preferences and availability of space.

- 5:30 Saturday Sessions End**

CONCURRENT SESSIONS
SATURDAY, MARCH 12, 2016
3:30-5:30 PM

1. Upper Extremity Cadaver Anatomy

Moderator: David Ebaugh, PT, PhD
Meredith N. Osterman, MD
Christopher M. Saporito, OTR/L, CHT
Annalisa Synnstedt, MOT
Teresa M. Zapotochny, PT, CHT

Upper extremity cadaver specimens will be examined to review the flexor and extensor surfaces of the hand and forearm, nerve anatomy, and joint anatomy of the shoulder, elbow, wrist, and hand. Lab instructors will identify the anatomy, discuss common clinical pathologies and describe surgical management.

2. Clinical Examination of the Shoulder

Moderator: Mary Beth Laplant, PT, CHT
Angie Dickerson-Schnatz, MPT, CHT, OCS
Jason A. Suda, MS, OTR/L, CHT

This hands-on workshop will review surface anatomy, clinical evaluation of and special tests for the shoulder complex. Common shoulder pathology will be discussed in relation to physical findings. The role of the cervical spine in the production of shoulder pain will also be addressed.

3. Hand Assessment: Where is the Evidence?

Elaine E. Fess, MS, OTR, FAOTA, CHT

This session will cover the use of standardized upper extremity assessments including tests of sensibility, dexterity, strength and hand function. Recent research regarding the correlation between handedness and grip strength will be discussed. Standardization, validity, and reliability of procedures and tests will be covered as well as the connection between clinical reasoning, treatment planning and evidence based practice.

4. Computer Workstation Ergonomics: Evaluation and Intervention

Sue A. Emerson, OTR, CHT, CEES

With so many of our patients using computers, the clinical therapist must have an understanding of proper posture and work method at the office workstation. This session will discuss workplace and patient factors that should influence discussion about work at the computer workstation, and provide instruction in workplace evaluation and decisions about adjustments and interventions. The most current evidence to support decisions will be provided and case examples will be used.

5. Creative Orthosis Solutions

Moderator: Marie G. Sayers, OTR/L, CHT
Lab Assistants: Sheri Feldscher, OTR/L, CHT;
David M. Wolfe, OTR/L, CHT

This hands-on workshop will include a presentation of several examples of creative orthosis applications. Participants will practice a variety of orthosis fabrication techniques to accommodate pins and open wounds.

6. Hand Therapy Certification Commission

J. Martin Walsh, OTR/L, CHT

This session will cover the history of hand therapy certification, scope of practice and practice analysis. The certification test blueprint and item writing process will be reviewed as well as eligibility requirements. Test preparation strategies, study groups and resources will also be covered.

7. The National Quality Strategy: Where Does Hand Therapy Fit In?

Moderator: Jane M. Fedorczyk, PT, PhD, CHT, ATC
Amy Jo Lamb, OTD, OTR/L, FAOTA
Jeanine Beasley, EdD, OTR, CHT, FAOTA

The environment within which hand therapy is delivered is changing rapidly based on the National Quality Strategy (NQS), mandated by the federal government and developed by the Department of Health and Human Services. Within the context of this program, PTs and OTs must define their unique value. This session will provide an overview of the NQS and its 3 primary aims. The faculty will highlight the strategies most relevant to hand therapy to achieve those aims and provide practical examples relevant to the rehabilitation of upper extremity fractures and arthritis.

8. Understanding the Ambiguous "Work of Flexion" in Flexor Tendon Rehabilitation

Judy C. Colditz, OTR/L, CHT, FAOTA

This workshop is intended for therapists who have experience treating patients with flexor tendon injuries and are knowledgeable of current protocols. The session will focus on the variables that alter the work of flexion: range of motion, friction, load, suture strength, position in orthosis, and the effect of the lumbrical and/or interosseous muscle(s). A discussion of how these variables relate to each flexor zone will provide information directly applicable to your clinical practice. This session explores how a therapist might alter one or more aspects of a protocol, based on a specific zone of injury or patient situation, but does not review specific protocols.

9. Management of Fractures and Joint Injuries of the Hand

Moderator: Maureen Hardy, MS, PT, CHT

Leonid I. Katolik, MD
Susan M. Blackmore, MS, OTR/L, CHT
Mark E. Baratz, MD

This session will cover surgical and non-surgical management for articular and non-articular fractures of the hand. Rehabilitation timetables, precautions, complications and orthotic intervention for limitations following fractures will be reviewed.

10. Nerve Compression Syndromes of the Upper Extremity

Moderator: Roslyn B. Evans, OTR/L, CHT

Peter C. Amadio, MD
Eon K. Shin, MD
Karen M. Pettengill, OTR/L, CHT

This session will provide an overview of nerve compression syndromes of the upper extremity. Diagnostic testing, physical examination and surgical and non-surgical management for the most common upper extremity nerve compression syndromes will be presented.

SUNDAY, MARCH 13, 2016

General Session

6:30 Continental Breakfast

EXTENSOR TENDON INJURIES (CONTINUED)

Moderator: Sheri B. Feldscher OTR/L, CHT

- 8:00 **Sagittal Band Injuries and Management - Conservative and Operative**
Gayle Severance, MS, OTR/L, CHT
- 8:20 **Common Problems Following Extensor Tendon Injuries and Repairs: Attenuation, Adhesions and Lags: Prevention is Worth a Pound of Cure**
Susan M. Blackmore, MS, OTR/L, CHT

UPPER EXTREMITY PAIN FOLLOWING INJURY

Moderator: Jane M. Fedorczyk, PT, PhD, CHT, ATC

- 8:40 **Panel: Upper Extremity Pain Following Injury**
Moderator: Jane M. Fedorczyk, PT, PhD CHT, ATC
- Pharmacological Management**
L. Andrew Koman, MD
- Clinical Presentation**
Wyndell H. Merritt, MD
- Graded Motor Imagery**
Susan W. Stralka, PT, DPT, MS, ACHE
- Treat What You See (A Treatment Algorithm)**
Mark T. Walsh, PT, DPT, MS, CHT, ATC
- Impact of Age and Gender on Pain**
Joy C. MacDermid, BScPT, PhD
- 9:45 **Dorothy B. Kaufmann International Scholarship Presentation**
Recipient: Marta Beatriz Pineda Molina, Lic.
- 10:00 **Break/Exhibits**

DISTAL RADIUS FRACTURE

Moderator: William H. Seitz, MD

- 10:30 **Distal Radius Fractures - Classification and Management**
William H. Seitz, MD
- 10:45 **Rehabilitation and Orthotic Intervention for Distal Radius Fractures**
Ann M. Lucado, PhD, MS, PT, CHT
- 11:15 **New Concepts/Thoughts About Wrist Fracture Rehabilitation**
Kristen A. Valdes, OTD, OT, CHT
- 11:30 **Wrist Proprioception: News You Can Use**
Cristos Karagiannopoulos, MPT, Med, ATC, CHT
- 11:50 **HRF Announcements**
Terri M. Skirven, OTR/L, CHT

12:00 Lunch/Exhibits

1:00 Concurrent Sessions 11 - 20

3:00 Break/Exhibits

3:30 Concurrent Sessions 11 - 20

Please refer to the list of concurrent sessions at the right.

Kindly indicate 3 choices for the 1:00 session and 3 choices for the 3:30 session, in order of preference, on the attached registration form.

Concurrent sessions will be assigned based on your list of preferences and availability of space.

5:30 **Sunday Sessions End**



Relax and Energize!

Yoga/Zumba Fundraisers for the Hand Rehabilitation Foundation

*Sunday and Monday
March 13th and 14th*

Check schedule for times (times will be either before or after daily schedule)

Minimum donation of \$10.00 per session

BRING APPROPRIATE CLOTHING

CONCURRENT SESSIONS SUNDAY, MARCH 13, 2016

*These sessions run twice on Sunday
from 1:00 pm - 3:00 pm
and from 3:30 pm - 5:30 pm*

11. Orthopedic Assessment of the Nervous System

Moderator: Mark T. Walsh, PT, DPT, MS, CHT, ATC
Lab Assistants: Lauren M. DeTullio, MS, OTR/L, CHT;
Ann M. Lucado, PhD, MS, PT, CHT; Janice L. Trope, OTR/L, CHT
This hands-on session will provide the rationale, indications, treatment guidelines, precautions and contraindications for nerve mobilization. The process of neurodynamic testing of the upper extremity will be demonstrated and practiced.

12. Clinical Examination of the Elbow

Moderator: Jason A. Suda, MS, OTR/L, CHT
Lab Assistants: Marianne K. Dunphy, OTR/L, CHT;
Norah Malkinski, OTR/L; Marie G. Sayers, OTR/L, CHT;
Laura J. Walsh, MS, OTR/L, CHT
This session will cover clinical assessment of the elbow including tests for stability, mobility, strength and special tests for the elbow and interpretation of findings. Clinical reasoning in the development of a treatment plan based on findings will be illustrated. Reliability of the techniques will be emphasized.

13. Clinical Examination of the Wrist

Moderator: Alison Babula, MS, OTR/L, CHT
Lab Assistants: Caitlin McCormick, MS, OTR/L;
Shanna L. Corbin, MS, OTR/L, Gail Severance, MS, OTR/L, CHT
This hands-on workshop will guide the participants through a systematic clinical examination of the wrist. A review of the anatomy and biomechanics will precede the lab. The provocative tests for wrist instability patterns will be demonstrated and practiced. Emphasis will be placed on the recognition of the signs and symptoms of a variety of common wrist conditions.

14. Taping Techniques

Moderator: Mary F. Loughlin, OTR/L, CHT
Lab Assistants: Karen Davis, COTA; Marybeth Laplant, PT, CHT;
Kimberly Weir, MS, OTR/L, CHT; Teri Speakman, OTR/L, CHT
The use of kinesiology taping for a variety of upper extremity injuries and conditions will be demonstrated and practiced in this hands-on session. Instruction on the fundamentals of kinesiology taping will be given. Taping for facilitation, inhibition, protection, scar management and edema management will be addressed.

15. Joint Play in Motion

Moderator: Karen S. Schultz, MS, OTR, FAOTA, CHT
Lab Assistant: Laura J. Fisher, PT, CHT
This hands-on workshop will review traditional joint mobilization techniques for the elbow, forearm, wrist and hand as well as introduce techniques to combine accessory motions with physiologic motion to reduce joint pain and/or improve range of motion.

16. Graded Motor Imagery

Susan W. Stralka, PT, DPT, MS, ACHE
Kristen A. Valdes, OTD, OT, CHT
This session will describe the uses of Graded Motor Imagery for the rehabilitation of patients with complex pain conditions including CRPS and phantom limb pain. The developmental approach of laterality training, mental imagery and mirror therapy will be described. Participants will gain knowledge in the theory behind GMI as well as learn practical skills for clinical application of techniques.

17. Upper Extremity Cadaver Anatomy

Moderator: David Ebaugh, PT, PhD, OCS
Lab Assistants: Patrick Kane MD; Thomas J. Gillon, MD;
Angie Dickerson-Schnatz, MPT, CHT, OCS;
Teresa M. Zapotochny, PT, CHT
Upper extremity cadaver specimens will be examined to review the flexor and extensor surfaces of the hand and forearm, nerve anatomy, and joint anatomy of the shoulder, elbow, wrist, and hand. Lab instructors will identify the anatomy, discuss common clinical pathologies and describe surgical management.

18. Key Concepts of Mobilizing the Stiff Hand

Judy C. Colditz, OTR/L, CHT
This workshop will explore our current state-of-the-art, evidence-based rationale for treating stiffness in the hand. Common myths of treating stiffness will be discussed and evidence for central concepts such as ideal mobilization approaches, duration of treatment and the role of intrinsic muscle tightness will be considered. This information will be applied to the biomechanics of each joint of the hand as relevant treatment approaches specific to each joint are discussed.

19. Orthosis Fabrication Lab: Relative Motion Orthoses

Moderator: Julianne W. Howell, PT, MS, CHT
Lab Assistants: Colleen C. Burke, PTA;
Katie L. Burkhart, OTR/L, CHT; Ellen G. Wilson, OTR/L, CHT
This lab will provide an overview of the relative motion concept, orthotic fabrication methods and techniques and indications. Participants will have the opportunity to fabricate a relative motion orthosis.

20. Wrist Biomechanics, Dynamic Stability and Function

Moderator: Aviva L. Wolff, OTR/L, CHT
Christos Karagiannopoulos, MPT, MEd, ATC, CHT
Terri L. Wolfe, OTR/L, CHT
This session will present an overview of wrist biomechanics, proprioception and the concept of dynamic stability of the wrist. Assessment of function, kinematics and patient expectations and satisfaction in self-identified activities for a range of wrist pathologies will be discussed.

MONDAY, MARCH 14, 2015

General Session

6:30 Continental Breakfast

CARPAL INSTABILITY

Moderator: Melvin P. Rosenwasser, MD

- 8:00 **Patterns and Pathomechanics of Wrist Instabilities**
Eon K. Shin, MD
- 8:20 **Rehabilitation Guidelines for Carpal Instability**
Julianne W. Howell, PT, MS, CHT
- 8:40 **Scapholunate Dissociation: Stages and Management**
Melvin P. Rosenwasser, MD
- 9:00 **Therapy for Scapholunate Dissociation**
Aviva L. Wolff, OTR/L, CHT
- 9:20 **Ulnar Sided Pain & Instability: Causes and Management**
John M. Bednar, MD
- 9:40 **Therapy for Ulnar Sided Wrist Pain and Instability**
Karen M. Pettengill, MS, OTR/L, CHT
- 10:00 **Break/Exhibits**

SELECTED ELBOW AND SHOULDER CONDITIONS

Moderator: Dean G. Sotereanos, MD

- 10:30 **Adhesive Capsulitis**
A. Lee Osterman, MD
- 10:50 **Adhesive Capsulitis: Non-Operative Management**
Marybeth Laplant, PT, CHT
- 11:10 **Elbow Fractures and Dislocations**
Dean G. Sotereanos, MD
- 11:30 **Rehabilitation for Elbow Fractures and Dislocations**
Laura Walsh, MS, OTR/L, CHT
- 11:50 **Biomechanics of Elbow Stiffness and Implications for Rehabilitation**
Aviva L. Wolff, OTR/L, CHT
- 12:10 **Core Principles of Health Literacy: Best Practice for Quality Patient Education**
Susan Toth-Cohen, PhD, OTR/L
- 12:30 **Lunch/Exhibits**

THE ARTHRITIC HAND

Moderator: Kristen A. Valdes, OTD, OT, CHT

- 1:30 **Joint Protection: State of the Art**
Jeanine Beasley, EdD, OTR, CHT, FAOTA
- 1:50 **Osteoarthritis of the Hand: Clinical Presentations and Management**
Marco Rizzo, MD

- 2:10 **Postoperative Management for PIPJ Implant Arthroplasty**
Sheri B. Feldscher, OTR/L, CHT
- 2:30 **Conservative Management for Thumb CMCJ OA: Exercise and Orthotic Intervention**
Jeanine Beasley, EdD, OTR, CHT, FAOTA
- 2:50 **Protecting the Therapist's Hand for a Lifetime of Quality Care Delivery**
Ann M. Lucado, PhD, MS, PT, CHT
- 3:00 **Break/Exhibits**
- 3:30 **Concurrent Sessions 21 - 30**

Please refer to the list of concurrent sessions at the right.

Registration fee includes one concurrent session.

Kindly indicate 3 sessions, in order of preference, on the attached registration form.

Concurrent sessions will be assigned based on your list of preferences and availability of space.

5:30 **Monday Sessions End**

**BACK BY
POPULAR
DEMAND!**

Project Splint Pan

*Monday, March 14th
6:30 pm*

A competition involving audience volunteers. Take a chance to participate in a splint design and fabrication competition.

Host: Terri L. Wolfe, OTR/L, CHT

Panel of Judges: Julianne W Howell, PT, MS, CHT
Jeanine Beasley, EdD, OTR, CHT, FAOTA
Elaine E. Fess, MS, OTR, FAOTA, CHT
David M. Wolfe, OTR/L, CHT
Lauren J. O'Donnell, OTR/L, CHT



**DON'T FORGET
THE HRF
YOGA/ZUMBA
FUNDRAISERS!**

Check the schedule for times
(times will be either before or after the daily schedule)

Minimum donation of \$10.00/session

Bring appropriate clothing

CONCURRENT SESSIONS
MONDAY, MARCH 14, 2016
3:30-5:30 PM

21. Edema Management

Moderator: Sheri B. Feldscher, OTR/L, CHT
Shanna L. Corbin, MS, OTR/L

This session will provide an overview of post-traumatic and post-surgical edema management for the upper extremity. The pathophysiology of edema including basic anatomy and physiology of the lymphatic and venous systems will be covered as a foundation for understanding management techniques. Examination and interventions such as compression bandaging and manual edema mobilization will be demonstrated and practiced.

22. Rotator Cuff Tears: Non-Operative Management and Outcomes

Martin J. Kelley, PT, DPT, OCS
Brian G. Leggin, PT, DPT, OCS

This hands-on session will allow participants to develop skills and clinical judgment in the evaluation and treatment of rotator cuff tears. An overview of the anatomy of the rotator cuff and outcomes of non-operative treatment techniques will be presented. The participants will practice assessment and rehabilitation techniques and explore decision making in the progression of a rehabilitation program for individuals with rotator cuff pathology.

23. Core Treatment Tactics: How to Figure Out the Safe Starting Point

Judy C. Colditz, OTR/L, CHT, FAOTA

This session is for the less experienced therapists who may feel uncertain about where to start with the variety of both common and uncommon diagnoses. Looking at the status of each anatomical system in the hand will allow you to develop a logical way of establishing what is safe and unsafe. This session will focus on learning a clinical reasoning technique rather than providing a list of dos and don'ts. The purpose of this session is to assist you in developing skills to answer the questions: 1) What is the overriding goal and 2) What creates the greatest harm?

24. Evaluation and Management of Scapula Dysfunction

Moderator: Angela Tate, PT, PhD
Brian J. Eckenrode, PT, DPT, OCS

This session will review normal scapular motion and discuss the relevance of abnormal scapular motion to common shoulder pathologies. Participants will learn and have the opportunity to practice both examination and intervention techniques for scapular dysfunction including manual therapy, exercise, scapular taping and the use of neuromuscular electrical stimulation (NMES). The format will include lecture and lab so participants may wear lab attire if they desire to practice taping and NMES.

25. Therapy Practice Management

Maureen A. Hardy, MS, PT, CHT
Kristen A. Valdez, OTD, OT, CHT

This session will cover a variety of topics related to therapy practice management including coding and billing for hand therapy services, an update on orthotics reimbursement, marketing and suggestions for containing costs. Participants are encouraged to bring questions to participate in an open discussion.

26. Orthosis Fabrication: Serial Casting of the PIP Joint

Moderator: Karen S. Schultz, MS, OTR, FAOTA, CHT
Katie L. Burkhart, OTR/L, CHT

This hands-on session will provide the rationale, indications and evaluation for serial casting to mobilize recalcitrant stiffness of the PIP joints. Concepts of tissue response, force application and choosing the appropriate force based upon stage of healing will be discussed.

27. Orthosis Fabrication: Extensor Tendon Injuries by Zone of Injury

Moderator: Lauren J. O'Donnell, OTR/L, CHT
Lab Assistants: Lois A. DiGirolamo, OTR/L;
Christopher M. Saporito, OTR/L, CHT;
David M. Wolfe, OTR/L, CHT

During extensor tendon rehabilitation the therapist must protect healing tendons, encourage tendon gliding and facilitate functional grasp and prehension while preventing extensor lag. Participants will fabricate various orthoses to immobilize, provide relative motion and short arc motion according to the zone of injury and stage of healing of the extensor tendon.

28. Research in Hand Therapy

Joy C. MacDermid, BScPT, PhD
Elaine E. Fess, MS, OTR, FAOTA, CHT

Topics to be covered include research designs that fit into clinical practice; how to review a research paper and how to write a research paper; systematic reviews.

29. Elbow Instability - Diagnosis and Management

Moderator: Laura Walsh, MS, OTR/L, CHT
Michael R. Hausman, MD
Dean G. Sotereanos, MD
Aviva L. Wolff, OTR/L, CHT

The diagnosis, surgical and non-surgical management of common patterns of elbow instability will be reviewed. Postoperative treatment guidelines and orthotic intervention will be discussed

30. Therapists Management of the Arthritic Hand

Jeanine Beasley, EdD, OTR, CHT, FAOTA
Terri L. Wolfe, OTR/L, CHT
John D. Lubahn, MD

This session will provide an overview of the arthritic wrist and hand. The pathogenesis of common deformities and stages of progression will be reviewed as well as conservative and operative management and orthotic interventions.

TUESDAY, MARCH 15, 2016

General Session

6:30 Continental Breakfast

NERVE LACERATIONS

Moderator: A. Lee Osterman, MD

- 8:00 **Classification of Nerve Injury; Nerve Response to Injury and Repair**
A. Lee Osterman, MD
- 8:20 **Techniques of Nerve Repair; Nerve Grafts, Nerve Transfers and Conduits**
Patrick M. Kane, MD
- 8:40 **Therapy Guidelines Following Surgery for Median Nerve Repair or Reconstruction**
Alison Babula, MS, OTR/L, CHT
- 9:00 **Therapy Guidelines Following Surgery for Ulnar Nerve Repair or Reconstruction**
Jenifer M. Haines, MS, OTR/L, CHT
- 9:20 **Therapy Guidelines Following Surgery for Radial Nerve Repair or Reconstruction**
Jason A. Suda, MS, OTR/L, CHT
- 9:35 **Break**

NERVE COMPRESSIONS

Moderator: Jane M. Fedorczyk, PT, PhD, CHT, ATC

- 9:50 **Nerve Entrapment Points of the Upper Extremity**
David Ebaugh, PT, PhD, OCS
- 10:15 **Double Crush Syndrome**
Susan W. Stralka, PT, DPT, MS, ACHE
- 10:30 **Strategies for Nerve Health**
Jane M. Fedorczyk, PT, PhD, CHT, ATC
- 10:50 **Systematic Examination of the Upper Extremity**
Mark T. Walsh, PT, DPT, MS, CHT, ATC
- 11:15 **Treatment Guidelines for Nerve Compression**
Terri L. Wolfe, OTR/L, CHT
- 11:35 **Functional and Workplace Considerations for Nerve Compressions**
Sue A. Emerson, OTR, CHT, CEES
- 12:00 **Adjourn**

TUTORIAL

Wednesday – Friday

March 9-11, 2016

\$495.00 additional registration fee

3-Day Tutorial

The Philadelphia Hand Center, PC
Physician and Therapy Staff

Hand Rehabilitation Foundation is pleased to offer a 3-day tutorial prior to the opening of the symposium.

- 1 day in the operating room observing surgical procedures performed by a surgeon of The Philadelphia Hand Center
- 1 day with the surgeon at The Philadelphia Hand Center observing patient office hours
- 1 day with The Philadelphia Hand Center therapists in the Therapy Department observing treatment techniques
- Registration is limited and is offered on a first-come, first-served basis
- Registrants must be registered for the entire 3 1/2 day symposium
- Includes breakfast and lunch
- Tutorial registration fee is nonrefundable

Continuing Education:

Continuing education certificates will be issued for 25 contact hours.



20/20: Practical News You Can Use – 20 Ways to Battle Proof and Improve Your Treatment of Common Hand Problems

Friday, March 11, 2016

7:30 am – 5:00 pm

- 6:30 am Registration and Continental Breakfast
7:30 am Welcome
*Joshua M. Abzug, MD; Scott H. Kozin, MD;
Dan A. Zlotolow, MD*

CONGENITAL HAND I

Moderator: Roger Cornwall, MD

- 7:40 am Syndactyly
Roger Cornwall, MD
7:50 am Radial Polydactyly
Joshua M. Abzug, MD
8:00 am Central and Ulnar Polydactyly
Kevin J. Little, MD
8:10 am Hand Therapy Following Syndactyly Release
Jenny M. Dorich, MBA, OTR/L, CHT
8:20 am Questions/Case Presentations

CONGENITAL HAND II

Moderator: Scott H. Kozin, MD

- 8:45 am Macroductyly *Scott H. Kozin, MD*
8:55 am Thumb Hypoplasia
Roger Cornwall, MD
9:05 am Constriction Band Syndrome *Dan A. Zlotolow, MD*
9:15 am Camptodactyly and Clinodactyly *Andrea S. Bauer, MD*
9:25 am Hand Therapy Following Thumb
Reconstruction/Pollicization
Sarah Ashworth, OTR/L
9:35 am Questions/Case Presentations
10:00 am Coffee Break

HAND POTPOURRI

Moderator: L. Andrew Koman, MD

- 10:30 am Arthrogyposis of the Hand *Dan A. Zlotolow, MD*
10:40 am Cerebral Palsy Affecting the Hand
L. Andrew Koman, MD
10:50 am Hand Therapy for Arthrogyposis and
Cerebral Palsy of the Hand
Jenny M. Dorich, MBA, OTR/L, CHT
11:00 am Trigger Digits *Theresa O. Wyrick, MD*
11:10 am Burns of the Hand
Scott H. Kozin, MD
11:20 am Hand Therapy Following Burns of the Hand
Sarah Ashworth, OTR/L
11:30 am Questions/Case Presentations
12:00 pm Lunch (provided)

SOFT TISSUE TRAUMA OF THE HAND

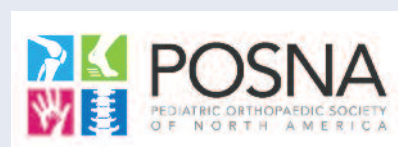
Moderator: Dan A. Zlotolow, MD

- 1:00 pm Nerve Injuries of the Hand *Scott H. Kozin, MD*
1:10 pm Hand Therapy Following Nerve Injuries
of the Hand
Jenny M. Dorich, MBA, OTR/L, CHT
1:20 pm Flexor Tendon Injuries *Kevin J. Little, MD*
1:30 pm Extensor Tendon Injuries *L. Andrew Koman, MD*
1:40 pm Hand Therapy Following Flexor
Tendon Injuries
Heather Weesner, OT, CHT
1:50 pm Questions/Case Presentations
2:30 pm Coffee Break
3:00 pm Free Paper Session
Moderators: Joshua M. Abzug, MD; Scott H. Kozin, MD

HAND FRACTURES

Moderator: Joshua M. Abzug, MD

- 3:30 pm Metacarpal Fractures *Theresa O. Wyrick, MD*
3:40 pm Phalangeal Neck Fractures *Andrea S. Bauer, MD*
3:50 pm Unicondylar Phalangeal Fractures *Kevin J. Little, MD*
4:00 pm Seymour Fractures
Dan A. Zlotolow, MD
4:10 pm Amputations/Replantations *Joshua M. Abzug, MD*
4:20 pm Hand Therapy for Hand Fractures
Heather Weesner, OT, CHT
4:30 pm Questions/Case Presentations
5:00 pm Adjourn



Symposium Faculty

*Pediatric Pre-course Faculty

Joshua M. Abzug, MD*
Monkton, MD

Peter C. Amadio, MD
Rochester, MN

Sarah Ashworth, OTR/L*
Elkins Park, PA

Alison Babula, MS, OTR/L, CHT
E. Norriton, PA

Mark E. Baratz, MD
Washington, PA

Andrea S. Bauer, MD*
Boston, MA

Jeanine Beasley, EdD, OTR, CHT, FAOTA
Grand Rapids, MI

John M. Bednar, MD
Cherry Hill, NJ

Susan M. Blackmore, MS, OTR/L, CHT
Phoenixville, PA

Colleen C. Burke, PTA
King of Prussia, PA

Katie L. Burkhart, OTR/L, CHT
Philadelphia, PA

Judy C. Colditz, OTR/L, CHT, FAOTA
Raleigh, NC

Shanna L. Corbin, MS, OTR/L
Philadelphia, PA

Roger Cornwall, MD*
Cincinnati, OH

Karen Davis, COTA
Limerick, PA

Lauren M. DeTullio, MS, OTR/L, CHT
King of Prussia, PA

Angie Dickerson-Schnatz, MPT, CHT, OCS
Glen Mills, PA

Lois A. DiGirolamo, OTR/L
Philadelphia, PA

Jenny M. Dorich, MBA, OTR/L, CHT*
Cincinnati, OH

Marianne K. Dunphy, OTR/L, CHT
King of Prussia, PA

David Ebaugh, PT, PhD, OCS
Philadelphia, PA

Brian J. Eckenrode, PT, DPT, MS, OCS
Abington, PA

Sue A. Emerson, OTR, CHT, CEES
York, ME

Roslyn B. Evans, OTR/L, CHT
Vero Beach, FL

Jane M. Fedorczyk, PT, PhD, CHT, ATC
Yardley, PA

Sheri B. Feldscher, OTR/L, CHT
Philadelphia, PA

Elaine E. Fess, MS, OTR, FAOTA, CHT
Zionsville, IN

Laura Fisher, PT, CHT
Huntingdon Valley, PA

Thomas J. Gillon, MD
King of Prussia, PA

Jenifer M. Haines, MS, OTR/L, CHT
Wynnewood, PA

Maureen A. Hardy, MS, PT, CHT
Jackson, MS

Michael R. Hausman, MD
New York, NY

Julianne W. Howell, PT, MS, CHT
Corvallis, OR

Honored Professor

Patrick M. Kane, MD
Philadelphia, PA

Christos Karagiannopoulos
MPT, MEd, ATC, CHT
Chalfont, PA

Martin J. Kelley, PT, DPT, OCS
Philadelphia, PA

Leonid I. Katolik, MD
King of Prussia, PA

L. Andrew Koman, MD*
Winston-Salem, NC

Scott H. Kozin, MD*
Philadelphia, PA

Donald H. Lalonde, MD
St. John, NB, Canada

Amy Jo Lamb, OTD, OTR/L, FAOTA
Dexter, MN

Honored Professor

Marybeth Laplant, PT, CHT
Villanova, PA

Brian G. Leggin, PT, DPT, OCS
Philadelphia, PA

Mary F. Loughlin, OTR/L, CHT
Paoli, PA

John D. Lubahn, MD
Erie, PA

Ann M. Lucado, PhD, MS, PT, CHT
Atlanta, GA

Joy C. MacDermid, BScPT, PhD
London, ON, Canada

Norah Malkinski, OTR/L
Philadelphia, PA

Evelyn J. Mackin, PT
Woodstown, NJ

Caitlin McCormick, MS, OTR/L
Philadelphia, PA

Wyndell H. Merritt, MD
Henrico, VA

Lauren J. O'Donnell, OTR/L, CHT
Philadelphia, PA

A. Lee Osterman, MD
King of Prussia, PA

Meredith N. Osterman, MD
King of Prussia, PA

Karen M. Pettengill, MS, OTR/L, CHT
Greenfield, MA

Marco Rizzo, MD
Rochester, MN

Honored Professor

Melvin P. Rosenwasser, MD
Englewood, NJ

Honored Professor

Christopher, M. Saporito, OTR/L, CHT
Philadelphia, PA

Marie G. Sayers, OTR/L, CHT
Lansdale, PA

Gayle Severance, MS, OTR/L, CHT
Philadelphia, PA

Lawrence H. Schneider, MD
New York, NY

Karen S. Schultz, MS, OTR, FAOTA, CHT
Edwards, CO

William H. Seitz, MD
Cleveland, OH

Honored Professor

Eon K. Shin, MD
Philadelphia, PA

Terri M. Skirven, OTR/L, CHT
King of Prussia, PA

Dean G. Sotereanos, MD
Pittsburgh, PA

Honored Professor

Teri Speakman, OTR/L, CHT
Glen Mills, PA

Susan W. Stralka, PT, DPT, MS, ACHE
Germantown, TN

Peter J. Stern, MD
Cincinnati, OH

Jason A. Suda, MS, OTR/L, CHT
Philadelphia, PA

Annalisa Synnstedt, MOT
Philadelphia, PA

Angela Tate, PT, PhD
Willow Grove, PA

Susan Toth-Cohen, PhD, OTR/L
Philadelphia, PA

Janice L. Trope, OTR/L, CHT
Philadelphia, PA

Kristen A. Valdes, OTD, OT, CHT
Sarasota, FL

J. Martin Walsh, OTR/L, CHT
Sacramento, CA

Laura Walsh, MS, OTR/L, CHT
Philadelphia, PA

Mark T. Walsh, PT, DPT, MS, CHT, ATC
Somers Point, NJ

Heather Weesner, OT, CHT*
Baltimore, MD

Kimberly Weir, MOT, OTR/L, CHT
West Chester, PA

Ellen G. Wilson, OTR/L, CHT
Limerick, PA

David M. Wolfe, OTR/L, CHT
Philadelphia, PA

Terri L. Wolfe, OTR/L, CHT
Erie, PA

Aviva L. Wolff, OTR/L, CHT
Paramus, NJ

Theresa O. Wyrick, MD*
Mabelvale, AR

David S. Zelouf, MD
King of Prussia, PA

Dan Z. Zlotolow, MD*
Philadelphia, PA

MEETING AND HOTEL INFORMATION

Philadelphia Marriott Downtown

1201 Market St. Philadelphia, PA 19107

Room Rate: \$229.00/night

Deadline for reduced rates - February 25, 2016

METHOD OF RESERVATIONS: The Marriott Hotel is pleased to offer the use of their group reservations system. All reservations will be made, modified or cancelled by individuals by calling Marriott's Reservations toll free number 800-266-9423.

CONTINUING EDUCATION

Hand Rehabilitation Foundation designates this educational activity, Surgery and Rehabilitation of the Hand: A Vision for Quality in Hand Care, for a maximum of 26.25 contact hours. Partial attendance will earn prorated contact hours as follows:

Saturday/Sunday/Monday 7.5 hours per day, Tuesday 3.75 hours

DISCLOSURE STATEMENT

All faculty participating in continuing education programs sponsored by the Hand Rehabilitation Foundation are expected to disclose to the program audience any real or apparent conflict of interest related to the content of their presentation(s). Full disclosure of relationships will be made at the program.

COURSE REGISTRATION

PLEASE NOTE: Name/Credentials will appear on your contact hours certificate exactly as entered below.

Name _____ Credentials _____

Address _____ Email (req'd.) _____

City, State, Zip _____

Telephone (Work) _____ (Home) _____ (Fax) _____

Concurrent Session Selection Please select the Concurrent Session you would like to attend on each day (refer to pages 3, 5, 7). Kindly indicate the Concurrent Session number of your first, second and third choices in order of preference for each day. Remember that space is limited and sessions will be assigned in order of paid registration only.	Day/Date	1 st Choice	2 nd Choice	3 rd Choice
	Saturday, March 12			
	Sunday, March 13 – 1:00 pm Sunday, March 13 – 3:30 pm	_____	_____	_____
	Monday, March 14			

Register online at: www.handfoundation.org

Registration ON-SITE ONLY after February 28, 2016

Pre-conference Sessions

Tutorial	\$495	Amount
1-Day Pediatric Pre-Course - Friday, March 11, 2016	\$350	
Full Symposium Registration*		
Allied Health Professional (including \$20 donation to HRF)	\$795 (\$775 without donation)	
Surgeon/Physician (including \$20 donation to HRF)	\$895 (\$875 without donation)	

Virtual syllabus - Watch for details about downloading the APP! (there will be NO syllabus book)

One-Day Symposium Registration*

Note: Full Registrations may not be split or shared between participants. For partial attendance, each participant must register using the per diem rates below. Contact hours will be adjusted according to conference attendance.

	Saturday	Sunday	Monday	Tuesday
Allied Health Professional	\$295	\$295	\$295	\$125
Surgeon/Physician	\$350	\$350	\$350	\$150

*Full Registration Fee includes Opening Reception, General Session, 1 Concurrent Session per day, Course Materials, Continental Breakfast daily and lunch (no lunch Tuesday) and Chairmen's Reception. One-day Registration includes Continental Breakfast, General Session, 1 Concurrent Session for each day registered and Lunch (no lunch Tuesday).

Late Registration
(Add \$50 to all Registrations Postmarked/Faxed/Online after midnight Friday, February 28, 2016)

I am planning on attending the opening reception on Friday, March 11, 2016 from 6:00 – 8:00 pm	Yes	No
I am planning to attend the Chairmen's Reception on Monday, March 14, 2016 from 6:30 – 8:30 pm	Yes	No

Yes! I would like to make a donation to the Hand Rehabilitation Foundation \$100 _____ \$50 _____ \$25 _____ Other \$ _____

Total

Cancellation Policy: A Full Refund less \$75 cancellation fee will be issued if written notification is received by February 28, 2016.
No Refunds after February 28, 2016.

Check or Money Order in US Funds made payable to: **Hand Rehabilitation Foundation** Visa MasterCard American Express
Card Number _____ Expiration Date _____

Print Name as it appears on card _____

Card Holder's Signature _____

Please complete form and fax or mail to: **Hand Rehabilitation Foundation, 700 S. Henderson Rd. Suite 100, King of Prussia, PA, 19406**



HAND REHABILITATION FOUNDATION
700 S. HENDERSON RD.
SUITE 100
KING OF PRUSSIA, PA 19406

Non-Profit Organization
U.S. Postage
Paid
Philadelphia, PA
Permit No. 559



2016 PHILADELPHIA MEETING