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The Philadelphia Hand to Shoulder Center, P.C.  
**SURGERY AND REHABILITATION  
OF THE HAND, WRIST, ELBOW & SHOULDER**

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# Hand Rehabilitation Foundation

## *Evelyn J. Mackin Hand Therapy Fellowship*

May, 2017

**Re: Application**

Dear Fellowship Applicant:

Thank you for your interest in the Evelyn J. Mackin Hand Therapy Fellowship. I have enclosed an application form for you to complete, as well as a checklist for the supporting credentials and information required. Please note that before applying, a volunteer or short-term observation with a Certified Hand Therapist must be completed if you have no prior exposure or experience with Hand Therapy. I believe that this is essential to strengthen your decision to specialize in Hand Rehabilitation.

I have also enclosed an outline that describes the Fellowship program.

Please note that applications are currently being accepted for Fellowship positions beginning in January 2018 and July of 2018. The application deadline is September 1, 2017 for the January 2018 Fellowship and March 1, 2018 for the July 2018 Fellowship. Please send your completed application to my attention at the address below.

A selection committee with representatives from Thomas Jefferson University, the Hand Rehabilitation Foundation, and The Philadelphia Hand Center, P.C. will review the applications, and interviews will be scheduled with selected candidates. All applicants will be notified of the committee's decision no later than November 15, 2017 for the January 2, 2018 start date and April 15, 2018 for the July 2, 2018 start date.

Thank you once again for your interest in the Evelyn J. Mackin Hand Therapy Fellowship. Please feel free to contact me directly at (610) 768-4468 or tskirven@handcenters.com if you have any questions.

Sincerely,

*Terri Skirven*

Terri M. Skirven, OTR/L, CHT  
Director, Hand Rehabilitation Foundation  
Director of Therapy, The Philadelphia Hand Center, P.C.



PHILADELPHIA  
HAND TO SHOULDER  
CENTER



**Hand Rehabilitation Foundation  
The Philadelphia Hand Center, PC  
North Coast Medical, Inc.  
Thomas Jefferson University College of Health Professions**

**Purpose:** Clinical training in hand management and patient care, including pre- and post- operative assessment, treatment planning, splinting, return-to-work programs and outcomes.

**Training Expectations:** The fellow will be expected to: 1) attend six surgical procedures, post operative follow-ups and rehabilitation sessions, 2) attend and participate at a weekly hand therapy educational meeting, 3) initiate/complete a case report for submission to the Journal of Hand Therapy.

**Time Period:** Full-time, six month fellowship from January 2, 2018 through June 30, 2018, or July 2, 2018 through December 31, 2018.

**Eligibility Requirements:** Applicant must be a graduate of an accredited occupational or physical therapy program (bachelor's or master's degree), licensed, have a minimum of one year clinical experience preferably in the area of upper extremity rehabilitation. Applicants will be selected based on their demonstrated interest in the specialty of hand rehabilitation and their desire to advance their therapeutic skill in hand management. Preference will be given to applicants who evidence financial need and/or will practice in an underserved area.

**Behavioral Objectives:** A detailed set of 51 behavioral learning objectives has been established to guide the Fellow's learning experience.

**Application Instructions:** Applicants will be required to submit academic transcripts, three letters of recommendation, curriculum vitae and a letter stating prior hand therapy experience and goals. Prior to submission, all applicants should contact Ms. Terri Skirven, Director of Therapy, The Philadelphia Hand Center, to review application procedures.

The deadline for complete submissions is September 1, 2017 for the January 2, 2018 start date. The Fellow will be notified no later than November 15, 2017. The deadline for the July 2, 2018 start date is March 1, 2018. The fellow will be notified no later than April 15, 2018.

## Evelyn J. Mackin Hand Therapy Fellowship

### Checklist for Processing Applications

- \_\_\_\_\_ Updated curriculum vitae/resume including continuing education courses attended
  
- \_\_\_\_\_ Completed application form
  
- \_\_\_\_\_ Personal statement (not to exceed 2-3 pages) regarding your interest in hand rehabilitation including the following:
  - ❖ How you became interested in Hand Therapy as a career focus and why short and long term goals
  - ❖ Expectations of the Fellowship
  - ❖ Self-evaluation in terms of strengths and weaknesses with regard to your hand therapy knowledge and skills
  - ❖ Plans to use knowledge and skills gained during the Fellowship to benefit underserved populations
  
- \_\_\_\_\_ Case description of a patient with a hand injury or condition which stimulated your interest or presented a challenge and how you handled it.
  
- \_\_\_\_\_ Three letters of recommendation from persons whose relationship with you has been in an academic or professional setting
  
- \_\_\_\_\_ Academic transcripts from professional education\*
  
- \_\_\_\_\_ Examples of volunteer activities in Hand Therapy (if no employment experience)
  
- \_\_\_\_\_ Eligibility for OT or PT licensure in the state of Pennsylvania (must have NBCOT or APTA board certification)

\* Kindly request these ASAP

Application for Evelyn J. Mackin Hand Therapy Fellowship

Personal Information			
Name (Last, First, Middle)			
Fellowship Requested	January - June 2018	July - December 2018	
Date of Birth/ Age			
Citizenship	United States	Other: Specify	
Visa Status	Educational	Immigrant	Other:
Gender	Female	Male	
Social Security Number			
Marital Status	Married	Single	
Special Needs	Please indicate any special requirements.		
Current Mailing Address			
Street			
Apt. # or Suite			
City, State Zip			
Permanent Address			
Street			
Apt. # or Suite			
City, State, Zip			
Telephone (Home)			
Telephone (Work)			
E-Mail Address			
Emergency Contact Information			
Name of Spouse or Person to Contact in Case of Emergency			
Telephone			
Street			
City, State, Zip			
Employment			
Current Work Status	Full-Time	Part-Time	
Profession	Occupational Therapist	Physical Therapist	
Employer			
Address			
Telephone			
Number of years professional experience			
Professional or Peer Organizations	AOTA	APTA	ASHT Other:

Please describe your experience with hand/upper extremity diagnoses and procedures.

What percentage of your total work experience has consisted of hand patients?

0%\_\_\_\_\_ 25%\_\_\_\_\_ 50% \_\_\_\_\_ 75%\_\_\_\_\_ 100%\_\_\_\_\_

Please describe your learning style.

How many patients are you comfortable treating each day?

Please states why you think you are a good candidate for this fellowship.

## EVELYN J. MACKIN HAND THERAPY FELLOWSHIP

### FELLOWSHIP RESPONSIBILITIES

#### WEEKLY

- Reading assignments and preparation of key points
- Schedule weekly meeting with designated staff to review key points from readings
- Schedule weekly lab sessions with designated staff according to educational program schedule
- Splint lab sessions
- Schedule weekly meeting with senior staff to review patient cases, either new or problematic. Initially, all cases should be reviewed

#### MONTHLY

- Schedule one day per month to observe hand surgery office hours
- Schedule one day per month to observe surgery
- Meetings with Sue Toth Cohen (TJU Faculty) to plan potential projects (case study; research proposal) and to plan additional activities and mentoring opportunities within the PT and OT programs at TJU (frequency of subsequent meetings as needed)

#### PERIODIC

- Competency checklist
- Knowledge inventories

#### OPTIONAL

- Attendance at Hand Surgery Fellows weekly conference
- Fieldtrips to area Hand Therapy clinics or Hand Centers

EVELYN J. MACKIN HAND THERAPY FELLOWSHIP  
EDUCATIONAL PROGRAM

**WEEK 1**

Topic: Anatomy and biomechanics of the hand

Read: Mackin, Callahan, Skirven, Schneider, Osterman: Rehabilitation of the hand: surgery and therapy. 5<sup>th</sup> edition. Mosby.2002; chapters 2, 3

Smith, (Speak with Janice)

Recc: Stanley BG, Tribuzi SM. Concepts in hand rehabilitation. F.A. Davis, Philadelphia, 1992. Chapter 1.

Watch videotape: UE Anatomy

Topic: Note writing, Billing, Scheduling patients, Splint checks, General orientation to fellowship

**WEEK 2**

Topic: Clinical exam of the hand

Lab: Perform clinical exam: Medical history, ROM, grip and pinch (manual), muscle length tests, edema, atrophy, wound/scar, palpation, ADL, assessment, goals, length of treatment. Also will review sterile techniques and overview of basic wound care.

Read: Rehab of the Hand - chapter 8, 11, 20

Recc: Magee DJ. Orthopedic physical assessment. 3<sup>rd</sup> edition.W.B. Saunders, Philadelphia, 1997. chapter 7.

Concepts in hand rehab - chapter 3.

Rehab of the hand- chapter 17

**WEEK 3**

Topic: Objective assessments

- Vascular assessment
- Grip/pinch on Dexter
- Manual muscle testing
- Sensibility
- Dexterity
- Pain
- Hand function
- Special tests will be discussed with specific diagnoses

Lab: Practice assessment techniques

Read: Rehab of the Hand- chapters 12, 16

Recc: Clinical assessment recommendations. ASHT 2<sup>nd</sup> edition, 1992.

#### **WEEK 4**

Topic: Physical Agents

Lab: Practical application of physical agents

Read: Rehab of the hand - chapter 107

Recc: Concepts in hand rehab - chapter 7, 8

#### **WEEK 5**

Topic: Therapeutic Exercise

Lab: Joint mobilization for the wrist and hand

Read: Concepts in hand rehab-chapters 7, 8  
Articles in file- See Janice

#### **WEEK 6**

Topic: Wound healing as basis for hand therapy and management of wounds

- Stages of healing
- Types of wounds
- Management of wounds
- Stress application to healing wounds

Lab: Whirlpool set up and debridement techniques

Read: Rehab of the Hand - chapters 19, 20, 21;

Recc: Concepts in Hand Rehab. - chapt. 2, 6

Hardy M. The biology of scar formation. P T vol 69: 12, 1989.

#### **WEEK 7**

Topic: Splinting

Read: Rehab of the hand- chapters 15, 111, 112

Recc: Concepts in Hand Rehab-chapter 9.

#### **WEEK 8**

Topic: Joint Stiffness

Lab: Mobilization techniques for joint stiffness: CPM, serial casting, manual therapy techniques



Read: Rehab of the hand- chapters 61, 62,114

Recc: Flowers KR, Michlovitz SL. Assessment and management of loss of motion in orthopedic dysfunction.

## WEEK 9

Topic: Nerve compressions

Lab: UQ Screen, Neural tension testing; intro to nerve gliding;

Read: Rehab of the hand-chapters 7, 37, 39, 41, 45

Recc: Szabo RM. Nerve compression syndromes: diagnosis and treatment. SLACK, 1989, N.J.  
Kasdan ML. Occupational hand and upper extremity injuries and diseases. Chapt 26, 27, 28

## WEEK 10

Topic: Hand Fractures and joint injuries

Read: Rehab of the hand Chapters 23, 24, 25

Recc: Concepts in hand rehab. - Chapter 10 Skirven T. Rehabilitation after fractures of the hand.  
Operative techniques in orthopedics, vol 7:2, 1997: pp 152-160.

## WEEK 11

Topic: Tendon inflammatory conditions

Read: Rehab of the hand-chapters 55, 60, 78, 79

## WEEK 12

Topic: Flexor tendon laceration and management

Read: Rehab of the Hand - chapters 26, 27, 28

Recc: Concepts in hand Rehab - chapter 12; Tendon and nerve surgery in the hand - Chapter 43.  
Skirven T, Fedorczyk J. Tendon and nerve injuries. APTA study guide. 1995.

## WEEK 13

Topic: Peripheral nerve injuries

Read: Rehab of the Hand - chapters 32, 33, 34, 35, 48, 49

Recc: Concepts in hand rehab - chapter 11

## WEEK 14

Topic: Extensor tendon laceration/management

Read: Rehab of the Hand - chapters 30, 31

Recc: Concepts in hand rehab - chapter 12;  
Hunter JM, Schneider LH, Mackin EJ. Tendon and nerve surgery in the hand: a third decade.  
Mosby, Philadelphia, 1997. Chapter 43.

#### **WEEK 15**

Topic: Conservative and post-op therapy for OA and RA

Read: Rehab of the hand-chapters 95, 96,101

#### **WEEK 16**

Topic: Anatomy/biomechanics of the wrist

Lab: Clinical exam of the wrist

Read: Rehab of the hand-chapter 66

Recc: Berger RA: Anatomy and basic biomechanics of the wrist. JHT 9:2; 84-93, 1996.

Skirven T. Clinical exam of the wrist. JH T 9:2; 96-107, 1996

#### **WEEK 17**

Topic: Distal radius fractures and wrist conditions

Read: Rehab of the hand - chapters 67, 69

Recc: Journal of Hand Therapy, special issue on the wrist - vol 9:2, 1996.

#### **WEEK 18**

Topic: Pain syndromes; RSD

Read: Rehab of the hand - chapter 104, 105, 106

Recc: Journal of hand therapy - special issue on pain.

#### **WEEK 19**

Topic: Work capacity evaluation

Lab: Validity testing  
BTE evaluation procedures

Read: Rehab of the hand - chapter 124

King, J: Assessing maximum effort in upper extremity functional testing.

Recc: Concepts in hand rehab - chapter 17

PT journal articles

**WEEK 20**

Topic: Ergonomics/work hardening

Read: Rehab of the hand - chapters 123, 124

**WEEK 21**

Topic: Fractures about the elbow

Lab: Mobilization of the elbow and elbow exam

Read: 75, 76

Recc: Orthopedic Physical Assessment-chapter 6  
Morrey BF. The elbow and its disorders: chapters 10, 12, 23\*, 25\*, 26\* (\* = optional reading)

**WEEK 22**

Topic: Rehabilitation of the stiff elbow

Read: Rehab of the hand-chapter 77

**WEEK 23**

Topic: Intro to shoulder anatomy/biomechanics

Lab: Shoulder Exam

Read: Rehab of the hand, chapters 60, 80, 82

Recc: Orthopedic physical assessment - chapter 5

**WEEK 24**

Topic: Common shoulder problems and treatment

Read: Rehab of the hand - chapter 83