

# 2023 PHILADELPHIA MEETING

## Surgery and Rehabilitation of the Hand and Upper Extremity The Itis' of March



Sponsored By

**HAND REHABILITATION FOUNDATION | MARCH 18-20, 2023**

### HONORED PROFESSORS

James Chang, MD  
Thomas R. Kiefhaber, MD  
Gary M. Lourie, MD  
Jennifer M. Wolf, MD, PhD

### CHAIRPERSONS

Lauren M. DeTullio, OTR/L, CHT  
Jenifer M. Haines, MS, OTR/L, CHT  
Terri M. Skirven, OTR/L, CHT  
A. Lee Osterman, MD

### TWO PRE-COURSE CHOICES | FRIDAY MARCH 17, 2023:

*Pediatric Upper Extremity for Surgeons & Therapists*

#### COURSE DIRECTORS:

Joshua M. Abzug, MD  
Scott H. Kozin, MD  
Dan A. Zlotolow, MD

*Orthotic Fabrication Skill Building Workshop*

#### COURSE FACULTY:

Lauren J. O'Donnell, OTR/L, CHT  
Terri M. Skirven, OTR/L, CHT

### POST-COURSE | TUESDAY MARCH 21, 2023:

*Orthotic Fabrication Skill Building Workshop*

#### COURSE FACULTY:

Lauren J. O'Donnell, OTR/L, CHT  
Terri M. Skirven, OTR/L, CHT

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# 2023 PHILADELPHIA MEETING

## Surgery and Rehabilitation of the Hand and Upper Extremity The Itis' of March

The Philadelphia Hand Rehabilitation Foundation is proud to present the **48th Annual Symposium, Surgery and Rehabilitation of the Hand and Upper Extremity: The Itis' of March**. The 2023 program will provide evidence informed practice in the care of upper extremity injuries and conditions, presented by a distinguished faculty of surgeons and therapists. Laboratory sessions, panel discussions, hands-on workshops and orthotic 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, Fellows, Residents and Students.

### SATURDAY, MARCH 18, 2023

6:30 am REGISTRATION/CONTINENTAL BREAKFAST

8:00 am WELCOME AND INTRODUCTIONS

### BASIC SCIENCE AND TERMINOLOGY

*Moderator: Lauren M. DeTullio, OTR/L, CHT*

8:15 am Epidemiology and Overview of "Itis" Conditions  
Praveen G. Murthy, MD

8:35 am In-Office Diagnostic Imaging  
Mark S. Rekant, MD

8:50 am Tendonitis versus Tendinosis  
Rowena McBeath, MD, PhD

9:10 am Clinical Examination of Tendinopathies  
Lauren M. DeTullio, OTR/L, CHT

9:40 am Key Points: Rehabilitation for Tendinopathies  
Aileen Gallagher, OTR/L, CHT

9:55 am Audience Q and A

10:00 am COFFEE BREAK/EXHIBITS

### COMMON TENDINOPATHIES

*Moderator: Emily Altman, PT, DPT, CHT*

10:30 am Golfer's Elbow  
David S. Zelouf, MD

10:50 am Golfer's Elbow: A Therapist's Perspective  
Emily Altman, PT, DPT, CHT

11:10 am Lateral Elbow Tendinopathy  
Mark E. Baratz, MD

11:30 am Lateral Elbow Tendinopathy: A Therapist's Perspective  
Christopher Keating, PT, DPT, OCS, FAAOMPT

11:50 am Rotator Cuff Tendinopathy and Impingement Syndrome  
Martin J. Kelley, PT, DPT, OCS

12:10 pm DBK Presentation

12:30 PM LUNCH/EXHIBITS

### WORK 'ITIS'

*Moderator: Susan A. Emerson, Med, OTR, CHT, CEES*

1:30 pm Work 'Itis'- Prevalence and Common Diagnosis  
Mark S. Rekant, MD

1:45 pm Worksite Evaluation  
Susan A. Emerson, Med, OTR, CHT, CEES

2:05 pm Ergonomics for the Home  
Susan A. Emerson, Med, OTR, CHT, CEES

2:25 pm Dissecting Acute and Chronic Shoulder Range of Motion Changes in the Baseball Pitcher  
Stephen Thomas, PhD, ATC

2:40 pm Case Presentation: Overuse Syndromes  
Moderator: Praveen G. Murthy, MD  
Surgeon: Meredith N. Osterman, MD  
Therapist: Lauren M. DeTullio OTR/L, CHT

3:00 pm COFFEE BREAK/EXHIBITS

3:30 pm Concurrent Sessions

5:30 pm Adjourn

Please see [www.HandFoundation.org](http://www.HandFoundation.org) for concurrent session descriptions. Indicate 3 choices for this session, in order of preference, on the registration form. Concurrent sessions are assigned in order of preference and availability.

1. Orthosis Fabrication: Trigger Finger Orthosis

*Moderator: Karen S. Schultz, MS, OTR, FAOTA, CHT*

2. Orthosis Fabrication: Creative Solutions for PIP Flexion Contracture and Swan Neck Deformities

*Moderators: Lauren J. O'Donnell, OTR/L, CHT and Timothy J. Zerwick, OTD, OTR/L, CHT*

3. A Clinical Guide to Pitching Mechanics and Kinetic Chain Deficits: How to Integrate Both into a Comprehensive Program

*Stephen Thomas, PhD, ATC*

4. Surgical Procedures and Post-Operative Rehabilitation: Thumb CMC Reconstruction

*Panel: Vincent D. Pelligrini, Jr, MD, Thomas Gillon, MD, Mary Dougherty, OTR/L, CHT and Ariana Belles, OTD, OTR/L, CHT*

5. Elbow Tendinopathy: Conservative Management, Surgical Procedures and Post-Operative Rehabilitation

*Panel: Kenneth Kearns, MD and Christopher Keating, PT, DPT*

6. Edema Measurement and Management

*Sheri B. Feldscher, OTR/L, CHT and Norah Malkinski, OTR/L, CHT, CLT*

7. Hand Therapy Certification Commission

*J. Martin Walsh, OTR/L, CHT*

8. Innovations in Practice: Assessment and Treatment of Proprioceptive Deficits of the Wrist and Hand

*Christos Karagiannopoulos, PT, PhD, ATC, CHT and Gary Solomon, MBA, MS, OTR/L, CHT*

9. Hand Assessment: Where is the Evidence?

*Elaine E. Fess, OTD, MS, OTR, FAOTA, CHT and Laura Walsh, MS, OTR/L, CHT*

10. A Therapists Approach to Work Site Evaluation and What We Offer to Industrial Design

*Susan A. Emerson, MEd, OTR, CHT, CEES*



## SUNDAY, MARCH 19, 2023

6:30 am CONTINENTAL BREAKFAST

### NEURITIS

*Moderator: Mark T. Walsh, PT, DPT, MS, CHT, ATC*

- 8:00 am Pathophysiology & Classification of Peripheral Nerve Injuries  
Andrew J. Miller, MD
- 8:20 am Nerve Anatomy of the Upper Extremity and Entrapment Points  
David Ebaugh, PT, PhD, OS
- 8:40 am Clinical Examination and Differential Diagnosis for Nerve Compression Syndromes of the Upper Extremity  
Mark T. Walsh, PT, DPT, MS, CHT, ATC
- 9:00 am Conservative Management for Nerve Compression of the Upper Extremity  
Lauren M. DeTullio, MS, OTR/L, CHT
- 9:20 am Surgical Management of Compressive Neuropathy of the Upper Extremity  
Brian J. Loeffler, MD
- 9:40 am Post-Operative Rehabilitation for Nerve Compressions in the Upper Extremity  
Lauren M. DeTullio, MS, OTR/L, CHT
- 10:00 am COFFEE BREAK/EXHIBITS

### HOW CAN I EASE THE PAIN

*Moderator: Jenifer Haines, MS, OTR/L, CHT*

- 10:30 am Neuropathic Pain Management  
L. Andrew Koman, MD
- 10:50 am Clinical Assessment of the Pain Experience  
Jenifer M. Haines, MS, OTR/L, CHT
- 11:10 am Advancements in the Neuroscience of Pain and Clinical Applications  
Susan W. Stralka, PT, DPT, MS, ACHE

- 11:40 am Key Points: Incorporating Pain Management in Rehabilitation  
Abigail Hughes, MS, OTR/L, CHT
- 11:50 am Q & A
- 12:00 pm LUNCH/EXHIBITS
- 1:00 pm Concurrent Sessions
- 3:00 pm BREAK/EXHIBITS
- 3:30 pm Concurrent Sessions
- 5:30 pm Sunday Sessions Adjourn

### 6:30 pm PHILLY HAND MEETING SOCIAL

*Please join us for hearty refreshments and fun in the Horizons Ballroom on the Rooftop!*

*Please see [www.HandFoundation.org](http://www.HandFoundation.org) for concurrent session descriptions. Indicate 3 choices for this session, in order of preference, on the registration form. Concurrent sessions are assigned in order of preference and availability.*

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| 11. Orthosis Fabrication: Creative Orthosis Solutions: Pearls, Tips, and Tricks<br><i>Moderators: Marie Sayers, OTR/L, CHT and Laura Walsh, MS, OTR/L, CHT</i> | 16. Joint Mobilization of the Elbow, Wrist, and Hand<br><i>Moderator: Emily Altman, PT, DPT, CHT</i>   |
| 12. Clinical Examination of the Shoulder<br><i>Martin J. Kelley, PT, DPT, OCS and Brian G. Leggin, PT, DPT, OCS</i>  | 17A. 1-3pm – Neurodynamic Examination of the Upper Limb  |
| 13. Clinical Examination of the Elbow<br><i>Moderators: Matt Conoscenti, PT, DPT, OCS, COMT, CEAA and Marianne Dunphy, OTR/L, CHT</i>                          | 17B. 3:30-5:30pm – Neurodynamic Treatment of the Upper Limb<br><i>Moderators: Mark T. Walsh, PT, DPT, MS, CHT, Lauren M. DeTullio, OTR/L, CHT, and Debby Reich, PT, DPT, CHT</i> |
| 14. Clinical Examination of the Wrist<br><i>Moderators: Terri Skirven, OTR/L, CHT, Brittany Sampson, OTR/L, CHT and Aileen Gallagher, OTR/L</i>                | 18. Nerve Anatomy of the Upper Extremity and Entrapment Points: An Interactive Lab<br><i>Panel: David Ebaugh, PT, PhD, OCS and David Hutchinson, PT, DSc, MS, ECS</i>            |
| 15. Taping Techniques for the Upper Extremity: Evidence Informed Practice<br><i>Moderator: Mary Dougherty, OTR/L, CHT</i>                                      | 19. Manual Therapy for the Shoulder<br><i>Moderators: Thomas Kane, PT, DPT and Christopher Keating, PT, DPT, OCS, FAAOMPT</i>  |
|  | 20. Joint Play in Motion<br><i>Moderator: Karen S. Schultz, MS, OTR/L, FAOTA, CHT</i>  |

## MONDAY, MARCH 20, 2023

6:30 am CONTINENTAL BREAKFAST

### A 'JOINT' EFFORT: ARTHRITIC CONDITIONS

*Thomas R. Kiefhaber, MD*

- 8:00 am Thumbs Up: A Lifetime of Managing the Thumb  
Vincent D. Pelligrini, Jr, MD
- 8:20 am A Therapist's Overview: Conservative Management for Arthritis  
Karen S. Schultz, MS, OTR, FAOTA, CHT
- 8:40 am Thumb CMC OA: Surgery and Therapy Approach  
Jennifer M. Wolf, MD, PhD and Norah Malkinsk, OTR/L, CHT, CLT
- 9:10 am The Misfit MP Joint: A Surgical and Therapy Approach  
Gary M. Lourie, MD and Brittany Sampson, MS, OTR/L, CHT

- 9:40 am Arthritic Conditions: PIP and DIP Joint Surgery and Therapy Approach  
Thomas R. Kiefhaber, MD and Gary Solomon, MS, OTR/L, CHT
- 10:10 am COFFEE BREAK/EXHIBITS
- 10:40 am Don't 'Over Extend' Yourself When Treating Wrist Arthritis: Surgery and Therapy Approach  
Eon K. Shin, MD and Sheri B. Feldscher, OTR/L, CHT
- 11:10 am Don't Let Elbow Arthritic Conditions 'Unhinge' You: Surgery and Therapy Approach  
Kenneth A. Kearns, MD and Emily Altman, PT, DPT, CHT
- 11:40 am Shoulder Arthritic Conditions: Surgery and Therapy Approaches  
Kenneth A. Kearns, MD and Brian G. Leggin, PT, DPT, OCS

12:10 pm Case Presentation: Attritional Tendinopathy

Moderator: Patrick M. Kane, MD

Surgeon: Adam B. Strohl, MD

Therapist: Mary Dougherty, OTR/L, CHT

12:30 pm LUNCH/EXHIBITS

## TOOLS AND TECHNIQUES FOR INFLAMMATORY CONDITIONS OF THE HAND

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

1:30 pm Gaining the Upper Hand on Inflammatory Conditions

A. Lee Osterman, MD

2:00 pm Minimally Invasive Modalities for Tendon Inflammation

Matthew S. Wilson, MD

2:15 pm Techniques in the Therapist's Tool Kit

2:15 pm Physical Agent Modalities

Christopher Keating, PT, DPT, OCS, FAAOMPT

2:25 pm Therapeutic Kinesiology Tape

Mary Dougherty, OTR/L, CHT

2:35 pm Manual Techniques

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

2:45 pm Research Evidence

Joy C. MacDermid, BSc, BScPT MSc, PhD

3:00 pm COFFEE BREAK/EXHIBITS

3:30 pm Concurrent Sessions

5:30 pm Meeting Adjourn

Please see [www.HandFoundation.org](http://www.HandFoundation.org) for concurrent session descriptions. Indicate 3 choices for this session, in order of preference, on the registration form. Concurrent sessions are assigned in order of preference and availability.

21. Orthosis Fabrication: The Arthritic Hand

Moderator: David M. Wolfe, OTR/L, CHT

22. Functional Capacity Evaluation and Physical Capacity Evaluation

Susan A. Emerson, Med, OTR, CHT, CEES

23. Graded Motor Imagery

Susan Stralka, PT, DPT, MS, ACHE

24. Therapy Practice Management Deformities

Gary Solomon, MBA, MS, OTR/L, CHT, Alyson Stover MOT, JD, OTR/L, BCP and Terri L. Wolfe, OTR/L, CHT

25. Management of Mallet, Swan Neck, and Boutonniere Deformities

Panel: Jennifer Kitchen, MS, OTR/L, CHT, Praveen Murthy, MD, and Marie Sayers, OTR/L, CHT

26. Design and Interpretation of Outcome Studies

Joy C. MacDermid, BScPT, PhD

27. A Kinetic Chain Approach to Rehabilitation of the Overhead Athlete

Moderators: Angela Tate, PT, PhD, CertMDT, Brian J. Eckenrode, PT, DPT, MS, OCS, and Brian G. Leggin, PT, DPT, OCS

28. Soft Tissue Mobilization Techniques

Matthew Conoscenti, PT, DPT, OCS, COMT, CEEAA

29. The Stiff Hand

David S. Zelouf, MD, Jennifer M. Wolf, MD, PhD and Sheri B. Feldscher, OTR/L, CHT

## PRE-COURSE: ORTHOTIC FABRICATION SKILL BUILDING WORKSHOP — INTERMEDIATE LEVEL — FRIDAY, MARCH 17, 2023 | 7:30 AM–5:00 PM

**Faculty:** Lauren J. O'Donnell, OTR/L, CHT and Terri M. Skirven, OTR/L, CHT

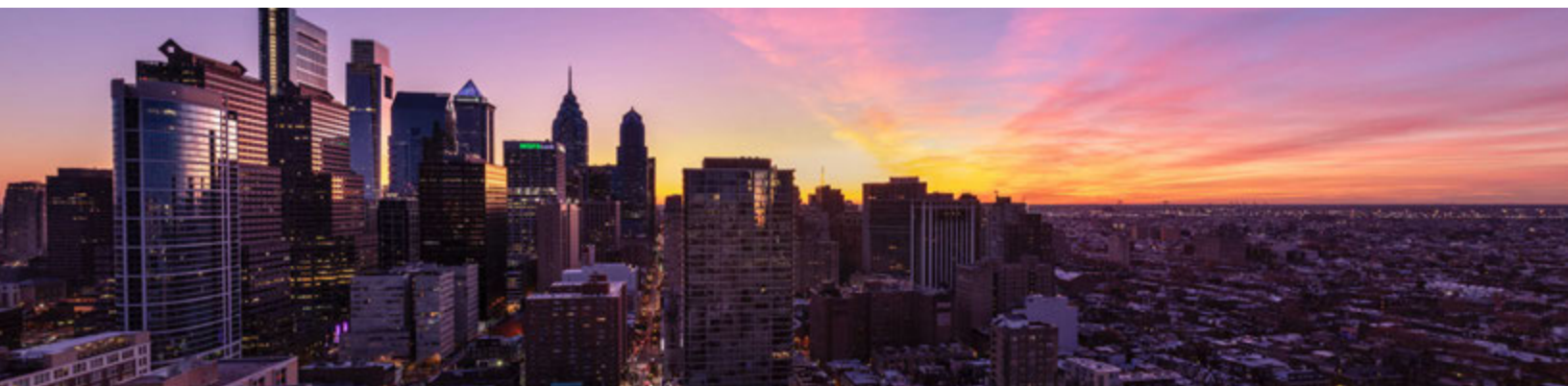
**Description:** Orthotic fabrication is an important component of postoperative management and rehabilitation following flexor and extensor tendon injury and repair. This full day program will provide the participants an understanding of the orthoses used at each stage of the healing process following tendon repair and the opportunity to fabricate the orthoses discussed including the following:

- Dorsal Protective orthosis
- Blocking orthoses
- Volar wrist and finger orthoses
- Relative Motion orthoses
- Short Arc motion orthoses
- Mallet finger orthoses

The faculty will provide a brief didactic session reviewing an overview of flexor and extensor tendon rehabilitation guidelines and protocols. Handouts with detailed descriptions of orthosis fabrication will be provided. **Participants should be at the intermediate level.**

Registration is \$500 and includes all splinting materials. Space is limited and offered on a first come first served basis. Workshop registration is non-refundable. Lunch will be provided.

Continuing education certificates will be issued for 8 contact hours.



**PEDIATRIC UPPER EXTREMITY PRE-COURSE 2023 FOR SURGEONS AND OCCUPATIONAL THERAPISTS**  
**THE ITIS' OF MARCH | FRIDAY, MARCH 17, 2023 | 7:30 AM – 5:00 PM**

7:30 am	<b>Welcome</b> Joshua M. Abzug, MD Scott H. Kozin, MD Dan A. Zlotolow, MD	11:30 am	<b>Extensor Tendon Injuries</b> Hilton P. Gottschalk, MD
	<b>Inflammatory or Not So Inflammatory Conditions</b> <i>Moderator: Kevin J. Little, MD</i>	11:40 am	<b>Occupational Therapy for Extensor Tendon Injuries</b> Bethany Chesnick, MS, OTR/L
7:45 am	<b>Trigger Thumb - Congenital or Not?</b> Apurva S. Shah, MD, MBA	11:50 am	<b>Case Presentations</b> Theresa O. Wyrick, MD
7:55 am	<b>Trigger Fingers - Operative and Non-Operative Management</b> Kevin J. Little, MD	12:00 pm	<b>Lunch</b>
8:05 am	<b>Macrodactyly - Why?</b> Scott H. Kozin, MD		<b>Spasticity</b> <i>Moderator: Dan A. Zlotolow, MD</i>
8:15 am	<b>Carpal Tunnel Syndrome Including Ultrasound Findings</b> John R. Fowler, MD	1:00 pm	<b>Understanding and Managing Spasticity - The Basics</b> Sami Tuffaha, MD
8:30 am	<b>Cubital Tunnel Syndrome- Idiopathic, Subluxation, Cubitus Valgus</b> Theresa O. Wyrick, MD	1:10 pm	<b>Hand for CP/Spasticity: The Role of Selective Denervation vs Muscle-Tendon Lengthening</b> Eugene Park, MD
8:40 am	<b>Juvenile Inflammatory Arthropathy - Clinical and Radiographic Findings &amp; Treatment</b> Scott H. Kozin, MD	1:25 pm	<b>Occupational Therapy for Children with CP</b> Jenny Dorich, MBA, OTR/L, CHT
8:50 am	<b>Case Presentations: Potpourri</b> Kevin J. Little, MD	1:35 pm	<b>Occupational Therapy for Tetraplegia</b> Sarah Ashworth, OTR/L
9:15 pm	<b>Coffee Break</b>		<b>Nerve</b> <i>Moderator: Eugene Park, MD</i>
	<b>Fractures</b> <i>Moderator: Joshua M. Abzug, MD</i>	1:45 pm	<b>Targeted Muscle Reinnervation</b> Eugene Park, MD
9:45 am	<b>Fingertip Injuries - Do They Need Surgery?</b> Hilton P. Gottschalk, MD	1:55 pm	<b>Occupational Therapy for Targeted Muscle Reinnervation</b> Justine LaPierre, MS, OTR/L, CHT
9:55 am	<b>Phalangeal Fractures Including Phalangeal Neck</b> Joshua M. Abzug, MD	2:05 pm	<b>Acute Flaccid Myelitis - Nerve Transfers</b> Dan A. Zlotolow, MD
10:05 am	<b>Metacarpal fractures - Isolated and Multiple</b> Kevin J. Little, MD	2:15 pm	<b>Acute Rehabilitation for Transverse Myelitis</b> Bethany M. Lipa, MD
10:15 am	<b>Arkansas Hand Trauma Telemedicine Program (AHTTP)</b> Theresa O. Wyrick, MD	2:25 pm	<b>Case Presentations</b> Eugene Park, MD
10:25 am	<b>Occupational Therapy for Hand Fractures</b> Ritu Goel, MS, OTR/L	2:45 pm	<b>Coffee Break</b>
10:35 am	<b>Case Presentations</b> Joshua M. Abzug, MD		<b>Sports Injuries</b> <i>Moderator: Apurva S. Shah, MD, MBA</i>
	<b>Tendon</b> <i>Moderator: Theresa O. Wyrick, MD</i>	3:15 pm	<b>Little League Shoulder</b> Sean R. Waldron, MD
11:00 am	<b>Zone 1 Flexor Tendon Injuries - Diagnosis &amp; Treatment</b> Theresa O. Wyrick, MD	3:25 pm	<b>Little League Elbow/Panner's Disease</b> Apurva S. Shah, MD, MBA
11:10 am	<b>Zone 2 Flexor Tendon Injuries - Preferred Surgical &amp; Rehab</b> Kevin J. Little, MD	3:35 pm	<b>OCD of the Elbow</b> Dan A. Zlotolow, MD
11:20 am	<b>Occupational Therapy for Flexor Tendon Injuries</b> Heather Weesner, OT, CHT	3:45 pm	<b>Gymnast Wrist</b> Joshua M. Abzug, MD
		3:55 pm	<b>Occupational Therapy</b> Meagan Pehnke, MS, OTR/L, CHT, CLT
		4:05 pm	<b>Discussion/Case Examples</b> Dan A. Zlotolow, MD

*CONTINUED NEXT PAGE*



## PEDIATRIC UPPER EXTREMITY PRE-COURSE CONTINUED

	<b>Brachial Plexus Birth Palsy Reconstructive Surgery</b> <i>Moderator: Scott H. Kozin, MD</i>	4:35 pm	<b>Occupational Therapy and Update on Focus Group Research</b> Jenny Dorich, MBA, OTR/L, CHT
4:15 pm	<b>Assessment and Diagnosis of the Dysplastic Shoulder</b> Apurva S. Shah, MD, MBA	4:45 pm	<b>Case Presentations</b> Scott H. Kozin, MD
4:25 pm	<b>Shoulder Procedures for BPBP – Tendon Transfers, Fusion To Gain Tendons, Motion Capture</b> Scott H. Kozin, MD	5:00 pm	<b>Adjourn</b>



## POST-COURSE: ORTHOTIC FABRICATION SKILL BUILDING WORKSHOP — BEGINNER LEVEL — TUESDAY, MARCH 21, 2023. 8:00 AM TO 12:00 PM

**Faculty:** Lauren J. O'Donnell, OTR/L, CHT and Terri M. Skirven, OTR/L, CHT

**Description:** Orthotic fabrication is an important component of postoperative management and rehabilitation following flexor and extensor tendon injury and repair. This full day program will provide the participants an understanding of the orthoses used at each stage of the healing process following tendon repair and the opportunity to fabricate the orthoses discussed including the following:

- Wrist orthoses
- Thumb spica hand-based orthoses
- Thumb spica forearm arm- base orthoses
- Finger orthoses

The faculty will provide a brief didactic session reviewing an overview of flexor and extensor tendon rehabilitation guidelines and protocols. Handouts with detailed descriptions of orthosis fabrication will be provided. **Participants should be at the beginner level.**

Registration is \$250.00 and includes all splinting materials. Space is limited and offered on a first come first served basis. Workshop registration is non-refundable.

Continuing education certificates will be issued for 4 contact hours.

### MEETING AND HOTEL INFORMATION

**Sheraton Philadelphia Downtown Hotel**  
201 N. 17th Street, Philadelphia, PA 19103  
Room Rate: \$209.00/night

*Deadline for reduced rates is February 14, 2023.*

#### Hotel Reservations

Please identify yourself as part of the Hand Rehabilitation Foundation group when calling the Reservations Center at **866-716-8134** or **215-448-2000**.

Online Reservations Link: <https://tinyurl.com/HandTherapy2023>

### CONTINUING EDUCATION

Hand Rehabilitation Foundation designates this educational activity, Surgery and Rehabilitation of the Hand and Upper Extremity The Renaissance of the Wrist, for a maximum of **22.5** contact hours. Partial attendance (in-person only) will earn 7.5 contact hours per day.

### 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.



# SYMPOSIUM FACULTY

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New York, NY

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## Pediatric Pre-Course Faculty

Joshua M. Abzug, MD

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Bethany Chesnick, MS, OTR/L

Jenny Dorich, MBA, OTR/L, CHT

John R. Fowler, MD

Ritu Goel, MS, OTR/L

Hilton P. Gottschalk, MD

Scott H. Kozin, MD

Justine LaPierre, MS, OTR/L, CHT

Kevin J. Little, MD

Bethany M. Lipa, MD

Eugene Park, MD

Meagan Pehnke, MS, OTR/L, CHT, CLT

Apurva S. Shah, MD, MBA

Sami Tuffaha, MD

Sean R. Waldron, MD

Heather Weesner, OT, CHT

Theresa O. Wyrick, MD

Dan A. Zlotolow, MD

## Philadelphia Hand to Shoulder Center Adjunct Faculty

Ariana Belles, OTD, OTR/L, CHT

Lois Bencardino, MS, OTR/L

Colleen Burke, PTA

Katie Burkhart, OTR/L, CHT

Jessica L. Carr, MS, OTR/L, CHT

Laura Fisher, PT, CHT, MBA

Kendra Kuhl, OTR/L

Elizabeth Mester, MS, OTR/L, CHT

Jane Moore, OTR/L, CHT

Deborah Reich, PT, DPT, CHT

Chris Saporito, OTR/L, CHT

Jennifer Smith, OTR/L

Alyssa Soorikian, MS, OTR/L, CHT

Merrilee Viguers, OTR/L

Ellen Wilson, OTR/L, CHT

\* Honored Professor

# COURSE REGISTRATION FORM

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

Name \_\_\_\_\_ Credentials \_\_\_\_\_

Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

E-Mail (Required) \_\_\_\_\_

Telephone (Work) \_\_\_\_\_ (Home) \_\_\_\_\_ (Fax) \_\_\_\_\_

Concurrent Session Selection	Day/Date	1 <sup>st</sup> Choice	2 <sup>nd</sup> Choice	3 <sup>rd</sup> Choice
See <a href="http://www.HandFoundation.org">www.HandFoundation.org</a> for concurrent session descriptions. For each day, please write the session number of your first, second and third choices in order of preference. Space is limited. Sessions are assigned in order of preference and availability on a first come, first served basis.	Saturday, March 18 (Sessions 1-10)			
	Sunday, March 19 – 1:00 pm (Sessions 11-20)			
	Sunday, March 19 – 3:30 pm (Sessions 11-20)			
	Monday, March 20 (Sessions 21-29)			

*Registrants have a choice of 8 concurrent sessions. Contact hours are granted in 1 hour increments - some sessions may be shorter, while others are longer. If longer, no additional contact hours are granted.*

PRE-CONFERENCE AND POST-CONFERENCE SESSIONS	Amount
PRE-COURSE Pediatric Upper Extremity - Friday, March 17, 2023	\$375
PRE-COURSE Orthotic Fabrication Skill Building Workshop - Friday, March 17, 2023	\$500
POST-COURSE Orthotic Fabrication Skill Building Workshop - Tuesday, March 21, 2023	\$250

**Full Symposium Registration** *Includes opening reception, general session, 1 concurrent session per day, course materials, continental breakfast daily, lunch, and Philly Hand Social.*

Allied Health Professional	\$780
Surgeon/Physician <i>(including \$20 donation to HRF)</i>	\$880
Military <i>(proof of active service required)</i>	\$675

**One-Day Symposium Registration** *Includes continental breakfast, general session, concurrent session for each day registered and lunch (no lunch Tuesday).*

Note: Full Symposium registration 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 accordingly.

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

Late Registration: Add \$50 to all on site registrations after midnight, March 4, 2023. No registrations will be accepted after March 4, 2023.

Yes! I would like to make a tax deductible donation to Hand Rehabilitation Foundation.  \$100  \$50  \$25  Other \$ \_\_\_\_\_

<b>TOTAL</b>	
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**Cancellation Policy:** A full refund less a \$75 cancellation fee will be issued if written notification is received by March 4, 2023. **No refunds after March 4, 2023.**

I am planning on attending the opening reception on Friday, March 17, 2023 from 6:00 – 8:00 pm.  Yes  No

I am planning to attend the Philly Hand Social on Sunday, March 19, 2023 from 6:30 – 8:30 pm.  Yes  No

Check or Money Order in U.S. funds payable to Hand Rehabilitation Foundation.

Credit Card Registrations please register online at [www.handfoundation.org/symposia](http://www.handfoundation.org/symposia)

 Please indicate if you have any need for auxiliary aids or special assistance services.

**Please complete form and mail with payment to:**

Hand Rehabilitation Foundation  
120 Huntingdon Pike, Suite 100  
Rockledge, PA 19046

**Hand Rehabilitation Foundation  
Contact Information**

Phone 610.768.5958  
Fax 610.768.8887  
hrf@handfoundation.org



**Virtual Syllabus 2023**  
Watch your email for details!  
There will be NO syllabus book.

**Register Online at [www.HandFoundation.org](http://www.HandFoundation.org)**



## Surgery and Rehabilitation of the Hand and Upper Extremity The Itis' of March

### CONCURRENT SESSIONS

SATURDAY, MARCH 18, 2023

#### 1. Orthosis Fabrication: Trigger Finger Orthosis

Moderator: Karen S. Schultz, MS, OTR, FAOTA, CHT  
Workshop Assistants: Katie Burkhart, OTR/L, CHT and  
Lois Bencardino, MS, OTR/L

The faculty will provide an overview of diagnoses and clinical indications for the fabrication of trigger finger orthoses. Participants will have the opportunity to practice a variety of techniques to manage stenosing tenosynovitis at each finger and location of triggering.

#### 2. Orthosis Fabrication; Creative Solutions for PIP Flexion Contracture and Swan Neck Deformities

Moderators: Lauren O'Donnell, OTR/L, CHT and  
Timothy J. Zerwick, OTD, OTR/L, CHT

Following a review of conditions causing PIP joint contracture, swan neck deformities, and differential diagnosis of active lag vs. joint contracture, orthosis options to overcome PIP joint stiffness and swan neck deformities will be discussed. Evidence for static, static progressive and dynamic orthoses to address joint contracture will be explored. Participants will fabricate orthoses to overcome PIP joint contracture and swan neck deformities.

#### 3. Clinical Guide to Pitching Mechanics and Kinetic Chain Deficits: How to Integrate Both into a Comprehensive Program

Stephen Thomas, PhD, ATC

As a clinician, it is essential to understand "normal" pitching mechanics and the best way to assess without sophisticated motion analysis systems. In addition, clinicians need to know the components of a thorough kinetic chain assessment and most importantly how to integrate both into a comprehensive program. After attending this session attendees will be able to clinically assess pitching mechanics and understand the key alterations. Attendees will also be able to perform a thorough full body kinetic chain assessment specific to baseball players.

#### 4. Surgical Procedures and Post-Operative Rehabilitation: Thumb CMC Reconstruction

Panel: Vincent D. Pellegrino, Jr, MD, Thomas Gillon, MD, and  
Mary Dougherty, OTR/L, CHT and Ariana Belles, OTD, OTR/L, CHT

A collaborative approach between the surgeon and therapist is essential in the treatment of individuals with thumb CMC osteoarthritis. This panel session will present anatomical considerations, a variety of surgical techniques, rehabilitation strategies and potential complications in the care of individuals who have undergone thumb CMC Reconstruction.

#### 5. Elbow Tendinopathy: Conservative Management, Surgical Procedures and Post-Operative Rehabilitation

Panel: Kenneth Kearns, MD and Christopher Keating, PT, DPT

The panel will discuss the etiology, pathogenesis, and clinical features of medial and lateral epicondylitis. Conservative treatment techniques will be discussed including a clinical

update on the prescription of loading programs for lateral elbow tendinopathy. The panel will present surgical techniques and post operative rehabilitation.

#### 6. Edema Measurement and Management

Sheri B. Feldscher, OTR/L, CHT and  
Norah Malkinski, OTR/L, CHT, CLT

Wondering why your patient's hand remains stiff and swollen, despite reported compliance? Come to our edema management workshop to learn what is happening and how to get them back on track. The 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 bandages and manual edema mobilization will be demonstrated and practiced.

#### 7. 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 be covered.

#### 8. Innovations in Practice: Assessment and Treatment of Proprioceptive Deficits of the Wrist and Hand

Christos Karagiannopoulos, PT, PhD, ATC, CHT and  
Gary Solomon, MBA, MS, 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 for a range of wrist pathologies will be discussed.

#### 9. Hand Assessment: Where is the Evidence?

Elaine E. Fess, OTD, MS, OTR, FAOTA, CHT and  
Laura Walsh, MS, OTR/L, CHT

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

#### 10. A Therapists Approach to Work Site Evaluation and What We Offer to Industrial Design

Susan A. Emerson, MEd, OTR, CHT, CEES

Essential components of a work site evaluation will be explored as well as techniques to gain a thorough understanding of patients' capacities and the physical demands of the work environment. This session will provide an overview of ergonomic trends in the workplace.

## Surgery and Rehabilitation of the Hand and Upper Extremity The Itis' of March

### CONCURRENT SESSIONS SUNDAY, MARCH 19, 2023

#### 11. Orthosis Fabrication: Creative Orthosis Solutions: Pearls, Tips, and Tricks

Moderator: Marie Sayers, OTR/L, CHT and  
Laura Walsh, MS, OTR/L, CHT

Workshop Assistant: Jennifer Smith, MS, OTR/L

This hands-on workshop will include a presentation of several examples of creative orthosis applications for a variety of diagnoses. Participants will practice a variety of orthosis fabrication techniques to accommodate pins and open wounds and correct rotation or lateral deviation of the finger joints.

#### 12. Clinical Examination of the Shoulder

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

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. Lab attire is recommended.

#### 13. Clinical Examination of the Elbow

Moderators: Matt Conoscenti, PT, DPT, OCS, COMT, CEAA and  
Marianne Dunphy, OTR/L, CHT

Workshop Assistant: Merilee Viguers, OTR/L

This hands-on 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 and validity of the techniques will be emphasized.

#### 14. Clinical Examination of the Wrist

Moderators: Terri Skirven, OTR/L, CHT,  
Brittany Sampson, OTR/L, CHT and Aileen Gallagher, OTR/L  
Workshop Assistant: Christopher Saporito, 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.

#### 15. Taping Techniques for the Upper Extremity: Evidence Informed Practice

Moderator: Mary Dougherty, OTR/L, CHT  
Workshop Assistants: Ariana Belles, OTD, OTR/L, CHT and  
Katie Burkhart, 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. Lab attire is recommended.

#### 16. Joint Mobilization of the Elbow, Wrist, and Hand

Moderator: Emily Altman, PT, DPT, CHT  
Workshop Assistant: Laura Fisher, PT, CHT, MBA

This session will offer an evidence-informed overview of joint-based manual therapy principles to be used to manage pain and/or recover range of motion. Participants will practice mobilization techniques for the elbow, wrist, and hand. Recommendations for clinical application will be provided. Lab attire is recommended.

#### 17A. 1-3pm Neurodynamic Examination of the Upper Limb

#### 17B. 3:30-5:30pm Neurodynamic Treatment of the Upper Limb

Moderators: Mark T. Walsh, PT, DPT, MS, CHT,  
Lauren M. DeTullio, OTR/L, CHT, and  
Debby Reich, PT, DPT, CHT

**Participants must register for both sessions A 1:00-3:00pm and B 3:30-5:30pm.** This two-part session will provide the rationale, indications, treatment, precautions, and contraindications for nerve mobilization. The process of neurodynamic testing will be taught in session A and the treatment of the upper extremity will be demonstrated and practiced in session B. Lab attire is recommended.

#### 18. Nerve Anatomy of the Upper Extremity and Entrapment Points: An Interactive Lab

Panel: David Ebaugh, PT, PhD, OCS and  
David Hutchinson, PT, DSc, MS, ECS  
Workshop Assistant: Jessica L. Carr, MS, OTR/L, CHT and  
Elizabeth Mester, MS, OTR/L, CHT

This session will include a discussion of the brachial plexus and peripheral nerves with a focus on the identification of entrapment points in the upper extremity as well as anatomical variations. Electrodiagnostic testing of the upper extremity will be covered.

#### 19. Manual Therapy for the Shoulder

Moderators: Thomas Kane, PT, DPT and  
Christopher Keating, PT, DPT, OCS, FAAOMPT

This hands-on workshop will focus on joint based manual therapy principles to manage pain and range of motion deficits of the shoulder complex. Participants will practice a variety of mobilization techniques for the joints of the shoulder complex and explore the clinical reasoning approach for the selection of the techniques. Lab attire is recommended.

#### 20. Joint Play in Motion

Moderator: Karen S. Schultz, MS, OTR/L, FAOTA, CHT  
Workshop Assistant: Alyssa Soorikian, MS, OTR/L, CHT

This hands-on workshop will review traditional joint mobilization techniques for the elbow, forearm, wrist, and hand as well as introduce new techniques to combine accessory motions with physiologic movement to reduce joint pain and/or improve range of motion. Lab attire is recommended.

## Surgery and Rehabilitation of the Hand and Upper Extremity The Itis' of March

### CONCURRENT SESSIONS MONDAY, MARCH 20, 2023

#### 21. Orthosis Fabrication: The Arthritic Hand

Moderator: David M. Wolfe, OTR/L, CHT

Workshop Assistants: Alyssa Soorikian, MS, OTR/L, CHT and Kendra Kuhl, OTR/L

Managing wrist pain during work and play presents functional challenges to individuals and treatment challenges to therapists. Techniques to address wrist pain will be discussed as well as clinical reasoning in the selection of orthoses for activity and rest. Participants will fabricate an orthosis to support the wrist during function.

#### 22. Functional Capacity Evaluation and Physical Capacity Evaluation

Susan A. Emerson, Med, OTR, CHT, CEES

How can therapists identify work demands, assess functional capacities, and develop and modify treatment plans to facilitate patients' safe return to work? Essential components of patient interview, functional capacity evaluation and physical capacity evaluation will be explored as well as therapeutic techniques to gain a thorough understanding of patients' capacities and priorities for rehabilitation.

#### 23. Graded Motor Imagery

Susan Stralka, PT, DPT, MS, ACHE

Workshop Assistant: Abigail Hughes, MS, OTR/L, 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.

#### 24. Therapy Practice Management

Gary Solomon, MBA, MS, OTR/L, CHT, Alyson Stover MOT, JD, OTR/L, BCP and Terri L. Wolfe, OTR/L, 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

#### 25. Management of Mallet, Swan Neck, and Boutonniere Deformities

Panel: Jennifer Kitchen, MS, OTR/L, CHT, Praveen Murthy, MD, and Marie Sayers, OTR/L, CHT

The management of injuries to the extensor mechanism present unique challenges to therapists. The panel will discuss the anatomy and biomechanics of mallet, swan neck and boutonniere deformities and will present conservative and post-operative care

techniques.

#### 26. Design and Interpretation of Outcome Studies

Joy C. MacDermid, BScPT, PhD

This session will cover a practical approach to incorporating research tools and methods in the clinic. Patient reported outcomes and their relevance to the clinical reasoning process will be presented along with guidelines for case reports.

#### 27. A Kinetic Chain Approach to Rehabilitation of the Overhead Athlete

Moderators: Angela Tate, PT, PhD, CertMDT,

Brian J. Eckenrode, PT, DPT, MS, OCS, and

Brian G. Leggin, PT, DPT, OCS

Overuse injuries can frequently affect the overhead athlete. Understanding the biomechanical demands of the shoulder and elbow in conjunction with the kinetic chain is paramount to management of these injuries. This session will present the current best practice treatment of upper extremity overuse injuries in the athlete while focusing on the assessment, management and return to sport guidelines. Participants will have the opportunity to practice kinetic chain evaluation techniques. Lab attire is recommended.

#### 28. Soft Tissue Mobilization Techniques

Matthew Conoscenti, PT, DPT, OCS, COMT, CEEAA

Workshop Assistants: Laura Fisher, PT, CHT, MBA and

Aileen Gallagher, MS, OTR/L, CHT

This presentation is an introduction to Instrument Assisted Soft Tissue Mobilization. It will cover the advantages of incorporating IASTM into a treatment program. The Physiologic effects of IASTM will be discussed in addition to indications, precautions, and contraindications. Various instruments and techniques will be demonstrated including an opportunity for hands-on practice by the participants. Lab attire is recommended.

#### 29. The Stiff Hand

David S. Zelouf, MD, Jennifer M. Wolf, MD, PhD, and

Sheri B. Feldscher, OTR/L, CHT

Managing the stiff hand presents challenges to surgeons and therapists. A variety of patterns of stiffness will be discussed including those that are related to carpal tunnel syndrome, trigger finger, Dupuytren's contracture, Diabetes Mellitus, and post metacarpal and phalangeal fractures. The surgery presentation will include techniques and potential complications of procedures. The therapy focus will outline red flags noticed during treatment, the clinical decision-making and techniques to transition from stiffness to mobility, and post-operative management following joint capsule releases and intrinsic muscle releases.