

# 19TH ANNUAL UPPER EXTREMITY TUTORIAL COURSE

**THERAPY  
BREAKOUT  
SESSIONS**  
INCLUDING  
CADAVERIC  
SESSIONS!

**The Viceroy Snowmass Hotel  
Snowmass Village, Colorado**

**February 25 - 29, 2024**

**Reconstructive Surgery of the Shoulder, Elbow, and Wrist**

An intimate didactic and hands-on laboratory course  
with limited registration



[www.HandFoundation.org](http://www.HandFoundation.org)

# COURSE DESCRIPTION

## **An up close and personal experience in the reconstruction and rehabilitation of the upper extremity from a world renowned faculty.**

The course encompasses both acute fractures and secondary reconstruction. Clinical topics address and critically assess the latest clinical management of shoulder fractures, instability and replacement. Similarly, elbow topics range from complex trauma through contracture and other soft tissue problems to arthroplasty. The final two days emphasize the new developments in the treatment of distal radius fractures, including analysis and recognition of fracture patterns, optimization of fracture stability, options for fracture fixation, recognition and treatment of distal radioulnar joint injuries, treatment of associated carpal and soft tissue injuries. In addition, the course will cover prevention and treatment of complications as well as correction of malunions and both wrist and distal radioulnar joint arthroplasty. Didactic lectures, panel and interactive sessions, video surgery demonstrations and hands-on labs will provide the participant with the vital information to treat these problems.

Centrally located at the base of Snowmass Mountain and the Village Mall, the Viceroy Snowmass Hotel is an incomparable vacation resort. Ski-in/ski-out with onsite equipment rental and ski valet, an all-season heated saline pool, terrace cabanas, signature lobby cocktail bar and lobby-side lounge, refined Latin contemporary dining at Toro Kitchen and Lounge with stunning views. Nest Bar and Grill, health club, steam room and massage service, concierge, exemplary service and more all contribute to the total convenience you will experience when you stay at the Viceroy Snowmass Hotel.

### **The Viceroy Snowmass Hotel**

130 Wood Rd. PO Box 6985  
Snowmass Village, CO 81615  
(970) 923-8000

Scan this code to be linked to The Viewline Resort's reservation page.



**Room Rate: \$650.00**



**RESERVATIONS MUST  
BE RECEIVED BY**

**WEDNESDAY, JANUARY 24, 2024**

*Conference rate MAY NOT be available  
after January 24, 2024.*

# TRANSPORTATION

Aspen's Sardy Field (ASE) located just three miles from Aspen and eight miles from Snowmass Village, is the most conveniently located ski resort airport in the world. Over 125 flights per week offer reliable, same day connections from points across the globe. The Viewline Resort Snowmass supplies complimentary Aspen airport shuttle service; please call from the transportation services kiosk. Aspen airport is currently serviced by United Airlines and American Airlines. These airlines are offering direct service into Aspen/Snowmass. For flight information, please visit [www.aspenairport.com](http://www.aspenairport.com).

**TARGET AUDIENCE** Hand, Orthopaedic, Plastic and General Surgeons, Sports Medicine Physicians, Nurse Practitioners, RNs, Occupational and Physical Therapists, Psychiatrists, Allied Health Professionals, Fellows and Residents.

# COURSE CHAIRMEN

## **Mark E. Baratz, MD**

*Clinical Professor and Vice Chairman, Hand and Upper Extremity Fellowship Director, Department of Orthopedics, University of Pittsburgh Medical Center, Pittsburgh, PA*

## **Kenneth A. Kearns, MD**

*Assistant Professor of Orthopaedic Surgery, Department of Orthopaedic Surgery, Thomas Jefferson University, Philadelphia, PA*

## **Mark D. Lazarus, MD**

*Department of Orthopaedic Surgery, Sidney Kimmel Medical College. Thomas Jefferson University, Philadelphia, PA*

## **A. Lee Osterman, MD Emeritus**

*Professor and Chairman Division of Hand Surgery, Department of Orthopaedic Surgery, Thomas Jefferson University, Philadelphia, PA*

## **Mark S. Rekant, MD**

*Associate Professor, Department of Orthopaedic Surgery, Thomas Jefferson University, Philadelphia, PA*

## **Jeffrey Yao, MD**

*Professor, Director, Hand and Upper Extremity Surgery Fellowship, Robert A. Chase Hand and Upper Limb Center, Department of Orthopaedic Surgery, Stanford University Medical Center, Redwood City, CA*

# FACULTY

## **Douglas P. Hanel, MD**

*Professor Department Orthopaedics and Sports Medicine  
Section of Hand and Microsurgery, University of Washington,  
Seattle, WA*

## **Michael R. Hausman, MD**

*Lippman Professor of Orthopaedic Surgery, Chief Hand and Elbow  
Surgery, Mt. Sinai Medical Center, New York, NY*

## **Jesse B. Jupiter, MD**

*Emeritus Hansjoerg Wyss/AO Professor, Harvard Medical School,  
Visiting Orthopaedic Surgeon, Massachusetts General Hospital,  
Boston, MA*

## **Graham J. W. King, MD, FRCSC**

*University of Western Ontario, St. Joseph's Health Centre,  
London, Ontario, Canada*

## **Amy L. Ladd, MD**

*Elsbach-Richards Professor of Surgery & Orthopaedic Surgery  
Chief, Robert A. Chase Hand Center, Stanford University  
Medical Center, Stanford University, Palo Alto, CA*

## **Bryan J. Loeffler, MD**

*Chief, Hand Surgery and Associate Professor, Atrium Health  
Department of Orthopaedic Surgery, Clinical Faculty, Ortho-  
Carolina Hand and Upper Extremity Fellowship, Charlotte NC*

## **John D. Lubahn, MD**

*Orthopaedic Hand Fellowship Program Director,  
University of Pittsburgh Medical Center, Erie, PA*

## **Robert J. Medoff, MD**

*Assistant Professor, Orthopaedic Surgery,  
University of Hawaii, Kailua, HI*

## **Daniel J. Nagle, MD, FAAOS, FACS**

*Professor Emeritus Clinical Orthopedic Surgery,  
Northwestern Feinberg School of Medicine, Chicago, IL*

## **Surena Namdari, MD**

*Professor, Orthopaedic Surgery, Sidney Kimmel Medical College,  
Thomas Jefferson University; Co-Director of Shoulder and Elbow  
Research, Rothman Orthopaedic Institute; Fellowship Director,  
Shoulder & Elbow Surgery, Rothman Orthopaedic Institute,  
Philadelphia, PA*

## **Jorge L. Orbay, MD**

*Miami Hand & Upper Extremity Institute, Miami, FL*

## **Marc J. Richard, MD**

*Associate Professor Division of Hand & Microvascular Surgery,  
Duke Health; Program Training Director, Orthopaedic Hand, Upper  
Extremity, and Microvascular Surgery Fellowship, Duke University  
School of Medicine, Durham, NC*

## **David S. Ruch, MD**

*Professor, Chief, Division of Hand & Microvascular Surgery, Duke  
Health, Adjunct Professor of Plastic and Reconstructive Surgery,  
Duke University School of Medicine, Durham, NC*

## **Bauback Safa, MD**

*Surgeon, Buncke Clinic  
San Francisco, CA*

## **Benjamin Sears, MD**

*Western Orthopaedics, Denver, CO*

## **T. Greg Sommerkamp, MD**

*Clinical Assistant Professor, Department of Orthopedic Surgery,  
University of Cincinnati, Englewood, KY*

## **Jason A. Suda, MOTR/L, CHT**

*Director of Hand Therapy Fellowship,  
Ohio State University, Wexler Medical Center  
Columbus OH*

## **Scott W. Wolfe, MD**

*Professor of Orthopedic Surgery, Weill Medical College of Cornell  
University, Attending Orthopedic Surgeon, Hospital for Special  
Surgery, New York, NY*

## **Terri L. Wolfe, OTR/L, CHT**

*Director, Hand and Upper Body Rehabilitation Center, Erie, PA*

## **Thomas W. Wright, MD**

*Chief, Division of Hand to Shoulder, University of Florida Health  
Professor, Department of Orthopaedic Surgery and Rehabilitation,  
University of Florida College of Medicine, Gainesville, FL*

# COURSE SCHEDULE

## DAY 1 | SUNDAY, FEBRUARY 25, 2024

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### Registration 4:00 pm – 8:00 pm

4:25 Welcome A. Lee Osterman, MD

4:30 **SHOULDER DEBATES:  
“No Fighting, This is a Ski Trip”**  
Moderator: Mark D. Lazarus, MD

#### A. 18 yo Competitive Skier with 1st Traumatic Dislocation, Small Boney Bankart, Small Hill-Sachs Lesion

4:30 Non-Operative  
Bryan J. Loeffler, MD

4:35 Arthroscopic Repair +/- Remplissage  
Mark D. Lazarus, MD

4:40 Open Repair  
Surena Namdari, MD

4:45 Latarjet  
Kenneth A. Kearns, MD

4:50 Discussion

#### B. 32 yo Recreational CrossFit Athlete with Type 2 SLAP Tear

5:00 Repair  
Kenneth A. Kearns, MD

5:05 Tenodesis  
Benjamin Sears, MD

5:10 Discussion

#### C. 43 yo Avid Weightlifter with Acute Long Head Biceps Rupture, Mild Glenohumeral Arthritis

5:20 Non-Operative  
Thomas W. Wright, MD

5:25 Tenodesis  
Bryan J. Loeffler, MD

5:30 Discussion

#### D. 20 yo Snowboarder with a Grade 3 AC Separation

5:40 Non-Operative  
Benjamin Sears, MD

5:45 Repair  
Kenneth A. Kerans, MD

5:50 Discussion

#### E. 56 yo Laborer with Acute on Chronic Supra/Infra RTC Tear, Grade 2 Supra Atrophy Retracted to Glenoid Rim, Mild Glenohumeral Arthritis

6:00 Partial Tear  
Mark D. Lazarus, MD

6:05 Superior Capsular Reconstruction  
Kenneth A. Kearns, MD

6:10 Lower Trapezius  
Bryan J. Loeffler, MD

6:15 RSA  
Thomas W. Wright, MD

6:20 Discussion

6:30 Opening Reception

## DAY 2 | MONDAY, FEBRUARY 26, 2024

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### MORNING SESSION

6:00 CONTINENTAL BREAKFAST

6:30 **SHOULDER DEBATES: “DEBATE FAIRLY – I’M STILL SLEEPING”**  
Moderator: Kenneth A. Kearns, MD

#### A. 71 yo Female with 3-part Proximal Humerus Fracture

6:30 Non-Operative  
Kenneth A. Kearns, MD

6:35 ORIF with Plate  
Jesse B. Jupiter, MD

6:40 ORIF with Nail  
Benjamin Sears, MD

6:45 RSA  
Surena Namdari, MD

6:50 Discussion

#### B. 63 yo Active Male with B2/3 Glenohumeral Arthritis, 24° Retroversion, 50% Posterior Subluxation

7:00 Pyro Hemi/Resurfacing  
Bryan J. Loeffler, MD

7:05 Ream & Run  
Mark D. Lazarus, MD

7:10 TSA with Inset Glenoid  
Benjamin Sears, MD

7:15 TSA with Augment  
Surena Namdari, MD

7:20 RSA  
Thomas W. Wright, MD

7:25 Discussion

### C. RSA Implanted – What to do with the Subscap?

7:35 Repair  
Mark D. Lazarus, MD

7:40 Let it Fly  
Thomas W. Wright, MD

7:45 Discussion

### D. Axillary Nerve Injury s/p TSA/RSA

7:50 How Long to Wait for Recovery/How Much Recovery is Sufficient?  
Surena Namdari, MD

7:55 Acute Referral – What to do: Neurolysis vs. Nerve Transfer  
Bauback Safa, MD

8:00 Delayed Referral – When is Nerve Transfer too Late and What Type of Muscle Transfer?  
Bryan J. Loeffler, MD

8:05 Discussion

8:15 **THERAPY BREAKOUT SESSION I:**  
Postoperative Rehabilitation After Soft Tissue Surgery About the Shoulder  
Kenneth A. Kearns MD, Benjamin Sears MD,  
Jason A. Suda, MOTR/L, CHT,  
Terri L. Wolfe, OTR/L, CHT

### 8:15 BIOSKILLS LAB A: TBD

\*Not for CME

9:15 Recess

## DAY 2 | MONDAY, FEBRUARY 26, 2024

### AFTERNOON SESSION

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### 4:00 SHOULDER FREE-FOR-ALL: ANYTHING GOES!

**Moderator:** Mark D. Lazarus, MD  
**Panelists:** Kenneth A. Kearns, MD,  
Bryan J. Loeffler, MD, Benjamin Sears, MD,  
Surena Namdari, MD,  
Thomas W. Wright, MD

5:15 **THERAPY BREAKOUT SESSION II:**  
Rehabilitation Considerations After Anatomic and Reverse Shoulder Arthroplasty for Arthritis and Fracture  
Mark D. Lazarus, MD, Bryan J. Loeffler, MD,  
Jason A. Suda, MOTR/L, CHT,  
Terri L. Wolfe, OTR/L, CHT

### 5:15 BIOSKILLS LAB B: TBD

\*Not for CME

### 6:15 BIOSKILLS LAB C: TBD

\*Not for CME

## DAY 3 | TUESDAY, FEBRUARY 27, 2024

### MORNING SESSION

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6:30 CONTINENTAL BREAKFAST

7:00 **“FLAT BROKE AND BUSTED”**  
**Moderator:** Jesse B. Jupiter, MD

7:00 Fragility Fractures in the Distal Humerus  
Graham J. W. King, MD, FRCSC

7:15 Bringing Helicopter Instability Down to Earth  
Michael R. Hausman, MD

7:30 Fix the Coronoid: Really??  
Bryan J. Loeffler, MD

7:45 When is Lateral Instability a Thing?  
Mark E. Baratz, MD

8:00 **THERAPY BREAKOUT SESSION III:**  
Elbow Therapy After Trauma  
Jorge L. Orbay, MD,  
Jason A. Suda, MOTR/L, CHT,  
Terri L. Wolfe, OTR/L, CHT

### 8:00 BIOSKILLS LAB D: TBD

\*Not for CME

9:00 Recess

## DAY 3 | TUESDAY, FEBRUARY 27, 2024

### AFTERNOON SESSION

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### 4:00 ELBOWS IN A “VALLEY OF PAIN”

**Moderators:** Mark E. Baratz, MD,  
Michael R. Hausman, MD

**Panelists:** Douglas P. Hanel, MD,  
Jesse B. Jupiter, MD,  
Graham J.W. King, MD, FRCSC,  
Bryan J. Loeffler, MD, Jorge L. Orbay, MD

5:00 **THERAPY BREAKOUT SESSION IV:**  
Reasons That Therapy Stalls After Surgical Treatment  
Douglas P. Hanel, MD,  
Jason A. Suda, MOTR/L, CHT,  
Terri L. Wolfe, OTR/L, CHT

### 5:00 BIOSKILLS LAB E: Skeletal Dynamics

\*Not for CME

6:00 Recess

**DAY 4 | WEDNESDAY, FEBRUARY 28, 2024**  
**MORNING SESSION**

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- 6:00 CONTINENTAL BREAKFAST
- 6:30 **“ELBOW OF A WORKIN’ MAN”**  
**Moderator:** Mark E. Baratz, MD
- 6:30 Arthroscopic Management of the Arthritic Elbow  
Graham J. W. King, MD, FRCSC
- 6:45 Making Open Release Look Easy  
Douglas P. Hanel, MD
- 7:00 When do I Need an Internal or External Frame After Elbow Release?  
Jorge L. Orbay, MD

- 7:30 That Cubital Tunnel is on My Last Nerve  
Jesse B. Jupiter, MD
- 8:00 **THERAPY BREAKOUT SESSION V:**  
**Hand Dissection**  
Mark E. Baratz, MD,  
Jason A. Suda, MOTR/L, CHT,  
Terri L. Wolfe, OTR/L, CHT

**8:00 BIOSKILLS LAB F: Skeletal Dynamics**  
\*Not for CME

- 9:00 Recess

**DAY 4 | WEDNESDAY, FEBRUARY 28, 2024**  
**AFTERNOON SESSION**

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- 4:00 **WRIST AND HAND TRAUMATIC SNAKES IN THE GRASS: JEOPARDY STYLE: CASE PRESENTATIONS/ ROUND TABLE DISCUSSION**  
**Moderators:** Scott W. Wolfe, MD,  
Jesse B. Jupiter, MD  
**Panelists:** Douglas P. Hanel, MD,  
Amy L. Ladd, MD, John D. Lubahn, MD,  
Robert J. Medoff, MD, Daniel J. Nagle, MD,  
Jorge L. Orbay, MD, A. Lee Osterman, MD,  
Mark S. Rekant, MD, Marc J. Richard, MD,  
David S. Ruch, MD, Bauback Safa, MD,  
T. Greg Sommerkamp, MD, Jeffrey Yao, MD

5:30 **WISDOM FROM OUR CLEVER FACULTY**  
**Moderator:** Jeffrey Yao, MD

- 5:30 My Top 5 and Bottom 5 (Ones I Would Never Do Again) Surgeries and Why  
Jorge Orbay, MD
- 5:45 My Top 5 and Bottom 5 (ones I would never do again) Surgeries and Why  
Doug Hanel, MD

- 6:00 Reflections from a Storied and Fruitful Career  
A. Lee Osterman, MD

6:30 **THERAPY BREAKOUT SESSION VI:**  
**Thumb and Radial Wrist**  
Jason S. Suda, MOTR/L, CHT,  
Terri L. Wolfe, OTR/L, CHT, Jeffrey Yao, MD

**6:30 BIOSKILLS LAB G: TBD**  
\*Not for CME

- 7:30 Recess

**DAY 5 | THURSDAY, FEBRUARY 29, 2024**  
**MORNING SESSION**

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- 6:00 CONTINENTAL BREAKFAST

6:30 **What’s the Latest in 2024 on Common Hand Problems?**  
**Moderator:** Mark S. Rekant, MD

- 6:30 Tendinopathies: Trigger Digits and DeQuervain’s  
Michael R. Hausman, MD

- 6:45 Update on Scapholunate Ligament Tears  
Scott W. Wolfe, MD

- 7:00 Wrist Arthropathies: Radiocarpal, Midcarpal, DRUJ  
David S. Ruch, MD

7:15 **DEBATES**  
**Moderator:** Jeffrey Yao, MD

**A. Carpal and Cubital Tunnel Syndrome:**

- 7:15 Endoscopic is the Way to Go  
John D. Lubahn, MD

- 7:25 Open is the Way to Go  
Marc J. Richard, MD

- 7:35 Poll the audience and conclude

**B. SNAC/SLAC Wrist Arthritis:**

- 7:40 Proximal Row Carpectomy!  
T. Greg Sommerkamp, MD

- 7:50 Partial Wrist Fusion!  
Amy L. Ladd, MD

- 8:00 Poll the audience and conclude

8:00 **THERAPY BREAKOUT SESSION VII:**  
**Ulnar Wrist**

- Robert J. Medoff, MD,  
Jason A. Suda, MOTR/L, CHT,  
Terri L. Wolfe, OTR/L, CHT

**8:00 BIOSKILLS LAB H: Skeletal Dynamics**  
\*Not for CME

- 9:00 Recess

**4:00 CASE PRESENTATIONS: THUMB, HAND AND WRIST ARTHRITIS CASE PRESENTATIONS AND ROUND TABLE DISCUSSION**

**Moderators:** *Dave S. Ruch, MD, T. Greg Sommerkamp, MD*

**Panelists:** *Douglas P. Hanel, MD, Jesse B. Jupiter, MD, Amy L. Ladd, MD, John D. Lubahn, MD, Robert J. Medoff, MD, Daniel J. Nagle, MD, Jorge L. Orbay, MD, A. Lee Osterman, MD, Mark S. Rekant, MD, Marc J. Richard, MD, Bauback Safa, MD, Scott W. Wolfe, MD, Jeffrey Yao, MD*

**6:00 HIGH YIELD TOP 10 LISTS**

**Moderator:** *Jeffrey Yao, MD*

6:00 My Top 10 Coding Tricks for 2024  
*Daniel J. Nagle, MD*

6:15 My Top 10 Surgical Tips and Tricks – Distal Radius Malunion  
*Jorge L. Orbay, MD*

6:30 My Top Flaps Every Surgeon Should Know  
*Bauback Safa, MD*

6:40 My Top 10 Surgical Tips and Tricks – Hand Fractures  
*Jesse B. Jupiter, MD*

6:50 My Top 10 Surgical Tips and Tricks – Nerve Injuries  
*Mark S. Rekant, MD*

7:00 CLOSING REMARKS and ADJOURN  
*A. Lee Osterman, MD*

## FELLOWS POST-COURSE

Friday, March 1, 2024 | 6:30am – 11:45am

Limited space with scholarships available. Application on website:  
[www.handfoundation.org/conferences](http://www.handfoundation.org/conferences) or contact [Iristine@handfoundation.org](mailto:Iristine@handfoundation.org).

**Sponsored by TriMed**

### Course Objectives

1. Define complications of traumatic injuries to the upper extremity, know how to avoid them and how to treat them when they occur.
2. Review complex shoulder injuries including fractures, instability, rotator cuff injury, and arthritis; recognize appropriate surgical reconstructive options.
3. Evaluate and classify complex elbow fractures and determine the best course of treatment.
4. Identify and perform the varying surgical options for wrist and hand fractures, ligament, and nerve injuries.
5. Discuss how to optimize surgical outcomes via appropriate upper extremity rehabilitation principles.

### Accreditation

In support of improving patient care, this activity has been planned and implemented by Cine-Med and Hand Rehabilitation Foundation. Cine-Med is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.



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### Physicians

Cine-Med designates this live activity for a maximum of 22.5 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity

All other healthcare professionals will receive a Certificate of Participation. For information on the applicability and acceptance of Certificates of Participation for activities designated for AMA PRA Category 1 Credits<sup>™</sup>, consult your professional licensing board.



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Snowmass Village, Colorado



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CineMed



Presented by  
Hand Rehabilitation Foundation

Register Online at: [www.handfoundation.org/conferences](http://www.handfoundation.org/conferences)



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Hotel Reservation Page



*Name badge will appear exactly as entered below*

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Degree/Credentials \_\_\_\_\_

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City/State/Zip \_\_\_\_\_

Telephone \_\_\_\_\_

E-Mail (required) \_\_\_\_\_



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

#### Title:

- Orthopaedic Surgeon
- Plastic Surgeon
- Hand Fellow
- Resident
- Allied Health Professional

#### Fee:

- Surgeon/Physician \$995
- Fellow/Resident \$750  
*(Must include letter from Chief of Service)*
- Allied Health Professional \$750
- Military \$750



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[www.handfoundation.org](http://www.handfoundation.org)  
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#### Payment by:

- Check Enclosed (Please make checks payable to Hand Rehabilitation Foundation)
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Name on Card \_\_\_\_\_

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Expiration Date \_\_\_\_\_

**Cancellation Policy:** A full refund less \$75.00 cancellation fee will be issued if written notification is received by February 12, 2024. **No Refunds after February 12, 2024.**

**HAND REHABILITATION FOUNDATION**  
120 Huntingdon Pike, Suite 100, Rockledge, PA 19046

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Questions? [hrf@handfoundation.org](mailto:hrf@handfoundation.org)