

2024 PHILADELPHIA MEETING

Surgery and Rehabilitation of the Hand and Upper Extremity With Emphasis on Tendons and Nerves



Sponsored By

HAND REHABILITATION FOUNDATION | MARCH 16–18, 2024

HONORED PROFESSORS

Bobby Chhabra, MD
Donald H. Lalonde, MD
Steven L. Moran, MD
Jin Bo Tang, MD

CHAIRPERSONS

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

TWO PRE-COURSE CHOICES | FRIDAY MARCH 15, 2024

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 - Intermediate Level

COURSE FACULTY:

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

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POST-COURSE | TUESDAY MARCH 19, 2024

Orthotic Fabrication Skill Building Workshop - Beginner Level

COURSE FACULTY:

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

Surgery and Rehabilitation of the Hand and Upper Extremity With Emphasis on Tendons and Nerves

The Philadelphia Hand Rehabilitation Foundation is proud to present the **50th Annual Symposium Surgery and Rehabilitation of the Hand and Upper Extremity with Emphasis on Tendons and Nerves**. The 2024 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 16, 2024

6:30 am Registration/Continental Breakfast

7:45 am Welcome and Introductions
Lauren M. DeTullio, OTR/L, CHT
Meredith N. Osterman, MD

PERIPHERAL NERVE INJURIES

Moderator: Dan Zlotolow, MD

8:00 am Overview of Nerve Injury Management:
How Far Have We Come?
Dan A. Zlotolow, MD

8:20 am Anatomy of the Peripheral Nerves
of the Upper Extremity
David Ebaugh, PT, PhD, OCS

8:45 am Mechanisms of Nerve Injury and Evaluation
Adam B. Strohl, MD

9:05 am Methods of Nerve Repair
Meredith N. Osterman, MD

9:25 am Evaluation and Management of Pain After Nerve Injury
Abigail Hughes, MS, OTR/L, CHT

9:40 am Detection of Neural Tension Dysfunction
Following Nerve Injury
Mark T. Walsh, OTR/L, CHT

10:00 am COFFEE BREAK/EXHIBITS

PERIPHERAL NERVE INJURIES

Moderator: Patrick Kane, MD

10:30 am Case Presentation – The Importance of
Clinical Evaluation
Roslyn B. Evans, OTR/L, CHT

10:50 am Targeted Muscle Re-Innervation for the
Treatment of Neuroma
R. Glenn Gaston, MD

11:10 am Methods of Sensibility Assessment
Joy C. MacDermid, BScPT, PhD

11:30 am Therapy Guidelines Following Nerve Injury and
Repair - Objectives According to Phases:
Early Postop, Post-Immobilization and Recovery
Jenifer M. Haines, MS, OTR/L, CHT

11:50 am Supercharging Nerve Transfer—What Is It, Why
Do Surgeons Do It, And How Do I Rehab It
Jonathan E. Isaacs, MD

12:10 pm Nerve Injuries of the Upper Extremity: Postural
Deformities and Orthotic Intervention
(Claw, Drop Wrist and Simian Hand)
Jeanine A. Beasley, EdD, OTR, CHT, FAOTA

12:30 pm LUNCH/EXHIBITS

RESTORATION AFTER COMPLEX INJURY

Moderator: A. Lee Osterman MD

1:30 pm Restoration After Hand Amputation:
How Far Have We Come?
A. Lee Osterman, MD

1:55 pm Sculpting Thumbs: How a Sculptors Life Was
Transformed After an Unexpected Accident
Introduction: **A. Lee Osterman, MD**
Speakers: **John Powers**
Jacques Henri Hacquebord, MD

3:00 pm COFFEE BREAK/EXHIBITS

3:30 pm Concurrent Sessions

Please 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: Extensor Tendon
Orthoses Zone by Zone Moderator:
David M. Wolfe, OTR/L, CHT

2. Orthosis Fabrication: Trigger
Finger Orthosis
Moderator: *Karen S. Schultz, MS, OTR,
FAOTA, CHT*

3. Hand Assessment
Elaine Fess, MS, OTR/L, CHT, FAOTA

4. Therapy Practice Management
Panel: *Gary Solomon, MBA, MS,
OTR/L, CHT; Danielle Sparks, DHS,
MOT, OTR, CHT; Terri L. Wolfe,
OTR/L, CHT*

5. Hand Therapy Certification
Commission
J. Martin Walsh, OTR/L, CHT

6. Surgical Procedures and Post-
Operative Rehabilitation: Nerve
Palsy Reconstruction
Panel: *Jonathan Isaacs, MD;
Dan A. Zlotolow, MD; Marie G. Sayers,
OTR/L, CHT, Laura Walsh, OTR/L,
CHT*

7. Surgical Procedures and Post
Operative Rehabilitation: Brachial
Plexus Injury and Thoracic Outlet
Syndrome
*Adam Strohl, MD; Matthew Wilson, MD;
Mark T. Walsh, PT, DPT, MS, CHT;
Deborah Reich, PT, DPT, CHT*

8. Rotator Cuff Conditions: Evaluation
and Treatment
*Martin J. Kelley, PT, DPT, OCS;
Brian G. Leggin, PT, DPT, OCS*

9. What's Driving Digital Motion?
Judy Colditz, OTR/L, CHT, FAOTA

10. Nerve Anatomy of the Upper
Extremity and Entrapment Points:
An Interactive Lab
*David Ebaugh, PT, PhD, OCS;
David Hutchinson, PT, DSc, MS, ECS*

5:30 pm Session Adjourn

SUNDAY, MARCH 17, 2024

6:30 am CONTINENTAL BREAKFAST

FLEXOR TENDON INJURIES

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

8:00 am How Far Have We Come With Flexor Tendon Repairs
Nancy M. Cannon, OTR/L, CHT

8:20 am Tendon Biology and Phases of Healing
Rowena McBeath MD, PhD

8:40 am Current Principles of Flexor Tendon Repair
Jin Bo Tang, MD

9:00 am Biomechanics of Tendon Gliding and Flexor Tendon Adhesions
Peter C. Amadio, MD

9:20 am Rehabilitation Following Flexor Tendon Repair: Principles and Protocols
Lauren M. DeTullio, OTR/L, CHT

9:40 am Treatment Approaches to Gradually Increase Resistance on a Flexor Tendon Repair
Nancy M. Cannon, OTR/L, CHT

10:00 am COFFEE BREAK/EXHIBITS

FLEXOR TENDON COMPLICATIONS

Moderator: Nancy M. Cannon, OTR/L, CHT

10:30 am Zone I Flexor Tendon Repairs: Unique Considerations
Roslyn B. Evans, OTR/L, CHT

10:50 am Complications of Flexor Tendon Injuries & Repairs
Steven L. Moran MD

11:10 am Tenolysis: Indications & Timing Surgical Management
Patrick M. Kane, MD

11:25 am Therapy and Orthotic Intervention After Tenolysis
Sheri B. Feldscher, OTR/L, CHT

11:40 am Combined Injuries: When Protocols Don't Apply
Gary Solomon, MBA, MS, OTR/L, CHT

12:00 pm LUNCH/EXHIBITS

1:00 pm Concurrent Sessions

Indicate 3 choices for each session, in order of preference, on the registration form. Concurrent sessions are assigned in order of preference and availability.

11. Orthosis Fabrication: Radial Nerve Injuries
Moderator: *Jeanine A. Beasley, EdD, OTR/L, CHT, FAOTA*

12. Orthosis Fabrication: Orthoses to Facilitate Tendon Gliding
Moderator: *David Wolfe, OTR/L, CHT*

13. Clinical Examination of the Wrist
Moderators: *Aileen Gallagher, MS, OTR/L, CHT; Brittany Sampson, MS, OTR/L, CHT*

14. A Kinetic Chain Approach to Rehabilitation of the Overhead Athlete
Brian J. Eckenrode, PT, DPT, MS, OCS; Brian G. Leggin, PT, DPT, OCS

15. Manual Therapy of the Shoulder
Moderators: *Thomas Kane, DPT; Christopher Keating, PT, DPT, OCS, FAO, MPT*

16. Joint Play in Motion
Karen S. Schultz, MS, OTR, FAOTA, CHT

17. Surgical Procedures and Post Operative Rehabilitation: Flexor Tendon Injuries
Panel: *Daniel J. Lorenzana, MD; Nancy Cannon; Sheri B. Feldscher, OTR/L, CHT; David Zelouf, MD*

18A. Neurodynamic Examination of the Upper Limb

18B. Neurodynamic Treatment of the Upper Limb
Moderator: *Mark T. Walsh, PT, DPT, MS, CHT*

19. Taping Techniques
Moderators: *Alyssa Soorikian, MS, OTR/L, CHT; Ellen Wilson, OTR/L, CHT*

20. Elite Performers: Managing Expectations and Safe Return to Performance and Competition
Aviva Wolff, EdD, OT, CHT

3:00 pm BREAK/EXHIBITS

3:30 pm Concurrent Sessions (*see choices above*)

5:30 pm Session Adjourn

6:30 pm CHAIRMAN'S RECEPTION

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

MONDAY, MARCH 18, 2024

6:30 am CONTINENTAL BREAKFAST

FLEXOR TENDON INJURIES

Moderator: Terri M. Skirven, OTR/L, CHT

8:00 am Do the Interossei and Lumbrical Muscles Work For or Against Flexor Tendon Glide
Judy Colditz, OTR/L, CHT

8:20 am Salvage Procedure: Staged Flexor Tendon Reconstruction
David S. Zelouf, MD

8:40 am Rehabilitation Following Flexor Tendon Reconstruction
Gayle Severance, MS, OTR/L, CHT

9:00 am Therapy Management and Orthotic Intervention for Pulley Injury/Repairs
Laura Walsh, MS, OTR/L, CHT

9:15 am Rehab Approaches for Common Tendon Transfers
Aviva L. Wolfe, EdD, OT, CHT

9:30 am BREAK/EXHIBITS

EXTENSOR TENDON INJURIES

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

10:00 am How Far Have We Come With Extensor Tendon Management
Roslyn B. Evans, OTR/L, CHT

10:25 am Overview of Extensor Tendon Anatomy and Injuries
John D. Lubahn, MD

- 10:40 am Extensor Tendon Injuries Zone I, II & III: Surgeon's and Therapist's Management
Surgeon: **Daniel J. Lorenzana, MD**
Therapist: **Brittany Sampson, OTR/L, CHT**
- 11:10 am Extensor Tendon Injuries Zones IV, V, VI & VIII: Surgeon's and Therapist's Management
Surgeon: **Eon K. Shin, MD**
Therapist: **Marie Sayers, OTR/L, CHT**
- 11:40 am All Things Relative Motion
Judy Colditz, OTR/L, CHT
- 12:00 pm Extensor Tendon Subluxation: Sagittal Bands, ECU, and After DeQuervains Release
Warren C. Hammert, MD
- 12:15 am Case Presentation: Extensor Tendon Injury
Moderator: **Matthew S. Wilson, MD**
Surgeon: **Andrew J. Miller, MD**
Therapist: **Aileen Gallagher, MS, OTR/L, CHT**
- 12:30 pm LUNCH/EXHIBITS
- 1:30 pm Boutonniere Deformity: Does Anything Work?
Donald H. LaLonde, MD
- 1:50 pm Prioritizing Extension for PIPJ Injuries
Karen Schultz, MS, OTR, FAOTA, CHT
- 2:10 pm Sagittal Band Injury/Repair: Conservative and Postop Management
Gayle Severance, MS, OTR/L, CHT
- 2:30 pm How to Keep Up to Date: Finding and Appraising Clinical Evidence
Joy C. MacDermid, BScPT, PhD

2:50 pm Key Points: Extensor Tendon Anatomy
Benjamin Turner OTR/L, Capt, USAF

3:00 pm COFFEE BREAK/EXHIBITS

3:30 pm Concurrent Sessions

Please see 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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|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 21. Orthosis Fabrication: Flexor Tendon Zone by Zone
<i>Moderator: Abby Hughes, MS, OTR/L, CHT</i> | 26. Graded Motor Imagery
<i>Susan W. Stralka, PT, DPT, MS, ACHE</i> |
| 22. Orthosis Fabrication: Relative Motion Orthoses
<i>Terri Skirven, OTR/L, CHT</i> | 27. Surgical Procedures and Rehabilitation: Extensor Tendon Injuries
Panel: Lauren M. DeTullio, OTR/L, CHT; Thomas Gillon, MD; Eon Shin, MD; David M. Wolfe, OTR/L, CHT |
| 23. PIP Joint injuries: Prioritization of Treatment
<i>Karen Schultz, MS, OTR, FAOTA, CHT</i> | 28. Soft Tissue Mobilization Techniques
<i>Matthew Conoscenti, PT, DPT, OCS, CEEA</i> |
| 24. Conservative Management for Rheumatoid Arthritis: Developing Preoperative programs for Upper Extremity Joint Arthroplasty
<i>Jeanine A. Beasley, EdD, OTR, CHT, FAOTA; Joy C. MacDermid, BScPT</i> | 29. Joint Mobilization of the Elbow, Wrist, and Hand
Moderator: <i>Emily Altman, PT, DPT, CHT</i> |
| 25. Innovations in Practice: Assessment and Treatment of Proprioceptive Deficits of the Wrist and Hand
<i>Christos Karangiannopoulos, PT, PhD, ATC, CHT</i> | |

PRE-COURSE: ORTHOTIC FABRICATION SKILL BUILDING WORKSHOP — INTERMEDIATE LEVEL — FRIDAY, MARCH 15, 2024 | 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 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 Orthoses
- Protective Orthoses for FPL and EPL Repairs
- Wrist and Finger Orthoses for Extensor Tendon Repairs Zones 5, 6 & 7
- Orthoses for Extensor Tendon Injuries/Repairs Zone 3 & 4
- Orthoses for Extensor Tendon Injuries/Repairs Zone 1 & 2
- Orthotic Intervention for Boutonniere Deformity: Relative Motion Orthoses; SAM Orthoses

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

PEDIATRIC UPPER EXTREMITY PRE-COURSE 2024 FOR SURGEONS AND THERAPISTS
FRIDAY, MARCH 15, 2024 | 7:30 AM – 5:00 PM

7:30 am **Welcome**
Joshua M. Abzug, MD
Scott H. Kozin, MD
Dan Zlotolow, MD

Congenital

Moderator: Carley Vuillermin, MD

7:45 am Syndactyly – Graft, Timing, Special Considerations
Carley Vuillermin, MD

7:55 am Macrodactyly – Operative and Non-Operative Management
Scott H. Kozin, MD

8:05 am Radial Polydactyly – Tried and True vs. New Advancements (Extraperiosteal Toe Transfers)
Steven Moran, MD

8:15 am Madelung's
Dan Zlotolow, MD

8:25 am Camptodactyly
Kevin Little, MD

8:35 am Congenital Therapy
Sandra L. Schmeig, OTR/L, CHT

8:50 am Case Presentations: Potpourri
Carley Vuillermin, MD

9:15 pm Coffee Break

Fractures

Moderator: Apurva Shah, MD

9:45 am Clavicle Fractures – Have We Come Full Circle?
Theresa Wyrick, MD

9:55 am Proximal Humerus
Joshua M. Abzug, MD

10:05 am Forearm – To Plate or Nail
Scott H. Kozin, MD

10:15 am Olecranon Fractures
Apurva Shah, MD

10:25 am Wide Awake Surgery for Pediatric Fracture Care
Donald Lalonde, MD

10:35 am Splinting for Humerus and Forearm Fractures
Nicole Bickhart, OT, CHT

10:40 am Case Presentations
Apurva Shah, MD, Haley Jacobs, PA-C, Emily Stankowski, PA-C

Tendon

Moderator: Jin Bo Tang, MD

11:00 am Pediatric Tendon Injuries: Are Kids the Same as Adults? – East Coast Perspective
Jin Bo Tang, MD

11:10 am Wide Awake for Tendon Injuries
Donald Lalonde, MD

11:20 am Occupational Therapy for Tendon Injuries
Jaclyn Miley, MS, OTR/L

11:35 am Case Presentations
Jin Bo Tang, MD

12:00 pm Lunch

Spasticity

Moderator: Scott H. Kozin, MD

1:00 pm Arm and Forearm CP/Spasticity - The Role of Muscle Tendon Lengthenings
Scott H. Kozin, MD

1:10 pm Arm and Forearm CP/Spasticity - The Role of Selective Denervation
Eugene Park, MD

1:20 pm Upper Extremity Spasticity: Is There Still a Role for Arthrodesis?
Dan A. Zlotolow, MD

1:30 pm Occupational Therapy for Children with Spasticity
Jenny Dorich, PhD, OTR/L, CHT

Nerve

Moderator: Steven L. Moran, MD

1:45 pm Targeted Muscle Reinnervation
Steven L. Moran, MD

1:55 pm Nerve Transfers for Spinal Cord Injury
Dan Zlotolow, MD

2:05 pm Occupational Therapy for Targeted Muscle Reinnervation
Justine LaPierre, MS, OTR/L, CHT

2:15 pm Acute Rehabilitation for Spinal Cord Rehab
Bethany M. Lipa, MD

2:25 pm Cases
Steven L. Moran, MD

2:45 pm Coffee Break

Sports Injuries

Moderator: Dan Zlotolow, MD

3:15 pm Medial Elbow Injuries/UCL
Dan Zlotolow, MD

3:25 pm TFCC
Theresa Wyrick, MD

3:35 pm OCD of the Elbow
Apurva Shah, MD

3:45 pm Gymnast Wrist
Joshua M. Abzug, MD

3:55 pm Occupational Therapy
Heather Weesner, OT, CHT

4:05 pm Discussion/Case Examples
Dan Zlotolow, MD

Continued Next Page

Brachial Plexus Birth Palsy Reconstructive Surgery

Moderator: Kevin Little, MD

4:15 pm	Assessment and Treatment of The Elbow Beyond Primary Nerve Surgery Scott H. Kozin, MD	4:35 pm	Assessment and Treatment of The Hand Beyond Primary Nerve Surgery Kevin Little, MD
4:25 pm	Assessment and Treatment of The Wrist Beyond Primary Nerve Surgery Carley Vuillermin, MD	4:45 pm	Occupational Therapy for Elbow, Wrist and Hand Procedures Jenny Dorich, PhD, OTR/L, CHT
		4:55 pm	Discussion Scott H. Kozin, MD
		5:00 pm	Pre-Course Adjourn

POST-COURSE: ORTHOTIC FABRICATION SKILL BUILDING WORKSHOP — BEGINNER LEVEL —

TUESDAY, MARCH 19, 2024 | 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 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:

- Radial Nerve Palsy Orthosis
- Ulnar Nerve Palsy Orthosis
- Combined Ulnar & Median Nerve Palsy Orthosis
- Median Nerve Palsy Orthosis

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

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

Emily Altman, PT, DPT, CHT, OCS, CLT
New York, NY

Peter C. Amadio, MD
Rochester, MN

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

Nancy M. Cannon, OTR/L, CHT
Indianapolis, IN

Bobby Chhabra, MD*
Charlottesville, VA

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

Matthew Conoscenti, PT, DPT, OCS, CEAA
Lansdale, PA

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

David Ebaugh, PT, PhD, OCS
Philadelphia, PA

Brian Eckenrode, PT, DPT, MS, OCS
Glenside, PA

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

Elaine Fess, OTD, MS, OTR, FAOTA, CHT
Zionsville, IN

Aileen Gallagher, MS, OTR/L, CHT
Willow Grove, PA

R. Glenn Gaston, MD
Charlotte, NC

Thomas J. Gillon, MD
Rockledge, PA

Jacques Henri Hacquebord, MD
New York, NY

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

Warren C. Hammert, MD
Morrisville, NC

Abigail Hughes, MS, OTR/L, CHT
Havertown, PA

David Hutchinson, PT, DSc, MS, ECS
King of Prussia, PA

Jonathan E. Isaacs, MD
Richmond, VA

Patrick M. Kane, MD
Cherry Hill, NJ

Thomas Kane, PT, DPT
King of Prussia, PA

Christos Karagiannopoulos, MPT, PhD, ATC, CHT
Center Valley, PA

Christopher Keating, PT, DPT, OCS, FAAO, MPT
Philadelphia, PA

Donald H. LaLonde, MD*
Saint John, Canada

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

John D. Lubahn, MD
Erie, PA

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

Rowena McBeath, MD, PhD
Langhorne, PA

Andrew J. Miller, MD
Cherry Hill, NJ

Steven L. Moran, MD*
Rochester, MN

Lauren O'Donnell, OTR/L, CHT
King of Prussia, PA

A. Lee Osterman, MD
King of Prussia, PA

Meredith N. Osterman, MD
King of Prussia, PA

John Powers
Brooklyn, NY

Mark S. Rekant, MD
Cherry Hill, NJ

Brittany Sampson, OTR/L, CHT
King of Prussia, PA

Marie Sayers, OTR/L, CHT
Lansdale, PA

Karen Schultz, MS, OTR, FAOTA, CHT
Littleton, CO

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

Eon K. Shin, MD
Langhorne, PA

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

Gary Solomon, MBA, MS, OTR/L, CHT
Arlington Heights, IL

Alyssa Soorikian, OTR/L, CHT
Cherry Hill, NJ

Danielle Sparks, DHS, MOT, OTR, CHT
Indianapolis, IN

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

Adam B. Strohl, MD
Philadelphia, PA

Jin Bo Tang, MD*
Jiangsu, CHINA

Benjamin Turner, MS, OTR/L, USAF
Philadelphia, PA

Laura Walsh, OTR/L, CHT
Philadelphia, PA

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

Mark T. Walsh, OTR/L, CHT
Richboro, PA

Ellen Wilson, OTR/L, CHT
Limerick, PA

Matthew S. Wilson, MD
Philadelphia, PA

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

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

Aviva Wolff, OTR/L, CHT, EdD
New York, NY

David S. Zelouf, MD
King of Prussia, PA

Dan A. Zlotolow, MD
Philadelphia PA

Philadelphia Hand to Shoulder Center Adjunct Faculty

Lois Bencardino, OTR/L

Colleen Burke, PTA

Katie Burkhart, OTR/L, CHT

Jessica Carr, MS, OTR/L, CHT

Amber DeLuca, OTR/L

Marianne Dunphy, OTR/L, CHT

Laura Fisher, PT, CHT

Elizabeth Mester, OTR/L, CHT

Jane Moore, OTR/L,

Deborah Reich, PT, DPT, CHT

Christopher Saporito, OTR/L, CHT

Jennifer Smith, MS, OTR/L

Merrilee Viguers, OTR/L

Pediatric Pre-Course Faculty

Joshua M. Abzug, MD

Nicole Bickhart, OT, CHT

Jenny Dorich, PhD, OTR/L, CHT

Scott H. Kozin, MD

Haley Jacobs, PA-C

Justine LaPierre, MS, OTR/L, CHT

Kevin Little, MD

Bethany M. Lipa, MD

Jaclyn Miley, MS, OTR/L

Steven L. Moran, MD

Eugene Park, MD

Sandra L Schmiege OTR/L, CHT

Apurva A. Shah, MD, MBA

Emily Stankowski, PA-C

Jin Bo Tang, MD

Carley Vuillermin, MD

Heather Weesner, OT, CHT

Theresa O. Wyrick, MD

Dan A. Zlotolow, MD

CONCURRENT SESSIONS

SATURDAY, MARCH 16, 2024

**1. Orthosis Fabrication: Extensor Tendon
Orthoses Zone by Zone**

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

Workshop Assistants: Colleen Burke, PTA;

Christopher Saporito, OTR/L, CHT; Benjamin Turner, MS,
OTR/L, USAF

During extensor tendon rehabilitation the therapist must protect healing tendons, encourage extensor tendon gliding, and facilitate functional grasp and prehension while preventing extensor lag. Participants will fabricate an oblique retinacular ligament stretch orthosis and a forearm-based zone V/VI/VII immobilization orthosis including a night pan extension component.

2. Orthosis Fabrication: Trigger Finger Orthosis

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

Workshop Assistants: Lois Bencardino, OTR/L;

Jane Moore, OTR/L, CHT; Laura Walsh, MS, OTR/L, CHT, OTD

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.

3. Hand Assessment

Elaine Fess, MS, OTR/L, CHT, FAOTA

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.

4. Therapy Practice Management

*Gary Solomon, MBA, MS, OTR/L, CHT; Danielle Sparks, DHS,
MOT, OTR, CHT; 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 regarding techniques to build a thriving practice.

5. 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.

**6. Surgical Procedures and Post-Operative Rehabilitation:
Nerve Palsy Reconstruction**

Panel: Jonathan Isaacs, MD; Dan A. Zlotolow, MD;

Marie G. Sayers, OTR/L, CHT; Laura Walsh, OTR/L, CHT

This panel of surgeons and therapists will present indications, surgical procedures, and post-operative management for median, ulnar, and radial nerve palsies. Healing timetables, precautions, orthotic intervention, and clinical reasoning for the progression of therapeutic exercise will be addressed.

**7. Surgical Procedures and Post Operative Rehabilitation:
Brachial Plexus Injury and Thoracic Outlet Syndrome**

*Adam Strohl, MD; Matthew Wilson, MD; Mark T. Walsh, PT,
DPT, MS, CHT; Deborah Reich, PT, DPT, CHT*

This panel of surgeons and therapists will present the surgical and therapeutic assessment of individuals with brachial plexus neuropathy and thoracic outlet syndrome.

8. Rotator Cuff Conditions: Evaluation and Treatment

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

This session will discuss assessment and the decision-making process of who should benefit from nonoperative management or opt for early surgical management. This session will provide therapists with evidence to implement an effective and efficient nonoperative approach to patients with rotator cuff disease. Current trends in operative management of rotator cuff tears is presented as well as a comprehensive post-operative rehabilitation program.

9. What's Driving Digital Motion? 2004-2024

Judy Colditz, OTR/L, CHT, FAOTA

An advanced discussion of the anatomy, kinesiology, and pathomechanics of the hand will be presented. The participants will gain greater understanding of what is seen clinically following various hand injuries and develop new insights for treatment.

**10. Nerve Anatomy of the Upper Extremity and Entrapment
Points: An Interactive Lab**

David Ebaugh, PT, PhD, OCS; David Hutchinson, PT, DSc, MS, ECS

Workshop Assistant: Alyssa Soorikian, 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.

CONCURRENT SESSIONS

SUNDAY, MARCH 17, 2024

11. Orthosis Fabrication: Radial Nerve Injuries

Moderator: Jeanine A. Beasley, EdD, OTR/L, CHT, FAOTA

Workshop Assistant: Colleen Burke, PTA; Marianne Dunphy, OTR/L, CHT; Gary Solomon, MBA, MS, OTR/L, CHT

Orthosis Fabrication for radial nerve palsy combines techniques of static and dynamic splinting. Principles of orthosis fabrication to protect healing structures and facilitate function will be discussed. The participants will fabricate a functional orthosis for radial nerve palsy and explore alternate designs.

12. Orthosis Fabrication: Orthoses to Facilitate Tendon Gliding

Moderator: David Wolfe, OTR/L, CHT

Workshop Assistants: Katie Burkhart, OTR/L, CHT; Jessica Carr, MS, OTR/L, CHT; Jennifer Smith, MS, OTR/L

It is essential for therapists to be skilled in the management of flexor and extensor active lags when working with individuals with tendon injuries. Participants will have the opportunity to fabricate orthoses to improve flexor and extensor tendon gliding.

13. Clinical Examination of the Wrist

Moderators: Aileen Gallagher, MS, OTR/L, CHT;

Brittany Sampson, MS, OTR/L, CHT

Workshop Assistant: Christopher Saporito, OTR/L, CHT; Emily Altman, PT, DPT, 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. A Kinetic Chain Approach to Rehabilitation of the Overhead Athlete

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

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.

15. Manual Therapy of the Shoulder

Moderators: Thomas Kane, DPT; Christopher Keating, PT, DPT, OCS, FAAO, MPT

Workshop Assistant: Matt Conoscenti, PT, DPT, OCS, CEEAA

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.

16. Joint Play in Motion

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

Workshop Assistants: Laura Fisher, PT, CHT, MBA; Elizabeth Mester, 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 techniques to combine accessory motions with physiologic movement to reduce joint pain and/or improve range of motion.

17. Surgical Procedures and Post Operative Rehabilitation: Flexor Tendon Injuries

Panel: Peter Amadio, MD; Nancy M. Cannon, OTR/L, CHT; Sheri B. Feldscher, OTR/L, CHT; David Zelouf, MD

The panel will discuss flexor tendon anatomy, biomechanics, and healing timetables for various surgical techniques. The session will focus on combining evidence with clinical judgement and skills to provide effective tendon rehabilitation.

18A. Neurodynamic Examination of the Upper Limb

18B. Neurodynamic Treatment of the Upper Limb

Moderators: Mark T. Walsh, PT, DPT, MS, CHT.

Workshop Assistants: Lauren M. DeTullio, OTR/L, CHT; Deborah 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.

19. Taping Techniques

Moderators: Alyssa Soorikian, MS, OTR/L, CHT;

Ellen Wilson, OTR/L, CHT

Workshop Assistants: Amber DeLuca, OTR/L;

Merrilee Viguers, OTR/L

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.

20. Elite Performers: Managing Expectations and Safe Return to Performance and Competition

Aviva Wolff, EdD, OT, CHT

When working with elite performers, a thorough understanding of motor control and movement analysis is necessary. Participants will learn methods of quantitative and qualitative analysis of upper extremity movement dysfunction to generate data to develop individualized treatment programs to facilitate safe return to performance and competition.

CONCURRENT SESSIONS

MONDAY, MARCH 18, 2024

21. Orthosis Fabrication: Flexor Tendon Zone by Zone

Moderator: Abigail Hughes, MS, OTR/L, CHT

Workshop Assistant: Lauren O'Donnell, OTR/L, CHT

The ability to fabricate a dorsal block orthosis is an essential skill for therapists treating individuals with flexor tendon injuries. Participants will review the anatomy and rationale for the use of orthoses in flexor tendon rehabilitation. Participants will fabricate a dorsal block orthosis and explore modifications to accommodate various protocols, concomitant injuries, and the unique functional demands of the individual.

22. Orthosis Fabrication: Relative Motion Orthoses

Moderator: Terri Skirven, OTR/L, CH

Workshop Assistant: Merrilee Viguers, OTR/L

The faculty will provide an overview of diagnoses and clinical indications for the fabrication of relative motion orthoses. Participants will have the opportunity to practice techniques for the fabrication of relative motion orthoses for individual and multiple fingers.

23. PIP Joint injuries: Prioritization of Treatment

Karen Schultz, MS, OTR, FAOTA, CHT

This combination of lecture and hands-on orthosis fabrication session will allow participants to gain an understanding of indications for various types of PIP extension orthoses. Participants will be able to acquire/practice/improve PIP A/PROM extension orthosis fabrication skills.

24. Conservative Management for Rheumatoid Arthritis: Developing Preoperative Programs for Upper Extremity Joint Arthroplasty

Jeanine A. Beasley, EdD, OTR, CHT, FAOTA;

Joy C. MacDermid, BScPT

Rehabilitation of individuals who undergo upper extremity joint arthroplasty relies on our patient's understanding of orthosis use, home program details, and activity precautions. Development of preoperative programs to facilitate successful outcomes will be discussed.

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

Christos Karangiannopoulos, PT, PhD, ATC, CHT

This session will present an overview of wrist biomechanics, proprioception, and the concept of dynamic stability of the shoulder and wrist. Assessment of function, kinematics and patient expectations and satisfaction for a range of wrist pathologies will be discussed.

26. Graded Motor Imagery

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

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.

27. Surgical Procedures and Rehabilitation: Extensor Tendon Injuries

Panel: Lauren M. DeTullio, OTR/L, CHT; Eon Shin, MD;

David M. Wolfe, OTR/L, CHT

The panel will discuss extensor tendon anatomy, biomechanics, and healing timetables for various surgical techniques. The session will focus on combining evidence with clinical judgement and skills to provide effective tendon rehabilitation.

28. Soft Tissue Mobilization Techniques

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

Workshop Assistants: Jessica Carr, MS, OTR/L, CHT;

Laura Fisher, PT, CHT, MBA

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. Joint Mobilization of the Elbow, Wrist, and Hand

Moderator: Emily Altman, PT, DPT, CHT

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.

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 See www.HandFoundation.org 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.	DAY/DATE	1 st Choice	2 nd Choice	3 rd Choice
	Saturday, March 16 (Sessions 1-10)			
	Sunday, March 17 – 1:00 pm (Sessions 11-20)			
	Sunday, March 17 – 3:30 pm (Sessions 11-20)			
	Monday, March 18 (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 15, 2024	\$425
PRE-COURSE Orthotic Fabrication Skill Building Workshop - Friday, March 15, 2024	\$500
POST-COURSE Orthotic Fabrication Skill Building Workshop - Tuesday, March 19, 2024	\$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 (including \$20 donation to HRF)	\$800
Military (proof of active service required)	\$675
Virtual Registration (programming available in April 2024)	\$780

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 1, 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 \$_____

TOTAL

Cancellation Policy: A full refund less a \$75 cancellation fee will be issued if written notification is received by March 1, 2024. **No refunds after March 1, 2024.**

Social Events

I am planning to attend the Opening Reception on Friday, March 15, 2024 from 6:00 – 8:00 pm. Yes No

I am planning to attend the Chairman's Reception on Sunday, March 17, 2024 from 6:30 – 8:30 pm. Yes No

Credit Card Registrations please register online at www.handfoundation.org/symposia

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



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 2024

Watch your email for details!
There will be NO syllabus book.

Register Online at www.HandFoundation.org