

*Surgery and Rehabilitation of the Hand
Concurrent Sessions 2025*

SATURDAY March 8, 2025 3:30-5:30pm

1. Orthosis Fabrication: Overcoming Stiffness

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

Workshop Assistants:

Following a review of conditions causing joint contracture and muscle-tendon unit stiffness, orthosis options to overcome joint and long flexor and extensor stiffness will be discussed. Evidence for static, static progressive and dynamic orthoses to address joint contracture will be explored. Participants will fabricate orthoses to overcome joint stiffness of the upper extremity.

2. Surgical Procedures and Post-Operative Rehabilitation: Upper Extremity Tendinopathies

Panel: Rowena MacBeath, MD; Corbin Muetterties, MD; Jeanine A. Beasley, EdD, OTR, CHT, FAOTA; Karen S. Schultz, MS, OTR, FAOTA, CHT

This panel of surgeons and therapists will present assessment, conservative and surgical procedures, and post-operative management for upper extremity tendinopathies. Healing timetables, precautions, orthotic intervention, and clinical reasoning for the progression of therapeutic exercise will be addressed.

3. Physical Agent Modalities

Gerard J. Smith, DPT

The use of modalities in rehabilitation often sparks debate amongst rehab professionals reflecting ongoing shifts in both curriculum and clinical practice. However, when used appropriately, modalities remain a useful intervention that can positively impact patient outcomes. This session will discuss and review the evidence-based and appropriate usage of modalities including electrical stimulation for pain relief and strengthening, laser therapy, shockwave, and thermal modalities. Practical application will be reinforced through case-based discussions focused on the hand and upper extremity.

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 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.

6. Rotator Cuff Conditions: Evaluation and Treatment

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

This session will allow participants to gain clinical skills and judgement in the evaluation and treatment of rotator cuff pathology. An overview of the anatomy of the rotator cuff and evidence for clinical testing will be presented. The participants will practice assessment and handling techniques and explore decision making in the progression of a rehabilitation program for individuals along the continuum of rotator cuff pathology.

SUNDAY March 9, 2025 1:00-3:00 and 3:30-5:30

7. Orthosis Fabrication: Functional Orthoses for Nerve Palsies

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

Workshop Assistants:

Peripheral nerve injuries create specific patterns of motor and sensory loss in the upper extremity. Therapists fabricate orthoses to support healing structures and facilitate function by positioning joints to allow the action of innervated muscles. This session will include a description of functional deficits due to motor impairment of median, radial, and ulnar nerve injuries. Participants will have the opportunity to fabricate orthoses. [radial nerve palsy, short opponens, anti claw, combined median and ulnar opposition and anti-claw...]

8. Manual Therapy of the Shoulder

Moderators: Thomas Kane, DPT; Chris Keating, DPT

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.

9. a. Neurodynamic Examination of the Upper Limb

b. Neurodynamic Treatment of the Upper Limb

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

Lauren M. DeTullio, OTR/L, CHT; Deborah Reich, PT, DPT, CHT; Rachel Lyons, OTR/L, CHT

Participants must register for both: 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.

10. Taping Techniques

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

Workshop Assistants:

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.

programs to facilitate safe return to performance and competition.

11. Clinical Examination of the Wrist

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

Workshop Assistants:

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.

MONDAY March 10, 2025 3:30-5:30pm

12. Orthosis Fabrication: Relative Motion Orthoses

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

Workshop Assistants:

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

13. Management of the Burned Hand

Panel: Michelle Hughes, MSN, RN, CBRN; William Hughes, MD; Karena Landin, OTR/L

This session will focus on therapeutic strategies to manage wounds, scar, and contracture following burns. The physiology of scar formation will be discussed as well as clinical reasoning in the fabrication of orthoses to prevent or overcome joint contracture.

14. Upper Extremity Proprioception: Testing and Training

Moderator: Angela Tate, PT, PhD, CertMDT; Anna Houser, MPH, PT, DPT

15. Soft Tissue Mobilization Techniques

Matthew Conoscenti, PT, DPT, OCS, 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.

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

Moderator: Emily Altman, PT, DPT, CHT

Workshop Assistants:

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.