

SURGERY AND REHABILITATION OF THE HAND AND UPPER EXTREMITY

March 8 – 10, 2025 (fourth draft)

SATURDAY, March 8, 2025

6:30 a.m. REGISTRATION/CONTINENTAL BREAKFAST

7:45 am WELCOME AND INTRODUCTIONS
(Lauren M. DeTullio, OTR/L, CHT, A. Lee Osterman, MD, Meredith N. Osterman, MD)

GENERAL SESSION TOPIC: FUNDAMENTALS

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

8:00 AM TITLE: The History of Hand Therapy from someone at the forefront (who was there)
SPEAKER: Elaine Fess

8:15 AM TITLE: Overview of anatomy and biomechanics of the hand
SPEAKER: David Ebaugh, PT, PhD, OCS

8:30 AM TITLE: Clinical Examination of the Hand: The Foundation for Best Practice
SPEAKER: Jenifer M. Haines, OTR/L, CHT

8:50 AM TITLE: Detection of Neural Tension Dysfunction
SPEAKER: Mark T. Walsh, OTR/L, CHT

9:10 AM TITLE: The Stages of Connective Tissue Healing: The Basis of Intervention
SPEAKER: Gary Soloman, MBA, MS, OTR/L, CHT

9:30 AM TITLE: Edema and Scar: Assessment and Management
SPEAKER: Norah Malkinski, OTR/L, cHT, CLT

9:50 AM TITLE: Evidence Informed Practice: what is it and what difference does it make
SPEAKER: Joy C. MacDermid, BScPT, PhD

10:00 am Coffee Break/ Exhibits

SATURDAY, March 8, 2025 continued**GENERAL SESSION TOPIC: SUBSTANCE ABUSE DISORDERS****MODERATOR: Adam B. Strohl, MD**

10:30 AM TITLE: Issues in the management of individuals with substance use disorders

SPEAKER: Kimberly Masker, OTD, OTR/L, CHT

10:50 AM TITLE: The Current State of Affairs

SPEAKER: Tristan B. Weir, MD

11:00 AM CASE PRESENTATION: How a Person with Tranq Addiction
Transformed His Life after Double Upper Extremity Amputation

SPEAKERS: Adam B. Strohl, MD & Patient

11:40 AM TITLE: Research update: Upper Extremity Amputee Training

SPEAKER: Amy Todd, OTR/L, CHT

12:00 PM **GENERAL SESSION TOPIC: ARTHRITIS**12:00 PM TITLE: Thumb CMC OA: Anatomy, Pathomechanics and Surgical
Management

SPEAKER: A. Lee Osterman, MD

12:15 PM TITLE: Conservative and postoperative Management of thumb CMC OA:
exercise and orthotic intervention

SPEAKER: Jenifer M. Haines, OTR/L, CHT

12:30 pm LUNCH/EXHIBITS

SATURDAY, March 8, 2025 continued

1:30 PM GENERAL SESSION: ARTHRITIS – THE RHEUMATOID HAND

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

1:30 PM TITLE: The Rheumatoid Hand: common deformities
SPEAKER: **John D. Lubahn**, MD

1:50 PM TOPIC: Therapist's conservative management of the Rheumatoid Hand:
Exercise, orthotic intervention, joint protection
Speaker: Jeanine A. Beasley, EdD, OTR, CHT, FAOTA

2:10 PM MCP and PIP Arthroplasty for the Arthritic Hand
Speaker: David S, Zelouf, MD

2:30 PM TITLE: Postoperative Management for MCPJ & PIPJ Arthroplasty
SPEAKER: Sheri B. Feldscher, OTR/L, CHT

2:50 PM TITLE: Joint Protection: Technology Enabled/State of The Art
SPEAKER: Joy C. MacDermid, BScPT, PhD

3:00 PM Coffee Break and exhibits

SUNDAY, MARCH 9, 2025

6:30 a.m. CONTINENTAL BREAKFAST

8:00 AM GENERAL SESSION

TOPIC: FLEXOR TENDON
MODERATOR: Eon K. Shin, MD

8:00 AM TITLE: Overview of flexor tendon anatomy, biomechanics, and injuries
 SPEAKER: Eon K. Shin, MD

8:20 AM VIDEO: Classic flexor tendon repair zone II (2021 Virtual Symposium)
 FACULTY: Eon K. Shin, MD

8:35 AM TITLE: Factors that influence healing and postoperative management
 SPEAKER: Rowena McBeath MD, PhD

8:50 AM TITLE: Flexor Tendon Protocols: History and current practice
 SPEAKER: Danielle Sparks

9:10 AM TITLE: Clinical Reasoning for Tendon rehabilitation: one size does not fit all!
 SPEAKER: Sheri B. Feldscher, OTR/L, CHT

9:30 AM Flexor Tenolysis
 Speaker: Tristan B. Weir, MD

9:45 AM TITLE: Postop Management after Flexor Tenolysis
 SPEAKER: Lauren M. DeTullio, OTR/L, CHT

10:00 AM Coffee Break/ exhibits

SUNDAY, MARCH 9, 2025, continued

- 10:30 AM **GENERAL SESSION TOPIC: EXTENSOR TENDON**
MODERATOR: Jeanine A. Beasley, EdD, OTR, CHT, FAOTA
- 10:30 AM TITLE: Extensor Tendon Anatomy, Injuries and Repair by Zone of injury
SPEAKER: Stephanie Sweet, MD
- 10:50 AM TITLE: Rehabilitation for Extensor Tendon Injuries and Repairs by Zone of Injury
SPEAKER: Brittany Sampson, OTR/L, CHT
- 11:15 AM TITLE: The Relative Motion Concept Applied to Extensor Tendon Rehabilitation
SPEAKER: Jeanine A. Beasley, EdD, OTR, CHT, FAOTA
- 11:35 AM Case Presentation:
Moderator: Stephanie Sweet, MD
Surgeon: Andrew J. Miller, MD
Therapist: Rachel Lyons, OTR/L, CHT, COMT
Q & A
- 11:50 PM DBK presentation
- 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 END
- 6:30 PM CHAIRMEN’S RECEPTION – MOVED FROM MONDAY TO SUNDAY**
PROJECT SPLINT PAN OR OTHER Audience participation activity

MONDAY, MARCH 10, 2025 – ENDING AT 5:30 PM

6:30 AM CONTINENTAL BREAKFAST

8:00 AM **GENERAL SESSION**

TOPIC: Hand Fractures and Joint Injuries

MODERATOR: Thomas J. Gillon, MD

8:00 AM TITLE: The Tried and True and New: Management of Non-Articular Hand Fractures

SPEAKER: Thomas J. Gillon, MD

8:20 AM TITLE: Therapy and Orthotic Intervention for Hand fractures

SPEAKER: Sheri B. Feldscher, OTR/L, CHT and Merrilee Viguers, OTR/L

8:40 AM TITLE: The stiff hand: Strategies for management or why forceful passive motion does not work!

SPEAKER: Gary Soloman, MBA, MS, OTR/L, CHT

9:00 AM TITLE: Evaluation and management of PIPJ injuries

SPEAKER: Meredith N. Osterman, MD

9:20 AM SURGERY VIDEO of PIP procedure;

Possibly use from HRF archives Video from 2019 symposium "Intra-articular PIPJ Fractures" (2019 – Tosti)

9:40 AM TITLE: Management of the Stiff PIPJ

SPEAKER: Karen Schultz, MS, OTR, FAOTA, CHT

10:00 AM COFFEE BREAK/EXHIBITS

MONDAY, MARCH 10, 2025 continued

10:30 AM GENERAL SESSION

TOPIC: WRIST CONDITIONS**MODERATOR: Emily Altman, PT, DPT, CHT, OCS, CLT**

- 10:30 AM TITLE: Classification and management of distal radius fractures
SPEAKER: Matthew S. Wilson, MD
- 10:50 AM TITLE: Clinical Practice Guidelines for Distal Radius Fracture
SPEAKER: Christos Karagiannopoulos, MPT, PhD, ATC, CHT
- 11:10 AM TITLE: Selected ulnar sided wrist problems (TFCC, ECU, other)
SPEAKER: A. Lee Osterman, MD
- 11:30 AM TITLE: Rehabilitation for ulnar sided wrist problems
SPEAKER: Emily Altman, PT, DPT, CHT, OCS, CLT
- 11:50 AM TITLE: Classification and surgeon's management of carpal instabilities
SPEAKER: *A. Lee Osterman, MD*
- 12:10 PM TITLE: Chronic wrist hypermobility
SPEAKER: Christos Karagiannopoulos, MPT, PhD, ATC, CHT
- 12:30 PM LUNCH/EXHIBITS**
- 1:30 PM GENERAL SESSION: COMMON CONDITIONS THAT WE SEE – IS
THERE EVIDENCE FOR WHAT WE DO?**
- MODERATOR:** Terri M. Skirven, OTR/L, CHT
- 1:30 PM TITLE: Lateral Epicondylitis: Influence of psychologic factors on the LET pain
experience.
SPEAKER: Christopher Keating, PT, DP, OCS, FAAO, MPT
- 1:50 PM TITLE: Trigger Finger: what works
SPEAKER: Laura Walsh, OTR/L, CHT

MONDAY, MARCH 10, 2025 continued

- 2:10 PM TITLE: Therapy and orthotic intervention after Dupuytren's Contracture Release

SPEAKER: Lauren M. DeTullio, OTR/L, ChT & Merrilee Viguers, OTR/L, CHT

2:30 PM TITLE: CTS – Is there any evidence for non-surgical management?

SPEAKER: Karen Schultz, MS, OTR, FAOTA, CHT

2:50 PM Key Points-
Katie Sheaffer

3:00 PM Coffee Break and exhibits

3:30 PM CONCURRENT SESSIONS

5:30 PM MONDAY SESSIONS/MEETING ENDS