

2025 PHILADELPHIA MEETING

Surgery and Rehabilitation of the Hand and Upper Extremity: Evidence Based Practice Highlighting Classic and Trending Topics



Sponsored By

HAND REHABILITATION FOUNDATION | MARCH 8–10, 2025

CHAIRPERSONS

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

PRE-COURSE | FRIDAY MARCH 7, 2025

Orthotic Fabrication Skill Building Workshop - Intermediate Level

COURSE FACULTY:

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

POST-COURSE | TUESDAY MARCH 11, 2025

Orthotic Fabrication Skill Building Workshop - Beginner Level

COURSE FACULTY:

Lauren M. DeTullio, OTR/L, CHT
Terri M. Skirven, OTR/L, CHT

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2025 PHILADELPHIA MEETING

Surgery and Rehabilitation of the Hand and Upper Extremity: Evidence Based Practice Highlighting Classic and Trending Topics

The Philadelphia Hand Rehabilitation Foundation is proud to present the **51st Annual Symposium Surgery and Rehabilitation of the Hand and Upper Extremity: Evidence Based Practice Highlighting Classic and Trending Topics**. The 2025 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 8, 2025

6:30 am Registration/Continental Breakfast

7:45 am Welcome and Introductions
Lauren M. DeTullio, OTR/L
A. Lee Osterman, MD

FUNDAMENTALS

Moderator: Lauren M. DeTullio, OTR/L

8:00 am The History of Hand Therapy from Someone at the Forefront (Who Was There)
Elaine Fess, OTD, MS, OTR, FAOTA, CHT

8:15 am Overview of Anatomy and Biomechanics of the Hand
David Ebaugh, PT, PhD, OCS

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

8:50 am Detection of Neural Tension Dysfunction
Mark T. Walsh, PT, DPT, MS, CHT

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

9:30 am Edema and Scar: Assessment and Management
Norah Malkinski, OTR/L, CHT, CLT

9:50 am Evidence Informed Practice: What is it and What Difference Does it Make
Joy C. MacDermid, BScPT, PhD

10:00 am Coffee Break/Exhibits

SUBSTANCE ABUSE DISORDERS

Moderator: Adam B. Strohl, MD

10:30 am Issues in the Management of Individuals with Substance Use Disorders
Kimberly Masker, OTD, OTR/L, CHT

10:50 am The Current State of Affairs
Tristan B. Weir, MD

11:00 am Case Presentation: How a Person with Tranq Addiction Transformed His Life after Double Upper Extremity Amputation
Adam B. Strohl, MD

11:40 am Research Update: Upper Extremity Amputee Training
Amy Todd, OTR/L, CHT

ARTHRITIS

Moderator: A. Lee Osterman, MD

12:00 am Thumb CMC OA: Anatomy, Pathomechanics and Surgical Management
A. Lee Osterman, MD

12:15 am Conservative and Post-Operative Management of Thumb CMC OA: Exercise and Orthotic Intervention
Jenifer M. Haines, OTR/L, CHT

12:30 pm Lunch/Exhibits

ARTHRITIS – THE RHEUMATOID HAND

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

1:30 pm The Rheumatoid Hand: Common Deformities
John D. Lubahn, MD

1:50 pm Therapist's Conservative Management of the Rheumatoid Hand: Exercise, Orthotic Intervention, Joint Protection
Jeanine A. Beasley, EdD, OTR, CHT, FAOTA

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

2:30 pm Post-Operative Management for MCPJ & PIPJ Arthroplasty
Sheri B. Feldscher, OTR/L, CHT

2:50 pm Joint Protection: Technology Enabled/State of the Art
Joy C. MacDermid, BScPT, PhD

3:00 pm Coffee Break/Exhibits

Continued on next page.

3:30 pm Concurrent Sessions

Please see pages 7-9 of this brochure or visit 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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| 1. Orthosis Fabrication: Overcoming Stiffness Moderator: <i>David M. Wolfe, OTR/L, CHT</i> Workshop Assistants: <i>Lois Bencardino, OTR/L, Colleen Burke, PTA, Alyssa Soorikian, OTR/L, CHT</i> | 3. Physical Agent Modalities <i>Gerard J. Smith, DPT</i> |
| 2. Surgical Procedures and Post-Operative Rehabilitation: Upper Extremity Tendinopathies Panel: <i>Rowena McBeath, MD, PhD; Corbin E. Muetterties, MD; Jeanine A. Beasley, EdD, OTR, CHT, FAOTA; Karen S. Schultz, MS, OTR, FAOTA, CHT</i> | 4. Therapy Practice Management <i>Gary Solomon, MBA, MS, OTR/L, CHT; Danielle Sparks, DHS, MOT, OTR, CHT; Terri L. Wolfe, OTR/L, CHT</i> |
| | 5. Hand Assessment <i>Elaine Fess, MS, OTR/L, CHT, FAOTA</i> |
| | 6. Rotator Cuff Conditions: Evaluation and Treatment <i>Brian G. Leggin, PT, DPT, OCS</i> |

5:30 pm Session Adjourn

SUNDAY, MARCH 9, 2025

6:30 am Continental Breakfast

FLEXOR TENDON

Moderator: *Daniel J. Lorenzana, MD*

- 8:00 am Overview of Flexor Tendon Anatomy, Biomechanics, and Injuries
Daniel J. Lorenzana, MD
- 8:20 am Classic Flexor Tendon Repair Zone II Video 2021 Virtual Symposium - Eon K. Shin, MD
- 8:35 am Factors that Influence Healing and Post-Operative Management
Rowena McBeath, MD, PhD
- 8:50 am Flexor Tendon Protocols: History and Current Practice
Danielle Sparks, DHS, MOT, OTR, CHT
- 9:10 am Clinical Reasoning for Tendon Rehabilitation: One Size Does Not Fit All!
Sheri B. Feldscher, OTR/L, CHT
- 9:30 am Flexor Tenolysis
Tristan B. Weir, MD
- 9:45 am Post-op Management after Flexor Tenolysis
Lauren M. DeTullio, OTR/L, CHT
- 10:00 am Coffee Break/Exhibits

EXTENSOR TENDON

Moderator: *Jeanine A. Beasley, EdD, OTR, CHT, FAOTA*

- 10:30 am Extensor Tendon Anatomy, Injuries and Repair by Zone of Injury
Stephanie Sweet, MD
- 10:50 am Rehabilitation for Extensor Tendon Injuries and Repairs by Zone of Injury
Brittany Sampson, OTR/L, CHT
- 11:15 am The Relative Motion Concept Applied to Extensor Tendon Rehabilitation
Jeanine A. Beasley, EdD, OTR, CHT, FAOTA
- 11:35 am Case Presentation Followed by Q&A
Moderator: **Stephanie Sweet, MD**
Surgeon: **Andrew J. Miller, MD**
Therapist: **Rachel Lyons, OTR/L, CHT, COMT**
- 11:50 am DBK Presentation
- 12:00 pm Lunch/Exhibits
- 1:00 pm Concurrent Sessions**
- 3:00 pm Coffee Break/Exhibits
- 3:30 pm Concurrent Sessions**
- 5:30 pm Session Adjourn

Please see pages 7-9 of this brochure or visit 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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| 7. Orthosis Fabrication: Functional Orthoses for Nerve Palsies Moderator: <i>David M. Wolfe, OTR/L, CHT</i> Workshop Assistants: <i>Colleen Burke, PTR, Laura Fisher, PT, CHT, Jessica Carr, MS, OTR/L, CHT</i> | 10. Taping Techniques Moderators: <i>Alyssa Soorikian, MS, OTR/L, CHT; Ellen Wilson, OTR/L, CHT</i> Workshop Assistants: <i>Alexis Caccio, OTR/L, Elizabeth Mester, OTR/L, CHT, Marie Sayers, OTR/L, CHT</i> |
| 8. Manual Therapy of the Shoulder Moderators: <i>Thomas Kane, DPT; Chris Keating, DPT; Stephen Thomas, PhD, ATC, FNATA, FASSET</i> | 11. Clinical Examination of the Wrist Moderators: <i>Amber DeLuca, OTR/L, Brittany Samson, MS, OTR/L, CHT, Jennifer Smith, OTR/L</i> Workshop Assistant: <i>Katie Sheaffer, OTR/L, COMT</i> |
| 9A. Neurodynamic Examination of the Upper Limb | |
| 9B. Neurodynamic Treatment of the Upper Limb Moderator: <i>Mark T. Walsh, PT, DPT, MS, CHT</i> Workshop Assistants: <i>Lauren M. DeTullio, OTR/L, CHT; Deborah Reich, PT, DPT, CHT; Rachel Lyons, OTR/L, CHT</i> | |

6:30 pm CHAIRMAN'S RECEPTION

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

MONDAY, MARCH 10, 2025

6:30 am Continental Breakfast

HAND FRACTURES AND JOINT INJURIES

Moderator: Thomas J. Gillon, MD

8:00 am The Tried and True and New: Management of Non-Articular Hand Fractures
Thomas J. Gillon, MD

8:20 am Therapy and Orthotic Intervention for Hand Fractures
Speaker: **Sheri B. Feldsher, OTR/L, CHT**

8:40 am The Stiff Hand: Strategies for Management or Why Forceful Passive Motion Does Not Work!
Gary Solomon, MBA, MS, OTR/L, CHT

9:00 am Evaluation and Management of PIPJ Injuries
A. Lee Osterman, MD

9:20 am Surgery Video: Intraarticular PIPJ Fractures

9:40 am Management of the Stiff PIPJ
Karen S. Schultz, MS, OTR, FAOTA, CHT

10:00 am Coffee Break/Exhibits

WRIST CONDITIONS

Moderator: Emily Altman, PT, DPT, CHT, OCS, CLT

10:30 am Classification and Management of Distal Radius Fractures
Matthew S. Wilson, MD

10:50 am Clinical Practice Guidelines for Distal Radius Fracture
Christos Karagiannopoulos, MPT, PhD, ATC, CHT

11:10 am Selected Ulnar Sided Wrist Problems (TFCC, ECU, other)
A. Lee Osterman, MD

11:30 am Rehabilitation for Ulnar Sided Wrist Problems
Emily Altman, PT, DPT, CHT, OCS, CLT

11:50 am Classification and Surgeon's Management of Carpal Instabilities
A. Lee Osterman, MD

12:10 pm Chronic Wrist Hypermobility
Christos Karagiannopoulos, MPT, PhD, ATC, CHT

12:30 pm Lunch/Exhibits

COMMON CONDITIONS WE SEE – IS THERE EVIDENCE FOR WHAT WE DO?

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

1:30 pm Lateral Epicondylitis: Influence of Psychologic Factors on the LET Pain Experience
Christopher Keating, PT, DP, OCS, FAAO, MPT

1:50 pm Trigger Finger: What Works
Laura Walsh, OTR/L, CHT

2:10 pm Therapy and Orthotic Intervention after Dupuytren's Contracture Release
Speakers: **Lauren M. DeTullio, OTR/L, CHT**
Merrilee Viguers, OTR/L, CHT

2:30 pm CTS – Is There any Evidence for Non-Surgical Management?
TBA

2:50 pm Key Points
Jessica Carr, MS, OTR/L, CHT

3:00 pm Coffee Break/Exhibits

3:30 pm Concurrent Sessions

Please see pages 7-9 of this brochure or visit 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.

12. Orthosis Fabrication: Relative Motion Orthoses
Terri M. Skirven, OTR/L, CHT
Workshop Assistants: *Katie Burkhart, OTR/L, CHT; Marianne Dunphy, OTR/L, CHT*

13. Management of the Burned Hand
Panel: *Michelle Hughes, MSN, RN, CBRN; William Hughes, MD; Karena Landin, OTR/L*

14. Upper Extremity Proprioception: Testing and Training
Moderators: *Angela Tate, PT, PhD, CertMDT; Anna Houser, MPH, PT, DPT*

15. Soft Tissue Mobilization Techniques
Matthew Conoscenti, PT, DPT, OCS, CEEAA Workshop Assistant: *Jessica Carr, MS, OTR/L, CHT*

16. Joint Mobilization of the Elbow, Wrist, and Hand
Moderator: *Emily Altman, PT, DPT, CHT* Workshop Assistants: *Laura Fisher, PT, CHT; Anna Ross, OTR/L*

5:30 pm **Meeting Adjourn**

PRE-COURSE: ORTHOTIC FABRICATION SKILL BUILDING WORKSHOP — INTERMEDIATE LEVEL — FRIDAY, MARCH 7, 2025 | 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 the conservative and postoperative management for a variety of upper extremity conditions. This full day program will provide the participants with an understanding of the orthoses used for contracture correction for the wrist, elbow and PIP joints; and for conditions requiring stabilization and relative motion positioning. Participants will have the opportunity to fabricate the orthoses discussed including the following:

- Static Progressive Wrist Orthosis
- Static Progressive Elbow Flexion Orthosis
- PIPJ Contracture Correction Orthoses: Wire 3-Point Extension
- Mid-Carpal Instability Orthosis
- MCP Joint Alignment Orthosis (Anti-Ulnar Drift)
- Relative Motion Orthosis and Variations

The faculty will provide a brief didactic session and demonstration before each orthosis fabrication lab. Handouts with detailed descriptions of orthosis fabrication will be provided. **Participants should be at the intermediate level.**

POST-COURSE: ORTHOTIC FABRICATION SKILL BUILDING WORKSHOP — BEGINNER LEVEL — TUESDAY, MARCH 11, 2025 | 8:00 AM–12:00 PM

Faculty: Lauren M. DeTullio, OTR/L, CHT and Terri M. Skirven, OTR/L, CHT

Description: Orthotic fabrication is an important component of the conservative and postoperative management for a variety of hand and upper extremity conditions. This half day skill building workshop will provide the participants the opportunity to fabricate the most commonly ordered orthoses, which include the following:

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

Brief didactic presentations and demonstrations will precede each fabrication lab. Detailed handouts with fabrication instructions 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: \$229.00/night

Deadline for reduced rates is February 21, 2025.

Hotel Reservations

Please identify yourself as part of the Hand Rehabilitation Foundation group when calling the Reservations Center at **888-236-2427** or **215-448-2000**.

Online Reservations Link: <https://tinyurl.com/HandTherapy2025>

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

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

Jessica Carr, MS, OTR/L, CHT
Havertown, PA

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

Amber DeLuca, OTR/L
Philadelphia, PA

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

David Ebaugh, PT, PhD, OCS
Philadelphia, PA

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

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

Thomas J. Gillon, MD
Rockledge, PA

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

Anna Houser, MPH, PT, DPT
Glenside, PA

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

Michelle Hughes, MSN, RN, CBRN
Philadelphia, PA

William Hughes, MD
Philadelphia, PA

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

Karena Landin, OTR/L
Philadelphia, PA

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

John D. Lubahn, MD
Erie, PA

Rachel Lyons, OTR/L, CHT, COMT
Rockledge, PA

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

Norah Malkinski, OTR/L, CHT, CLT
Philadelphia, PA

Kimberly Masker, OTD, OTR/L, CHT
Johnson City, TN

Rowena McBeath, MD, PhD
Langhorne, PA

Andrew J. Miller, MD
Cherry Hill, NJ

Corbin Muetterties, MD
King of Prussia, PA

A. Lee Osterman, MD
King of Prussia, PA

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

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

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

Gerard J. Smith, DPT
Newark, DE

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

Adam B. Strohl, MD
Philadelphia, PA

Stephanie Sweet, MD
King of Prussia, PA

Angela Tate, PT, PhD, CertMDP
Harleysville, PA

Stephen Thomas, PhD, ATC, FNATA, FASSET
Philadelphia, PA

Amy Todd, OTR/L, CHT
Atlanta, GA

Merrilee Viguers, OTR/L
Philadelphia, PA

Laura Walsh, OTR/L, CHT
Philadelphia, PA

Mark T. Walsh, PT, DPT, MS, CHT
Richboro, PA

Tristan B. Weir, MD
King of Prussia, PA

Ellen Wilson, OTR/L, CHT
Limerick, PA

Matthew S. Wilson, MD
Philadelphia, PA

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

Terri Wolfe, OTR/L, CHT
Erie, PA

David S. Zelouf, MD
King of Prussia, PA

Philadelphia Hand to Shoulder Center Adjunct Faculty

Lois Bencardino, OTR/L

Colleen Burke, PT

Katie Burkhardt, OTR/L, CHT

Alexis Caccio, OTR/L

Marianne Dunphy, OTR/L, CHT

Laura Fisher, PT, CHT

Elizabeth Mester, OTR/L, CHT

Deborah Reich, PT, DPT, CHT

Anna Ross, OTR/L

Marie Sayers, OTR/L, CHT

Katie Sheaffer, MOT, OTR/L, COMT

Jennifer Smith, MS, OTR/L

2025 PHILADELPHIA MEETING

Surgery and Rehabilitation of the Hand

CONCURRENT SESSIONS

SATURDAY, MARCH 8, 2025 | SESSIONS 1-6

1. Orthosis Fabrication: Overcoming Stiffness

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

Workshop Assistants: Lois Bencardino, OTR/L; Colleen Burke, PTA; Alyssa Soorikian, OTR/L, CHT

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 McBeath, 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

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 | SESSIONS 7-11

7. Orthosis Fabrication: Functional Orthoses for Nerve Palsies

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

Workshop Assistants: Colleen Burke, PTA, Laura Fisher, PT, CHT, Jessica Carr, MS, OTR/L, CHT

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; Stephen Thomas, 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.

9A. Neurodynamic Examination of the Upper Limb

9B. Neurodynamic Treatment of the Upper Limb

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

Workshop Assistants: 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 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.

Continued on next page

2025 PHILADELPHIA MEETING

Surgery and Rehabilitation of the Hand

CONCURRENT SESSIONS

SUNDAY, MARCH 9, 2025 | SESSIONS 7-11

Continued from previous page

10. Taping Techniques

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

Workshop Assistants: Alexis Caccio, OTR/L; Elizabeth Mester,
OTR/L, CHT; Marie Sayers, 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.

11. Clinical Examination of the Wrist

Moderators: Amber DeLuca, OTR/L, Brittany Sampson,
OTR/L, CHT; Jennifer Smith, OTR/L

Workshop Assistant: Katie Sheaffer, OTR/L, COMT

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 | SESSIONS 12-16

12. Orthosis Fabrication: Relative Motion Orthoses

Terri M. Skirven, OTR/L, CHT

Workshop Assistants: Katie Burkhart, OTR/L, CHT;
Marianne Dunphy, OTR/L, CHT

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

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

15. Soft Tissue Mobilization Techniques

Matthew Conoscenti, PT, DPT, OCS, CEEAA

Workshop Assistant: Jessica Carr, 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.

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

Moderator: Emily Altman, PT, DPT, CHT

Workshop Assistants: Laura Fisher, PT, CHT;
Anna Ross, OTR/L

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	DAY/DATE	1 st Choice	2 nd Choice	3 rd Choice
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.	Saturday, March 8 (Sessions 1-6)			
	Sunday, March 9 – 1:00 pm (Sessions 7-11)			
	Sunday, March 9 – 3:30 pm (Sessions 7-11)			
	Monday, March 10 (Sessions 12-16)			

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 Orthotic Fabrication Skill Building Workshop - Friday, March 7, 2025	\$500
POST-COURSE Orthotic Fabrication Skill Building Workshop - Tuesday, March 11, 2025	\$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 2025)	\$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, 2025.

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, 2025. **No refunds after March 1, 2025.**

Social Events

I am planning to attend the Opening Reception on Friday, March 7, 2025 from 6:00 – 8:00 pm. Yes No

I am planning to attend the Chairman's Reception on Sunday, March 9, 2025 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 2025
Watch your email for details!
There will be NO syllabus book.

Register Online at www.HandFoundation.org