

# 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, CHT**  
**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**  
**Matthew S. Wilson, 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](http://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.

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*
2. Surgical Procedures and Post-Operative Rehabilitation: Upper Extremity Tendinopathies Panel: *Rowena McBeath, MD, PhD; Corbin E. Muettterties, MD; Jeanine A. Beasley, EdD, OTR, CHT, FAOTA; Karen S. Schultz, MS, OTR, FAOTA, CHT*
3. Physical Agent Modalities *Gerard J. Smith, DPT*
4. Therapy Practice Management *Gary Solomon, MBA, MS, OTR/L, CHT; Danielle Sparks, DHS, MOT, OTR, CHT; Terri L. Wolfe, OTR/L, CHT*
5. Hand Assessment *Elaine Fess, MS, OTR/L, CHT, FAOTA*
6. Rotator Cuff Conditions: Evaluation and Treatment *Brian G. Leggin, PT, DPT, OCS*

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](http://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.

7. Orthosis Fabrication: Functional Orthoses for Nerve Palsies Moderator: *David M. Wolfe, OTR/L, CHT* Workshop Assistants: *Colleen Burke, PTR, Laura Fisher, PT, CHT, Jessica Carr, MS, OTR/L, CHT*
8. Manual Therapy of the Shoulder Moderators: *Thomas Kane, DPT; Chris Keating, DPT; Stephen Thomas, PhD, ATC, FNATA, FASSET*
- 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*
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*
11. Clinical Examination of the Wrist Moderators: *Amber DeLuca, OTR/L, Brittany Samson, MS, OTR/L, CHT, Jennifer Smith, OTR/L* Workshop Assistant: *Katie Sheaffer, OTR/L, COMT*

### 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**

2:40 pm Key Points  
**Jessica Carr, MS, OTR/L, CHT**

3:00 pm Coffee Break/Exhibits

### **3:30 pm Concurrent Sessions**

5:30 pm **Meeting Adjourn**

*Please see pages 7-9 of this brochure or visit [www.HandFoundation.org](http://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*

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*

# 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, PTA

Katie Burkhart, OTR/L, CHT

Alexis Caccio, OTR/L

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

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 <sup>st</sup> Choice	2 <sup>nd</sup> Choice	3 <sup>rd</sup> Choice
See <a href="http://www.HandFoundation.org">www.HandFoundation.org</a> 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](http://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](http://www.HandFoundation.org)**