

2018 *Annual* REPORT

CREATING

Possibilities



ASHT

AMERICAN SOCIETY OF HAND THERAPISTS™



INSIDE





ASHT

AMERICAN SOCIETY OF HAND THERAPISTS™

About ASHT

Founded in 1977, the ASHT is an organization of hand therapy professionals dedicated to advancing the field of hand and upper extremity therapy by promoting education, advocacy, research and clinical standards. ASHT members include occupational and physical therapists, physician extenders, researchers, surgeons and administrators.

MEMBERSHIP

ASHT is a growing society that welcomed 377 new members in 2018, re-captured 60 lapsed members and reported an 80% member retention rate overall.

The ASHT Board of Directors, volunteer leaders and staff have taken great strides to grow membership value. Our goal has been and continues to be building on past and present organizational accomplishments in an innovative, collaborative and global manner to meet the future needs of hand therapists, allied professional communities and patients.



PRESIDENT'S *Message*

Kristin Valdes, OTD, OT, CHT

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It has been my honor to serve as president of ASHT this past year. I would like to take this opportunity to highlight some of the programs and initiatives that have taken place. Many of these programs and initiatives would not be possible without the diligent and tireless work of ASHT's volunteers.

ASHT membership continues to grow. This past year, we have implemented reduced first-year student member pricing. There is some evidence that it is more difficult to recruit members once they become practicing therapists. We are excited about our new young members and hope they will continue to be members of ASHT in the years to come.

As a benefit to newer members, ASHT has created a new video educational offering using a real patient and therapist interacting in a clinical setting to promote clinical reasoning and promote clinical excellence. ASHT has also created a manual that can be used by clinicians who take occupational and physical therapy students to serve as a guide during clinical and fieldwork hand rotations.

Our e-Community provides members opportunities to interact with each other regarding a number of issues including patient case questions and reimbursement. We have added a section to the e-Community for our members who are involved in academic teaching and hope to see the community grow with fruitful ideas. The e-Community is very busy and it is exciting to see the exchange of information that takes place through this platform.

**“Coming together is a beginning.
Keeping together is progress.
Working together is success.”**

— HENRY FORD

To further the goal of advocating for the hand therapy profession, ASHT hired Tim Casey of Polsinelli, Inc. as a legislative consultant. Tim has a proven record of leadership in advancing the federal priorities of national associations, corporations, consumer organizations and nonprofits. During his tenure with the American Nurses Association and the American Occupational Therapy Association, he became a trusted resource to Members of Congress and their staff.

As you read through this report, you will see what each division and committee has contributed to make this year a success! The divisions and committees continue to expand their projects and this increases the value of your membership in ASHT. ASHT continues to strive to provide hand therapists with the useful information to guide practice and promote the specialty of hand therapy.

I must thank each member of ASHT for your support during the past year. Thank you to the volunteers and the professional staff. The encouragement and hard work that has been put forth during the past year has been phenomenal.



YEAR *in* REVIEW

*Calendar cycle 2017-2018 was characterized by significant activities within each of the three pillars of ASHT's mission: **Education, Research and Practice.***

Education

ASHT's commitment to educating hand therapy professionals has never been stronger. The society's educational portfolio has significantly expanded through live meetings, online education and publications. ASHT's 2017-2018 educational activities included:

- Organized and hosted four Hand Therapy Review Courses through August **(313 attendees)**, including a new course in Atlanta, GA
- Organized and hosted four Hands on Orthotics workshops through August **(94 attendees)**
- Facilitated 12 live webinars through August **(1,033 participants)**
- Launched a new regional live course – Education on Tour – two courses **(21 participants)**
- Developing a new online study group – ASHT Upper Extremity Institute – to provide structure and support for new hand therapists
- Published a new *Clinical Educators Manual* to provide guidance and structure for therapists who are supervising occupational therapy and physical therapy students within the clinical specialty of hand therapy
- Encouraged and promoted networking and professional development through ASHT's Mentoring Program. Created online resources including a mentoring handbook, self-assessment tools, videos and a contract template. Facilitated discussions and introductions via the mentoring e-Community page to help mentors and mentees find one another.
- Provided content for the Test Your Knowledge column in the *ASHT Times*
- Generated and facilitated discussion on the ASHT e-Community specific to the Hand Therapy Certification Exam
- Completed and published six new Patient Education Resources through August. These flyers provide information on common diagnoses, answer frequently asked questions

YEAR *in REVIEW* *continued*

and educate patients on the role a hand therapist plays in their treatment. Newly released topics include:

- » Carpal Tunnel Syndrome (in Spanish)
- » LRTI Procedure
- » Mallet Finger
- » Radial Nerve Palsy
- » Rotator Cuff Tears
- » Scaphoid Fractures

Research

Research is critical to ensure the viability and advancement of hand therapy. ASHT is committed to supporting a generation of evidence-informed research to promote hand therapy clinical practice. The society disseminated and promoted research on hand and upper extremity conditions to members through the following initiatives:

- Organized and hosted monthly Journal Clubs, the official online forum for the *Journal of Hand Therapy* **(528 participants)**
- Awarded four research awards for the 2017 Annual Meeting:
 - » Best Scientific Paper, Nancy Talbott, PhD, PT, “Can the mechanical effects of manual mobilization of the glenohumeral joint be reproduced during self mobilization techniques?”
 - » Best Scientific Poster, Julie Corbett, MS, OTR, CHT, “Conceptualization of a palm to finger translation and targeted coin placement test”
 - » First-Time Researcher Award, Kerstin Baun, MPH, OTR/L, “Case comparison of electric digits and 3D-printed body powered hand prosthesis”
 - » Journal of Hand Therapy First-Time Writer’s Award, Hector Gutierrez-Espinoza, MD, “Supervised physical therapy vs. home exercise program for patients with distal radius fracture: A single-blind randomized clinical study”
- Awarded the ASHT Founders Grant for Research in Hand Therapy:
 - » Nicholas Heebner, PhD, ATC, Tim Uhl, PT, PhD, Jenny Dorich, OTR/L, MBA, CHT and Nicole Cascia, PhD, ATC, for their project titled “Biomechanical validation of push-up and pull-up progression program.”
- Facilitated, vetted and distributed 12 research surveys to ASHT membership

- Launched the Research Updates series to increase awareness of emerging research in the field of hand and upper extremity rehabilitation. Distributed monthly summaries of an original published research paper.
- Organized and facilitated Research 101 webinar **(86 participants)**
- Developing five new online chapters for the *Clinical Assessment Recommendations, 3rd edition*

Practice

ASHT remains dedicated to developing resources and support for day-to-day practice issues. The Practice Division comprises three committees dedicated to keeping members informed about legislation, regulation and industry trends affecting the delivery of and payment for hand therapy services. To further the goal of advocating for our profession, ASHT hired a legislative consultant. The society’s Practice Division activities included:

ADVOCACY COMMITTEE

- Reviewed legislation introduced into both the U.S. House and Senate for potential impact on the delivery of hand therapy services
- Identified, prioritized and produced content for the Legislative Action Center
- Represented ASHT at the APTA Federal Forum and AOTA Capitol Hill Day
- Tracked developments in the evolving debate over healthcare reform, keeping members updated

FEDERAL AND STATE REGULATIONS COMMITTEE

- Followed proposed payment updates and regulatory changes issued by the Centers for Medicare and Medicaid Services (CMS)
- Researched and responded to email and phone inquiries, and fielded e-Community questions concerning:
 - » Medicare Access to Rehabilitation Services Act
 - » Medicare Therapy Cap Repeal
 - » Opioid Crisis Response Act
 - » 2019 Medicare Physician Fee Schedule

YEAR *in REVIEW* *continued*

- Created and distributed a survey examining the role hand therapists play in battling the nation's opioid epidemic. The information gathered may be used and presented to physicians, insurers and legislators, in an effort to add the hand therapist's voice and experience in this broader debate.
- Published articles and blog posts related to the opioid crisis and hand therapy
- Represented ASHT at the AOTA Annual Meeting and APTA Combined Sections Meeting

PRACTICE MANAGEMENT COMMITTEE

- Reviewed the yearly update of the CMS orthotics code list and updated DME coding information on the ASHT website
- Updated online practice toolbox resources, including:
 - » Medicare Therapy Cap Repeal FAQ
 - » Orthosis-Related CPT Changes for 2018 FAQ
 - » Casts and Orthoses FAQ
 - » Elastic Therapeutic Taping FAQ
 - » Utilization of Assistants in Hand Therapy FAQ
 - » Functional Capacity Evaluation and Work Hardening FAQ





JOURNAL *of* HAND THERAPY

*The **Journal of Hand Therapy** continues to serve as the recognized source of cutting-edge scientific and clinical articles for advancing the field of hand and upper extremity rehabilitation. Regularly published features include scientific/clinical articles, case reports, practice forum, research reports and departments which include book reviews and literature abstracts.*

Content Overview

SUBMITTED ARTICLES

Calendar Year: Jan '17 – Dec '17
215 (2% over prior year)

Last 12 months: Jul '17 – Jun '18
249 (16% over prior period)

ACCEPTED ARTICLES

Calendar Year: Jan '17 – Dec '17
108 (44% over prior year)

Last 12 months: July '17 – June '18
93 (3% over prior period)

PUBLISHED ARTICLES

Calendar Year: Jan '17 – Dec '17
59 (13% over prior year)

Last 12 months: July '17 – June '18
66 (22% over prior period)

REJECTION RATES

Calendar Year: Jan '17 – Dec '17
Desk – 30% (6% under prior year)
Standard – 21% (12% under prior year)
Total – 51% (18% under prior year)

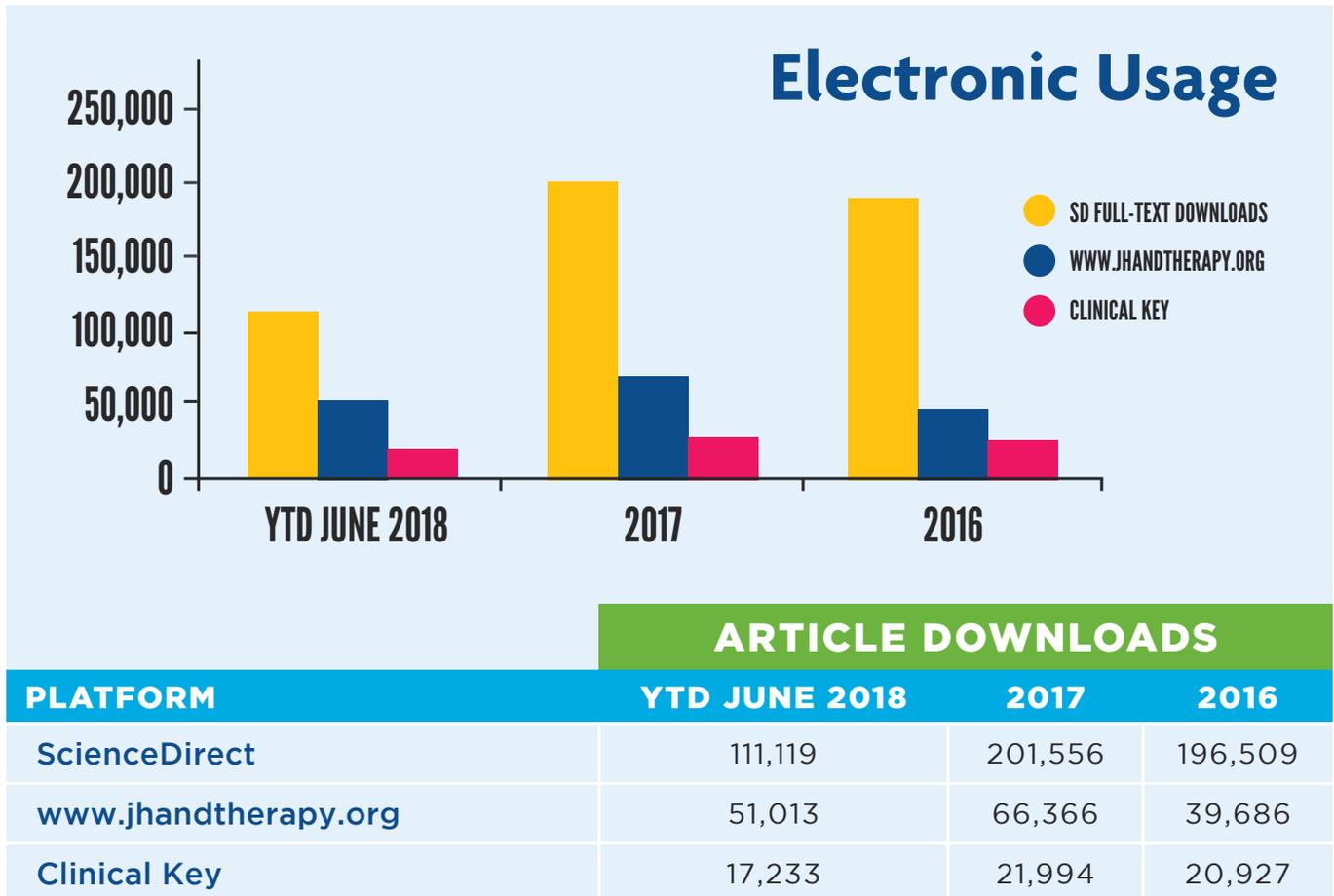
YEAR-TO-DATE JUN '18

Desk – 40% (8% over prior year)
Standard – 29% (9% over prior year)
Total – 69% (17% over prior year)

Reach and Usage

Top 10 most cited articles published in 2015-2016 – contributing to 2017 Impact Factor (1.04)

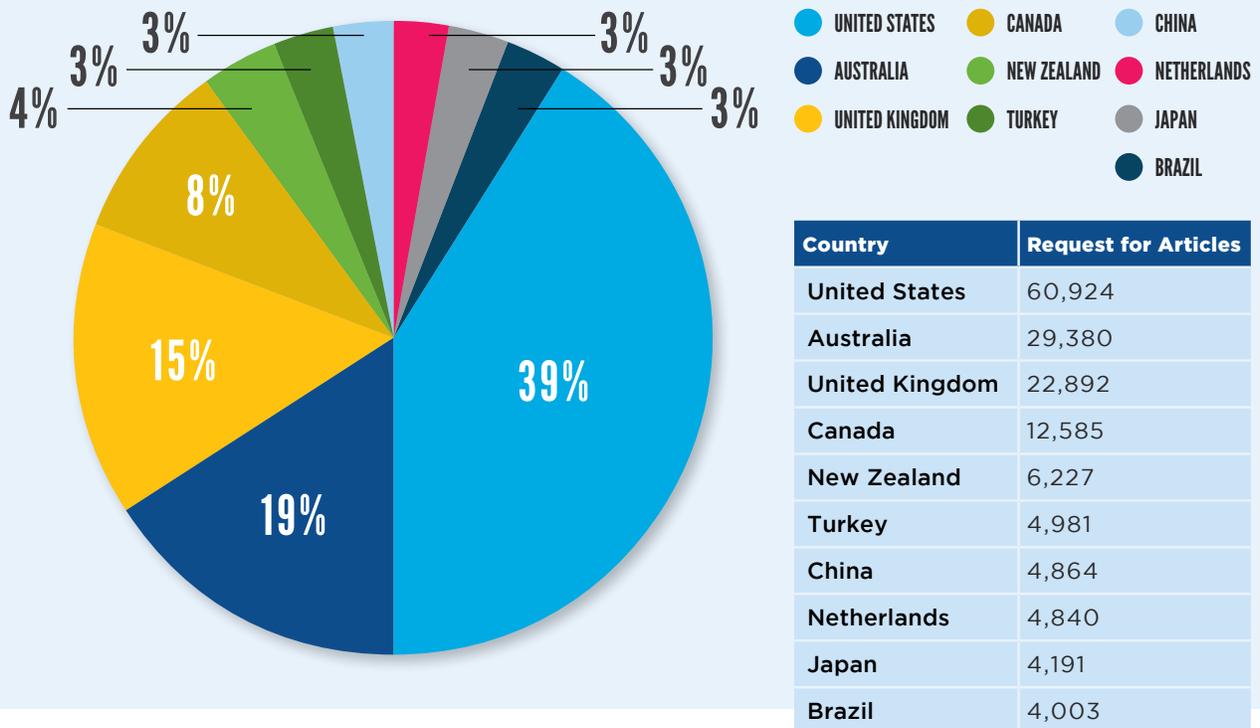
1. Dexterity as measured with the 9-Hole Peg Test (9-HPT) across the age span, Vol. 28, No. 1, 2015 – Wang Y.-C.
2. Forearm amputees’ view of prosthesis use and sensory feedback, Vol. 28, No. 3, 2015 – Wijk, U.
3. Epidemiology of distal radius fractures and factors predicting risk and prognosis, Vol. 29, No. 2, 2015 – MacIntyre, NJ.
4. Conservative treatment of mallet finger: A systematic review, Vol. 28, No. 3, 2015 – Valdes, K.
5. How therapists specializing in hand therapy evaluate the ability of patients to participate in their daily lives: An exploratory study, Vol. 28, No. 3, 2015 – Weinstock-Zlotnick, G.
6. Current and emerging strategies for treatment of childhood dystonia, Vol. 28, No. 2, 2015 – Bertuccio, M.
7. Dart-Splint: An innovative orthosis that can be integrated into a scapho-lunate and palmar midcarpal instability re-education protocol, Vol. 28, No. 3, 2015 – Braidotti, F.
8. Long term functional outcomes after early childhood pollicization, Vol. 28, No. 2, 2015 – Lightdale-Miric, N.
9. Orthotic intervention incorporating the dart-thrower’s motion as part of conservative management guidelines for treatment of scapholunate injury, Vol. 29, No. 2, 2016 – Anderson, H.
10. Specificity of the minimal clinically important difference of the quick Disabilities of the Arm, Shoulder and Hand (QDASH) for distal upper extremity conditions, Vol. 29, No. 1, 2016 – Smith-Forbes, E.V.



TOP 10 ARTICLE DOWNLOADS, JANUARY 2017–MAY 2018 (SCIEDIRECT)

1. Comparison of effects of eccentric training, eccentric-concentric training, and eccentric-concentric training combined with isometric contraction in the treatment of lateral elbow tendinopathy, Publication Date January 2017 – Stasinopoulos, D.
2. Effectiveness of edema management techniques for subacute hand edema: A systematic review, Publication Date October 2017 – Miller, L.
3. The effects of Kinesio Tape on the treatment of lateral epicondylitis, Publication Date 2018, Shakeri, H.
4. Osteoarthritis and Rheumatoid Arthritis: Conservative Therapeutic Management, Publication Date April 2012 – Beasley, J.
5. Effectiveness of rehabilitation for patients with Subacromial impingement syndrome: A systematic review, Publication Date April 2004 – Michener, L.
6. Effect of rotator cuff strengthening as an adjunct to standard care in subjects with adhesive capsulitis: A randomized controlled trial, Publication Date July 2017, Rawat, P.
7. Hand therapy versus corticosteroid injections in the treatment of de Quervain’s disease: A systematic review and meta-analysis, Publication Date January 2016 – Cavaleri, R.
8. A systematic review of conservative interventions for osteoarthritis of the hand, Publication Date October 2010 – Valdes, K.
9. Proprioception of the Wrist Joint: A review of current concepts and possible implications on the rehabilitation of the wrist, Publication Date January 2010, Hagert, E.
10. Chronic Lateral Epicondylitis: Comparative effectiveness of a home exercise program including stretching alone versus stretching supplemented with eccentric or concentric strengthening, Publication Date October 2005 – Martinez-Silvestrini, J.

Top 10 Countries Downloading JHT Articles, 2017 (ScienceDirect)



MEMBERSHIP *Engagement*

ASHT continues to work diligently to promote **practice, research and education** in the field of hand therapy. In order to support these goals, ASHT strives to identify and meet the needs of the membership and to engage the membership at many levels, including the communities in which they serve. The following are some of the membership engagement projects this year.

MEMBERSHIP SURVEY

In June 2017, a survey was released to ASHT members. The goals were to determine the extent to which members use programs and services; to learn whether services should be added, revised or improved; and to gauge members' understanding of the issues that are central to ASHT. The survey results continue to serve as a framework to design programs and initiatives based upon identified member needs.

TIP OF THE WEEK

This new program was developed from member feedback requesting quick practice ideas to simplify daily patient care. The first biweekly "Tip of the Week" post was featured July 17, 2018 on ASHT's Facebook page. If you would like to share a tip, trick or insight with your colleagues, please email ASHT@asht.org to learn more.

VOLUNTEER PORTAL

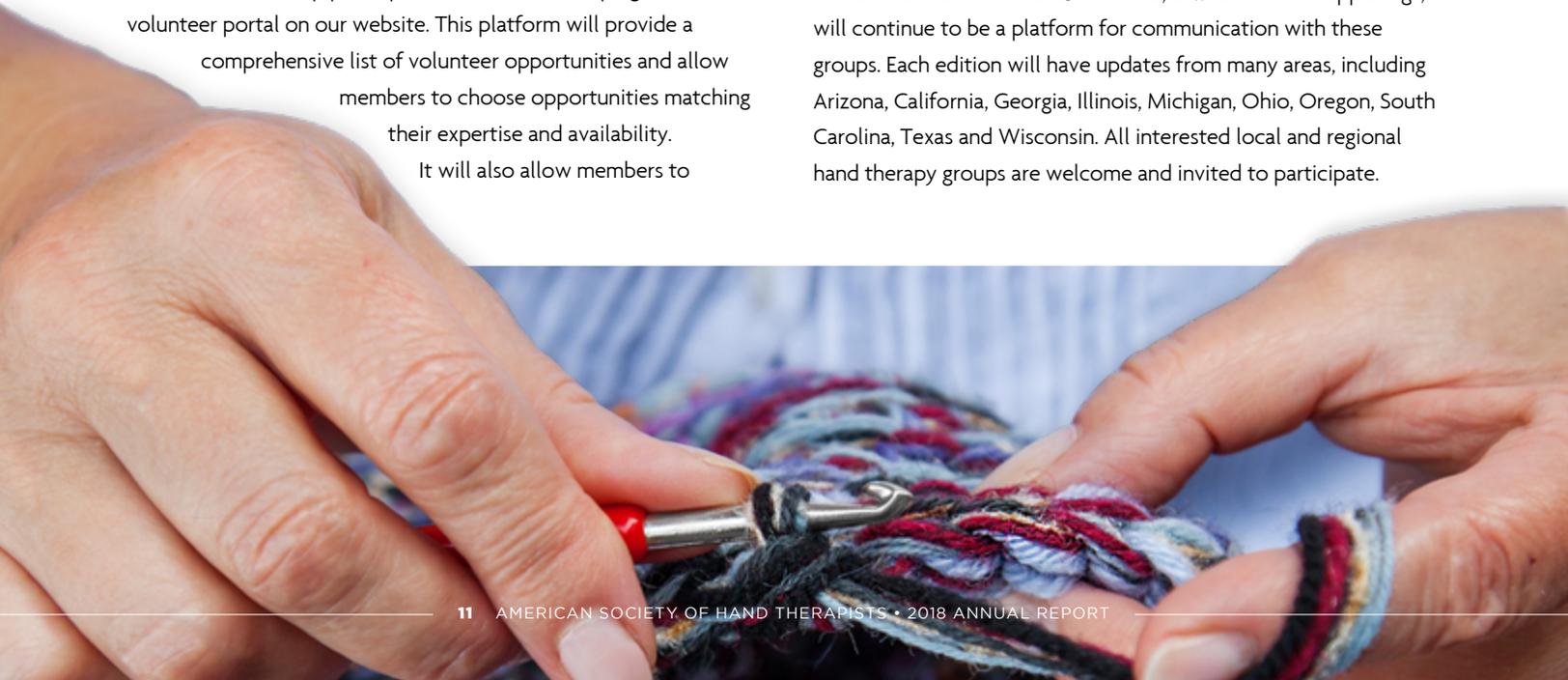
As a specialty organization, ASHT has a deep bench and strives to engage our membership's vast array of talent. In our effort to increase membership participation, ASHT is developing a new volunteer portal on our website. This platform will provide a comprehensive list of volunteer opportunities and allow members to choose opportunities matching their expertise and availability. It will also allow members to

note their interest and expertise in order to create a "volunteer registry." Applications for open opportunities will be linked so the process for volunteering will be streamlined. In addition, "micro-volunteering" projects will be available for members who want to contribute but aren't able to make a long-term commitment.

REGIONAL HAND THERAPY INTEREST GROUPS

The ASHT community outreach program is designed to promote new relationships and to build upon existing relationships with all local and regional hand therapy groups. ASHT's vision is to provide quarterly updates that are pertinent to the existence and growth of hand therapy within these smaller groups, through the sharing of information. ASHT also welcomes the opportunity to purchase a vendor table when smaller regional groups hold meetings where vendors are invited to participate.

Ultimately, ASHT would like to develop channels for sharing resources and information throughout the entire country. Reciprocally, ASHT posts announcements of upcoming meetings and educational offerings from all interested groups in the *ASHT Times*. The section in the *ASHT Times*, called "What's Happening?," will continue to be a platform for communication with these groups. Each edition will have updates from many areas, including Arizona, California, Georgia, Illinois, Michigan, Ohio, Oregon, South Carolina, Texas and Wisconsin. All interested local and regional hand therapy groups are welcome and invited to participate.





FINANCIAL *Summary*

FY 2017 Audit Results: Statement of Financial Position

As of December 31, 2017, ASHT had total assets of \$1,762,241 and total liabilities of \$481,291 for total net assets of \$1,280,950. Net assets increased from December 31, 2016 by \$191,501. The detail is outlined below.

ASSETS	2017	2016
CASH	\$580,961	\$568,847
ACCOUNTS RECEIVABLE	\$22,385	\$18,768
PREPAID EXPENSES/OTHER ASSETS	\$75,707	\$68,779
INVESTMENTS	\$990,381	\$832,963
WEBSITE DEVELOPMENT/AMORITIZATION	\$92,807	\$119,969
TOTAL ASSETS	\$1,762,241	\$1,609,326

LIABILITIES	2017	2016
ACCOUNTS PAYABLE/ACCRUED EXPENSES	\$39,093	\$37,171
DEFERRED REVENUE	\$442,198	\$482,706
TOTAL LIABILITIES	\$481,291	\$519,877

NET ASSETS	2017	2016
UNRESTRICTED	\$1,228,486	\$1,032,062
TEMPORARILY RESTRICTED	\$52,464	\$57,387
TOTAL NET ASSETS	\$1,280,950	\$1,089,449

VOLUNTEER *Recognition*

Volunteers are essential to all nonprofit organizations, and the individuals named here have chosen to dedicate their time to ASHT. Volunteer service contributes to the core products, programs and services offered to ASHT membership. Their passion for hand therapy provides them with the energy to create new learning opportunities and/or services to help ASHT members meet the demands

of clinical practice. Thank you to all of our generous ASHT volunteers. These individuals may or may not know their contributions have made a difference to their fellow members, to a professional colleague in the allied health community or to a patient with an upper extremity condition, but they have served willingly and passionately.

Annual Meeting Committee

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Dianna Lunsford, OTD M.Ed., OTR/L, CHT
Ann M. Lucado, PhD, PT, CHT
Don Lalonde, MD, FRCSC
Kim Kraft, PT, DPT, CHT
Mia L. Erickson, PT, CHT, EdD

ASHT Times

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Bryan Carlson, MS, OTR/L, CHT—*Editor*

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Jarod f. Mann, OTR/L, CHT
Mary L. Mundrane-Zweiacher, MPT, ATC, CHT

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Hannah Gift, OTR/L, CHT, COMT UE, CEAS
Cynthia L. Glaenger, PT, CHT
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Alessia DiGennaro Kerner, OTR/L, CHT
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Tomislav Pilekic, OTR/L
Rebecca Jane Saunders, PT, CHT
Emily Skoza Brackenridge, MS, OTR/L, CHT

Brocha Z. Stern, MOT, OTR/L, CHT
Jill Yanick, OTR/L, CHT
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Brocha Z. Stern, MOT, OTR/L, CHT
Jill Yanick, OTR/L, CHT

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Marvin Reinglass, CPA/PFS
Brett A. Zane
Octavian Goga

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Heather Hopkins, MA, OTR/L, CHT
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Courtney Middleton, OTR/L, CHT, CLT
Josephine Si Nun Wong, MAOTR, CHTKrisi Probert, OTD, OTR/L, CHT
Danielle Watts, DPT, PT, CHT
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Stephanie Carlson-Ballone, OTD, OTR/L, CHT
Diane Coker, DPT, CHT
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Virginia H. O'Brien, OTD, OTR/L, CHT
Beverly Bass, OTD, OTR/L, CHT, CLT

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Stacy Lynn Hite, PT, DPT, MS, CHT
Kerri Darrow Kitchens, MOTR/L, CHT

ASHT *Times*

Each quarter, ASHT members look forward to receiving an update on ASHT activities, members, current events affecting hand therapy practice and clinical content, all in the society's flagship publication, *ASHT Times*. Here's a look at some key metrics from the publication.

ASHT TIMES READERSHIP METRICS

SEPTEMBER 14, 2017
THROUGH AUGUST 31, 2018

UNIQUE VIEWS:
2,897

THIS IS THE NUMBER OF INDIVIDUALS WHO VIEWED THE PUBLICATION. EACH READER IS COUNTED JUST ONCE.

PAGE VIEWS:
54,490

THIS IS HOW MANY PAGES WERE VIEWED IN *ASHT TIMES* DURING THE YEAR. PEOPLE MAY READ PAGES OF THE MAGAZINE SEVERAL TIMES, AND HELPS US IDENTIFY WHICH ARTICLES GET THE BEST READERSHIP AND ARE OF MOST INTEREST TO MEMBERS.

ISSUE VIEWS:
6,011

(77% DESKTOP, 23% MOBILE)

THIS IS THE TOTAL NUMBER OF TIMES ISSUES WERE READ, AND INCLUDES RETURNING VISITORS, WHO MAY COME BACK TO THE ISSUE SEVERAL TIMES.

PAGES PRINTED:
4,852

THIS IS THE NUMBER OF PAGES PRINTED FROM THE DIGITAL EDITION.

ISSUE
DOWNLOADS:
908

THIS IS THE NUMBER OF TIMES FULL ISSUES OF *ASHT TIMES* WERE DOWNLOADED AS PDFS BY READERS.

Top 5 Articles

There's a trend in the top articles of 2017-2018: ASHT members value clinical content outlining practical applications for their practice.

- 1. The CMS Orthotics Kerfuffle: Lessons Learned and Future Actions**
Gary Solomon, MBA, MS, OTR/L, CHT
- 2. Clinical Corner: Ulnar-Sided Test**
Wen Yau Jennie Yen, PT, DPT, CHT, CLT, SFMA
- 3. Literature Review: Conservative Treatment of Trigger Finger with Orthoses**
John Avery, OTR/L, CHT
- 4. Creativity in Orthoses**
Julie Frenier, OTR/L, CHT and Jennifer Rifis, OTR/L
- 5. Hand Therapy's Critical Role in Rehabilitation after Upper Extremity Trauma**
Mary Anne Dykstra, OTR/L, CHT



SOCIAL *Media*

ASHT's social media following and engagement has continued to grow, with a **14-percent increase in total followers year over year**, and a **9-percent overall increase since January 2018**. The ASHT Facebook page experienced the largest percentage increase, with a **22-percent increase in followers since July 2017**, and a **12-percent increase since January 2018**.

Total ASHT Social Media Followers

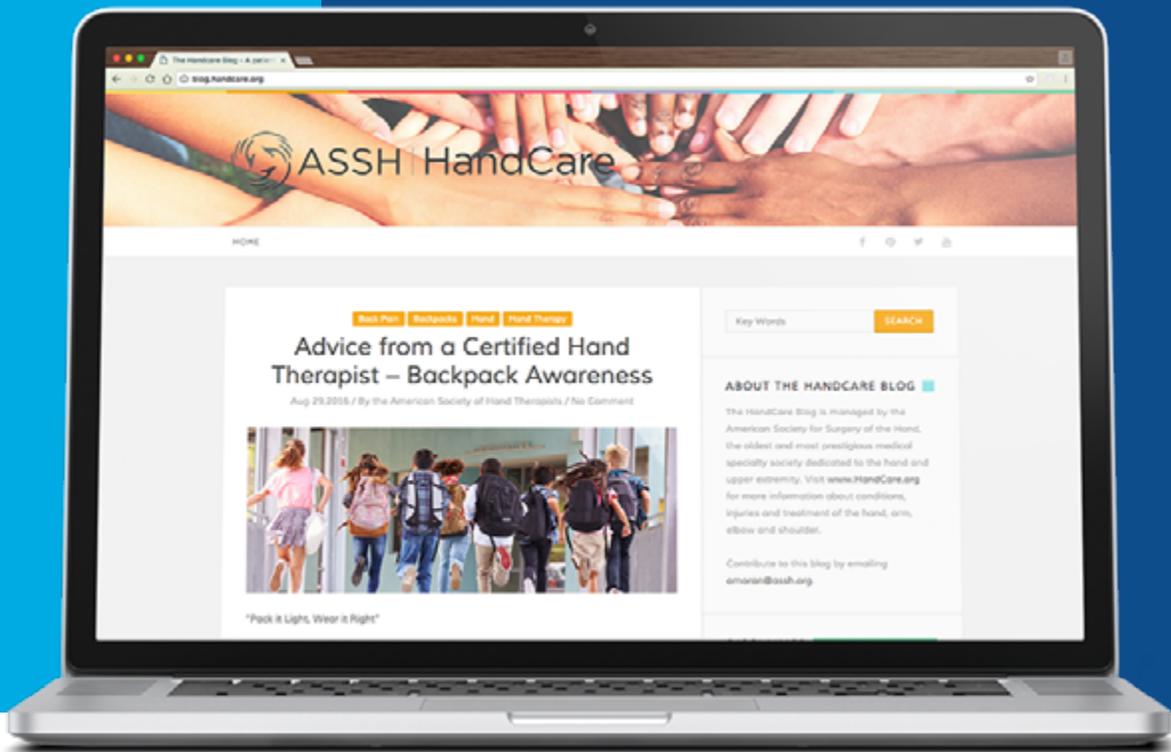


YEAR	FACEBOOK	TWITTER	LINKEDIN	PINTEREST
2014	2,043	1,552	1,737	113
2015	2,732	1,921	2,135	133
2016	3,577	2,218	2,278	161
2017	4,170	2,382	2,334	169
2018	5,074	2,688	2,409	177

*As of July 27, 2018. All other totals are as of December 31 of the respective year.

While ASHT's LinkedIn private group and Twitter feed have amassed a significant number of members over the last several years, the society's Facebook has proven to be the most engaging platform for ASHT members and supporters.

The most popular Facebook posts of the last year include news of the Medicare therapy cap repeal, an update on Jimmy Fallon's ring avulsion injury, occurrences of "avocado hand" injuries, Hand Therapy Week 2018 (including the annual ASHT Photo Contest and new hand safety video related to gardening) and many of ASHT's contributions to ASSH's HandCare.org blog.



HANDCARE.org

In 2015, ASHT partnered with the American Society for Surgery of the Hand (ASSH) to provide important information to patients and the public through ASSH's HandCare.org blog. Each month, ASHT's Technology and Communication Committee contributes a piece focused on the value of hand therapy, authored by committee members and ASHT volunteers. This information has become some of our most shared posts on social media, helping our therapists demonstrate the importance of hand therapy to the public.

Between July 2017 and July 2018, the HandCare.org blog received 178,723 overall views – a significant increase from the previous year due to additional promotion and search engine optimization tactics. According to ASSH's metrics, ASHT-generated content accounted for about 20% of traffic on the HandCare.org blog.

Three of the blog's top 25 most read posts (#2 cubital tunnel syndrome, #12 trigger finger, #22 Dupuytren's contracture) were ASHT contributions. "Advice from a Hand Therapist: Cubital Tunnel Syndrome" was viewed more than 21,000 times, making up nearly 12% of all views.

The top 5 most popular ASHT-contributed posts on the HandCare.org blog are:

- 1. Cubital Tunnel Syndrome**
<http://blog.handcare.org/blog/2015/07/24/advice-from-a-certified-hand-therapist-on-cubital-tunnel-syndrome/>
- 2. Trigger Finger**
<http://blog.handcare.org/blog/2015/11/25/advice-from-a-certified-hand-therapist-trigger-finger/>
- 3. Dupuytren's Contracture**
<http://blog.handcare.org/blog/2017/12/31/advice-from-a-certified-hand-therapist-on-dupuytren's-contracture/>
- 4. Pencil Grip**
<http://blog.handcare.org/blog/2017/07/28/advice-from-a-certified-hand-therapist-modifications-to-pencil-grip-for-handwriting/>
- 5. Surgery for Arthritis Pain**
<http://blog.handcare.org/blog/2017/11/21/advice-from-a-certified-hand-therapist-surgery-for-thumb-arthritis-pain/>

e-COMMUNITY



The ASHT e-Community continues to be the place for members to **connect, collaborate and share knowledge**, and to further the ASHT member experience.

Top 10 e-Community Discussions

RANK	DISCUSSION GROUP	TOPIC
1	Clinical Treatment Issues	EPIC (medical records system)
2	Practice & Reimbursement	EPIC for outpatient therapy documentation
3	Mentoring Community	Looking for a mentor
4	Clinical Treatment Issues	ICD10 treatment diagnoses codes
5	Clinical Treatment Issues	Radial Head Fracture: Non surgical, lacking 30 crucial degrees of extension
6	ASHT Community	Managing 30-minute evaluation/treatment slots
7	Practice & Reimbursement	2018 Medicare Updates for hand therapists
8	Clinical Treatment Issues	15 year old with hand amputation
9	CHT Exam Prep	Chicago CHT exam prep
10	ASHT Community	Overwhelmed!

AMERICAN SOCIETY OF HAND THERAPISTS™

HAND THERAPY WEEK

JUNE 5-11
2017

SPONSORED BY



HAND THERAPY *Week* 2018

*ASHT saw another successful **Hand Therapy Week** this year, due in part to the release of the first hand safety and injury prevention video, dedicated volunteer efforts and a highly engaged audience both among the membership and social media.*

HAND SAFETY & INJURY PREVENTION VIDEOS

Working in tandem with AH's digital media team, the Technology & Communication Committee produced the first video in a new series of hand safety and injury prevention videos. This video focused on gardening safety, sharing tips for keeping the hand and upper extremity safe, and an on-camera CHT sharing information about the specialty.



This video was by far the most popular post on ASHT's social media throughout Hand Therapy Week. The video post on Facebook was shared 165 times – **more than any other post in the history of the page**. This equated to a reach of nearly 15K, which is about 2K more than the total reach of all three hand therapy awareness videos last year combined!

ADDITIONAL RESOURCES/PROMOTION

The Patient Education Committee developed four new patient education resources: LRTI procedure, scaphoid fractures, radial nerve palsy and rotator cuff tears. These resources are intended for therapists to use as a convenient tool for patient care. The flyers provide information on common diagnoses, answer frequently asked questions and educate patients on the role a hand therapist plays in their treatment. Also new this year – by popular demand – was ASHT's first Spanish-translated Patient Education (carpal tunnel syndrome).

HAND THERAPY *Week 2018 continued*



The Patient Education Resource page was accessed more than 447 times during Hand Therapy Week, making up about 2% of website traffic and ranking fourth among page views.

In an effort to give therapists and hand therapy supporters simple and creative ways to celebrate Hand Therapy Week, ASHT also provided updated hand therapy flyers tailored to surgeons, primary care providers and the public.

ASHT PHOTO CONTEST + CELEBRATE & WIN! CONTEST

The ASHT Photo Contest featured 43 photos from 16 participants, and yielded more than 1,100 votes.

1st place

Sally Hawkins (“18, 50 and 85 years old”)

2nd place

Lisa Owens (Barbie)

3rd place

Julie DeMay (tie-dyed hands)

As part of the Celebrate & Win! Contest, members are invited to submit photos, videos and/or links of their 2018 celebrations to ASHT during and following Hand Therapy Week.

This year, North Coast Medical, ASHT’s exclusive sponsor, provided a giveaway for participants of both contests to receive one product of their choosing among three options.

SOCIAL MEDIA ENGAGEMENT

Facebook

Activity on the **ASHT Facebook page** surged during Hand Therapy Week 2018. The page’s total reach – number of individuals receiving any activity from the page, including posts to the page, posts by other people, page likes, ads, mentions and check ins – peaked at 28.6K at the start of Hand Therapy Week. Total page views more than doubled from Hand Therapy Week 2017, and the Facebook page also picked up 168 new followers, which is an all-time record (nearly doubling the next closest single-week follower gain).

In addition to the aforementioned gardening video, the ASHT Photo Contest album recorded a significant reach (7K). Other popular posts included the Hand Therapy Week logo, posts highlighting grassroots Hand Therapy Week celebrations and a “Throwback Thursday” post of the Helen Hamilton hand therapy awareness video from 2017.

Twitter

During Hand Therapy Week 2018, the ASHT Twitter page earned 10.3K impressions (11.9K including week leading up to HTW, which included heavy promotion). This period of time marked year highs in 2018. Top tweets during this period included the Hand Therapy Week kickoff, the photo contest and celebration ideas. Many users were also engaged via the Hand Therapy Week 2018 hashtag, using “#HTW2018” in their messages to connect with ASHT, fellow therapists, supporters and the public.



ALLIED ORGANIZATIONS *Update*

American Hand Therapy Foundation

The American Hand Therapy Foundation (AHTF) had an exciting 2017-2018 year of collaboration and growth. AHTF remains the only professional organization with the sole mission for funding hand therapy research and education. The foundation has good news to share about research funding and reorganization of AHTF's infrastructure and events.

- The foundation acquired a new executive manager, Dawn Briskey. Ms. Briskey has several years of experience in executive management, including the American Society for Surgery of the Hand. Her leadership and guidance of the foundation have streamlined new banking procedures and automated the fundraising database. The mission of the new executive director is to diversify fundraising and automate systems necessary to maximize research funds.
- During Hand Therapy Week, the foundation held its third annual 5K Virtual Run, which raised over \$10,000. Over 100 donors and sponsors participated in the event, which not only advances hand therapy research but also promotes health and physical fitness.
- The American Hand Therapy Foundation is comprised of an experienced and active board of directors. The board donates endless hours with the sole purpose for the progression and the success of the hand therapy

profession. The foundation board is organized into special interest committees to maximize communication, efficiency and service to the recipients of grants, and to raise the funds necessary to promote quality research. The foundation is organized into four working committees:

- » Finance Committee (led by Elaine Fess, OTD, OTR, FAOTA, CHT)
- » Communications Committee (led by, April Cowan Ph.D., OTR/L, CHT)
- » Grants Committee (led by Mia Erickson, PT, EdD, CHT)
- » Development Committee (led by Dorit H Aaron, MA, OTR, FAOTA, CHT)
- The foundation will continue its annual tradition of the AHTF Silent Auction on September 20, 2018, from 7:30-9:30 p.m. at the 41st ASHT Annual Meeting in Dallas, TX. To foster greater competition, the foundation will use the traditional paper bidding sheets, with checkout automated by Square® credit card processing. The foundation encourages contributions, but asks that the focus of the donations have an educational, clinical or hand art with a minimum value of \$100. Proceeds support AHTF's general grant fund.
- The foundation is also proud to sponsor the fourth annual Invited Scholar Lecture on September 21, 2018. The event's keynote speaker, Joy MacDermid, PT, PhD, will discuss current trends in the science of hand therapy and upper extremity research. The session is approved for 0.5 continuing education credit.

ALLIED ORGANIZATIONS *Update continued*

- The Tri-Alliance of the ASHT, HTCC and AHTF has \$30,000 set aside for research to serve this upcoming grant cycle.
- In 2018-2019, AHTF will have more than \$50,000 available for clinical research and education.
- AHTF invites you to participate in its upcoming annual appeal (November through January). This is an opportunity to help AHTF fund clinical and scientific research, establish standards of practice and advance the field of hand therapy.
- AHTF Grant Awards in 2018:
 - » **Evelyn Mackin Traveling Hand Therapy Award:** Jane Fedorczyk, PT, PhD, CHT, for her project “Introducing Hand Therapy Practice in Rwanda.”
 - » **ASHT Founder’s Award:** Nicholas Heebner, Ph.D., ATC, Tim Uhl, PT, PhD, Jenny Dorich, OTR/L, MBA, CHT, Nicole Cascia, Ph.D., ATC, for their project “Biomechanical Validation of Push-Up and Pull-Up Progression Program.”

Hand Therapy Certification Commission

HTCC has reached another important milestone in 2018, the number of Certified Hand Therapists (CHTs) has surpassed 6,500. There are currently 6,675 CHTs worldwide, a record number; 6,232 are in the United States, 224 are in Canada, 183



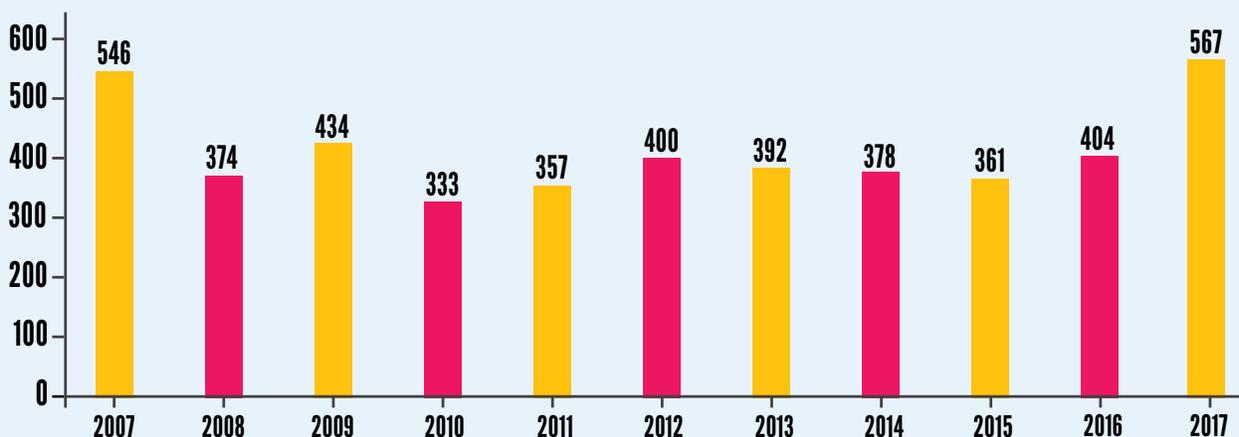
HTCC is a member of the Institute for Credentialing Excellence. ICE is a professional membership association that provides education, networking, and other resources for organizations who work in and serve the credentialing industry.

in Australia and New Zealand and 36 are in other countries. Other countries include: Bahamas, Bulgaria, India, Ireland and Northern Ireland, Israel, Qatar, Saudi Arabia, Singapore, South Africa, United Arab Emirates and the United Kingdom. By profession, 85% are occupational therapists, 14% are physical therapists with less than 1% being both OTs and PTs.

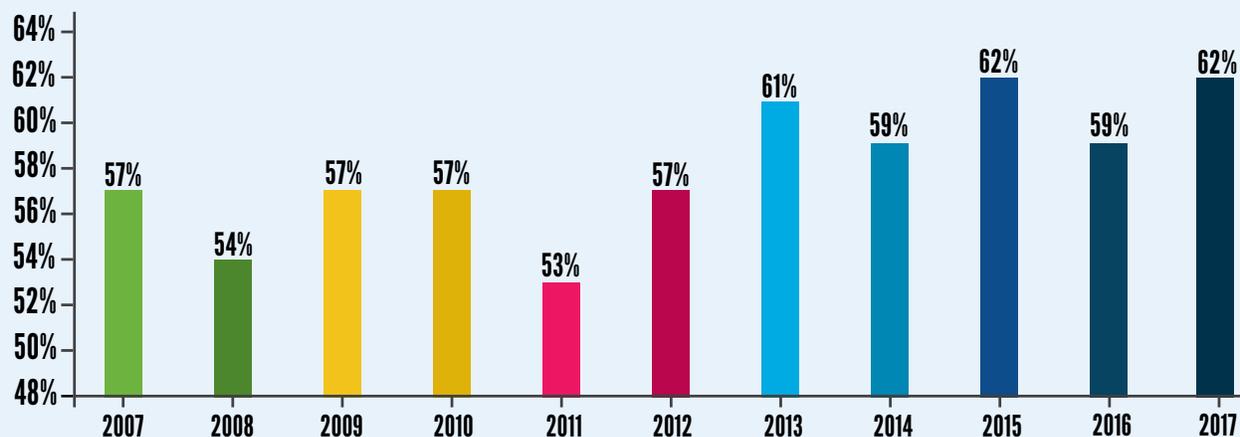
EXAMINATION HIGHLIGHTS

2017 marked a significant policy change related to the Hand Therapy Certification Examination eligibility requirements. Starting in 2017, occupational therapists and physical therapists were required to be licensed for three (3) years instead of five (5). The requirement of 4,000 hours in direct hand therapy practice experience remained unchanged.

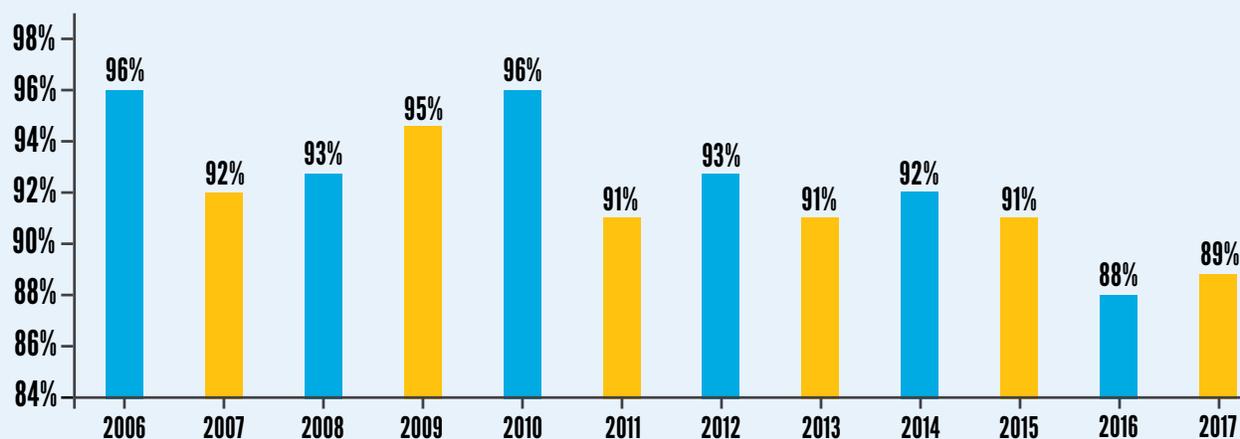
Exam Candidates 2007 to 2017



Pass Rate by Year



Percent Recertified 2006 to 2017



Did You Know



The “Find a CHT” section is the most frequently visited page of the HTCC website with over 50,000 visits in 2017.

The number of therapists taking the exam in 2017 was the largest number since 2002 and the overall pass rate (percentage of people who passed the examination) was 62%, which was consistent with previous years. The passing rate for the CHT examination since 2002 has ranged from 52% to 64% with the average pass rate being 56%. The mean passing rate for the past five years has been 59%. The pass rate of the May 2018 exam was 56%.

RECERTIFICATION HIGHLIGHTS

HTCC continues to show a very high recertification rate with over 92% recertifying on average since 2006. The table above shows the recertification rate by year since 2006.

ALLIED ORGANIZATIONS *Update continued*

1,188 CHTs (89% of those eligible) recertified in 2017. The slightly lower recertification rates in 2016 and 2017 reflect an increase in those leaving the profession due to age and retirement.

PEER MENTORING PROGRAM

HTCC and ASHT continue to collaborate on our combined Peer Mentoring Programs. [The Hand Therapist Peer Mentoring Manual](#) was updated in 2018 and over 1,100 copies of this free resource have been downloaded. Other resources continue to be added to HTCC's [Mentoring Section](#) such as Flashcards, Exam Prep Tips and HTCC's Self-Assessment.

MARKETING

In 2017 and 2018 HTCC exhibited at the Philadelphia Hand Symposium, Indiana Hand Care, The American Occupational Therapy Association Annual Conference and ASHT's Annual Meeting. We exhibited for the first time last year at the OT Student Conclave in fall 2017 and plan on attending the PT Student Conclave in fall 2018.

In an effort to market to potential referral sources, HTCC continues to market to hand surgeons and has launched several advertising campaigns making them aware of HTCC's "[Find a CHT](#)" [smart phone app](#). We also exhibited for the first time to physician assistants at the American Association of Physician's Assistants musculoskeletal conference in July 2018.

To assist CHTs in promoting the credential, HTCC has developed several free marketing resources. Two short videos entitled

**Did
You
Know**



Exam candidates who belong to a national hand therapy membership organization such as ASHT perform better on the certification exam than those who do not.

**Did
You
Know**



Exam candidates who participate in study groups or who have mentors also perform better on certification exam than those who do not.

["Who is a Certified Hand Therapist \(CHT\)?"](#) and ["A Roadmap to Hand Therapy"](#) are available to share through HTCC's YouTube page and may be embedded on clinic websites, social media sites, emailed to patients, payors, physicians and anyone wishing to learn more about hand therapy. Two infographics (information graphic) were also developed. One entitled "[Who is a Certified Hand Therapist](#)" and the other "[A Roadmap to Specialization in Hand Therapy](#)." Both of these resources are available to download on HTCC's website.

HTCC continues to allow CHTs to download the CHT hands logo to use in email signature lines, clinic websites, business cards, company letterhead and promotional materials. Logo downloads are available in the "[For CHTs](#)" section of the HTCC website.

International Federation of Societies for Hand Therapy

11TH IFSHT TRIENNIAL CONGRESS/14TH IFSSH TRIENNIAL CONGRESS, 17-21 JUNE, 2019 BERLIN

Anne Wajon, IFSHT President, recently traveled to Berlin to conduct a site visit with representatives from IFSSH, the German Surgical and Therapy Host Societies (DGH and DAHTH), and Intercongress, the Congress organizers. The delegation toured

ALLIED ORGANIZATIONS *Update continued*

City Cube, the site of the 2019 Congress, and discussed plans for the scientific program and social events. It promises to be an exciting and stimulating meeting, with two joint sessions for therapists and surgeons. Registration and abstract submission is now open (<http://ifssh-ifsht2019.com/registration/>).

MEMBERSHIP

The IFSHT membership continues to grow and the society is pleased to report that it has 36 full member societies, representing 9,029 hand therapists worldwide. There are now eight associate member societies and 10 corresponding members. Over the last 12 months, Singapore and Thailand became associate members, and Malta and Zimbabwe became corresponding members. See the full list of members here: <https://www.ifsht.org/page/membership>.

For the first time in 30 years, IFSHT has restructured its fee schedule. The organization has eliminated the base fee for full members and has increased its membership fee to \$2pa/member, and reduced associate and corresponding membership fees. These changes were approved by a vote of delegates following discussions with delegates at the 2016 council meeting and will result in a more equitable fee structure for full member countries. The new fees will come into effect January 2020.

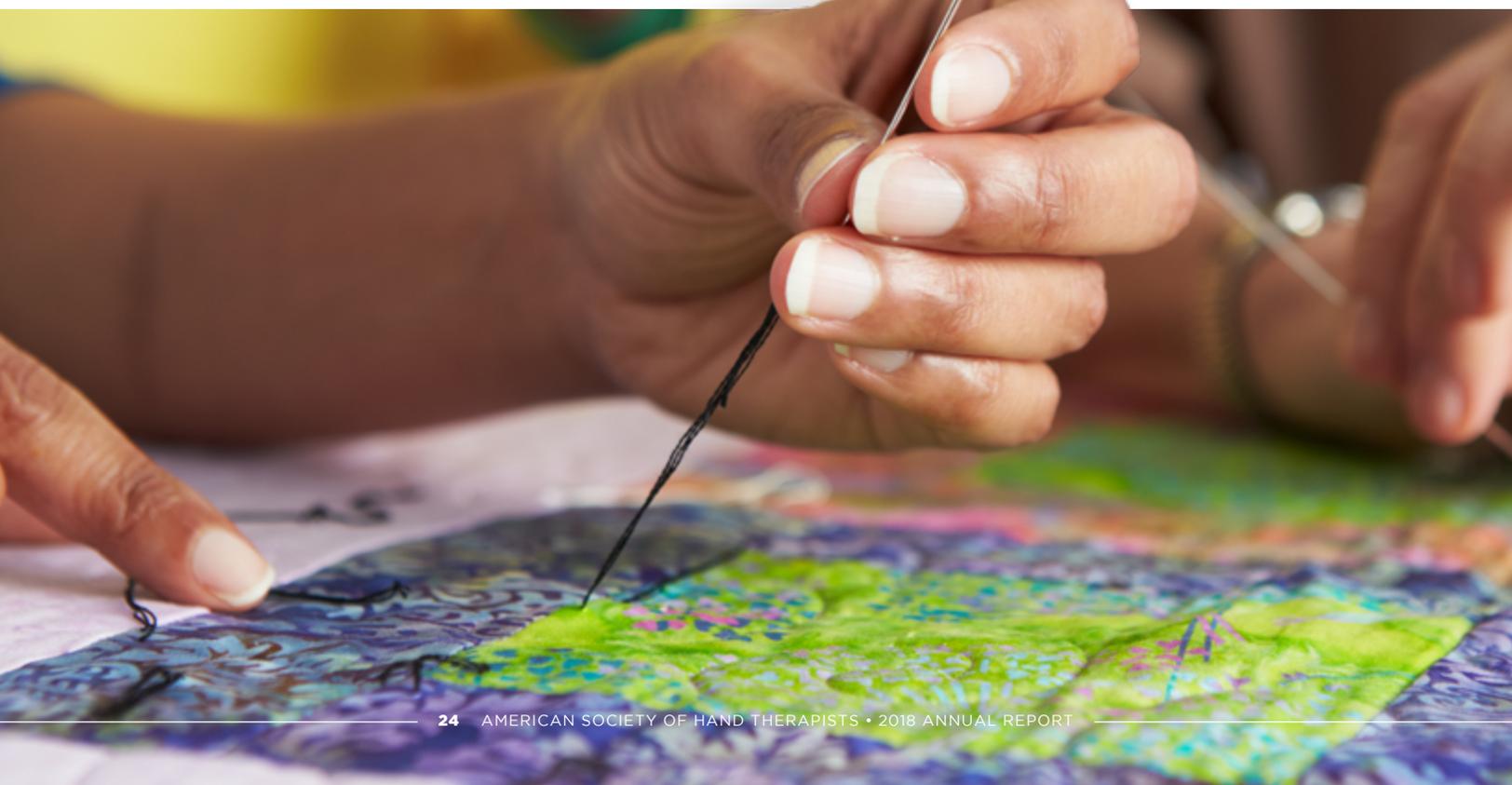
COMMUNICATION

IFSHT continues to communicate regularly with delegates and therapists around the world. Avenues of communication include the *IFSHT Update*, which is available online: <https://www.ifsht.org/page/ifsht-updates> (in English, Spanish, Japanese), as well as being published quarterly in the American and British *Journals of Hand Therapy*.

IFSHT also coordinates a therapy contribution to the *IFSSH E-zine* and is proud of the calibre of publications to date. Readers can access past contributions and subscribe to the *IFSSH E-zine* here: <http://www.ifssh.info/ezine.html>. Please consider contributing to this worthwhile publication by contacting IFSHT's information officer at informationofficer@IFSHT.org.

IFSHT *Hand Therapy Connections* is an online electronic newsletter sent to subscribers 2-3 times per year. Read previous editions or subscribe here: <https://www.ifsht.org/page/e-mail-newsletter>.

IFSHT appreciates the support of its social media committee who continues to upgrade the presence of IFSHT on social media. Please like IFSHT on Facebook and contribute relevant content to make this a worthwhile experience.





ALLIED ORGANIZATIONS *Update continued*

IFSHT WEBSITE

The website continues to be actively managed, and recently added a new page to improve the process of volunteering to join a committee. IFSHT is keen to have volunteers to help with its numerous activities and seeks volunteers for the following committees: financial review, sponsorship, education, awards, translation, social media, silent auction and triennial scientific programme. If you are suitably qualified and interested to support IFSHT's activities, please apply here: <http://www.ifsht.org/content/request-join-committee>.

The website also provides the opportunity for companies offering hand therapy courses to advertise their courses for a fee.

EDUCATION

IFSHT continues to provide educational resources to hand therapists worldwide through its resources available online. These include links to apps, journals and its quarterly contribution to the *IFSSH E-zine*. IFSHT's website also provides a listing of postgraduate hand therapy courses that are offered around the world along with a list of national and international education events (<http://www.ifsht.org/page/education>).

AWARDS AND GRANTS

IFSHT provides a number of awards and grants. Further information about the eligibility and application process are available online here: <https://www.ifsht.org/page/awards-grants>. Applications are now open for 2019.

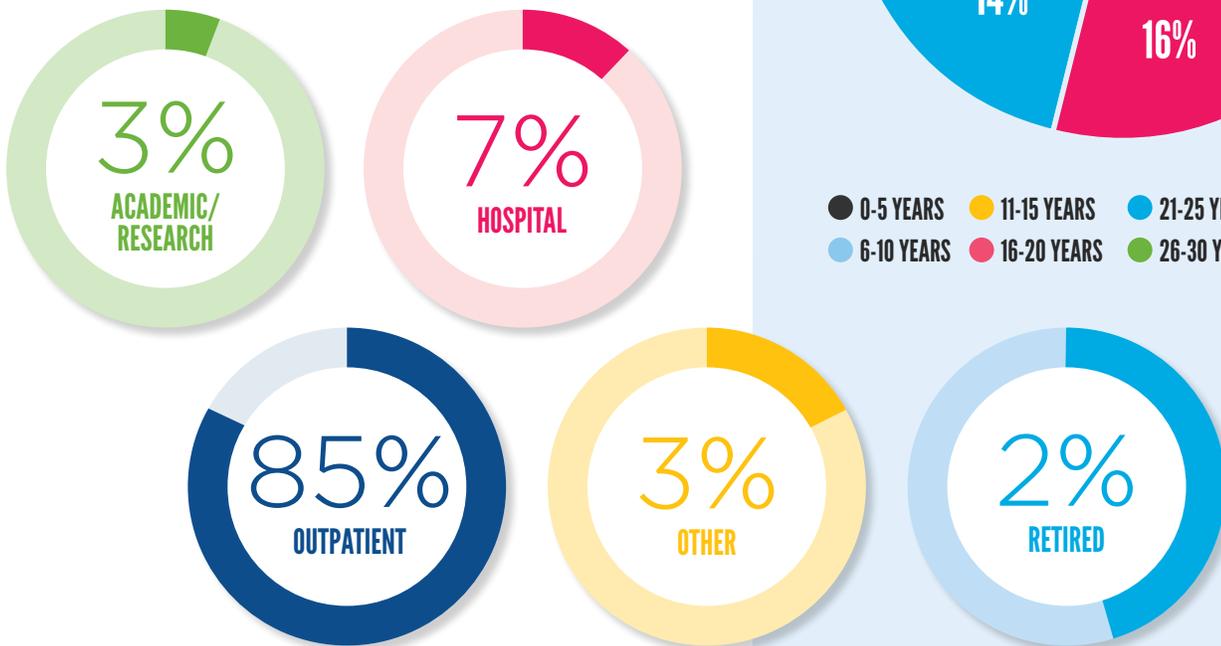
- In an effort to honor those who have made a global impact on the profession of hand therapy, the inaugural IFSHT Lifetime Achievement Award will be awarded in 2019.
- The Cristina Allegri Award for Innovation in Hand Therapy seeks to recognize innovation in hand therapy and will recognize therapists for innovative contributions to the patient experience.
- The Evelyn Mackin Triennial Award is available to support therapists from a country where hand therapy is developing to attend the Triennial Congress.
- The IFSHT/IFSSH Triennial Congress Travel grant has limited funds available to partially support attendance at the Triennial Congress.
- The International Teaching Grant supports educational aid trips, and, in 2018, has already supported therapists teach in Nepal and Rwanda. IFSHT has had requests from Guatemala, Ghana and Sri Lanka for hand therapists to teach courses for them. If you can help, please contact the country delegate and consider applying for the grant in conjunction with the delegate.

ASHT

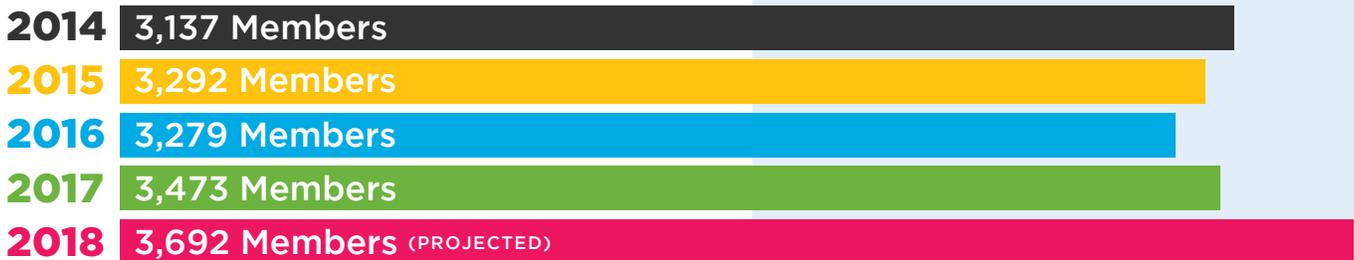
Membership

BY THE NUMBERS

Practice Setting

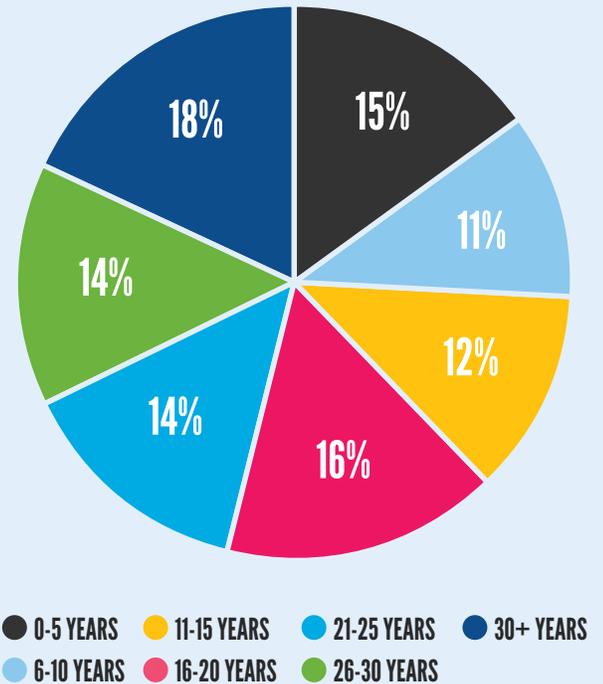


Total ASHT Membership



Years of Hand Therapy Experience

Nearly one third (**32%**) of ASHT members have practiced for 26 years or more. Approximately 3 in 10 (**30%**) members have been in practice between 16 and 25 years, while nearly one quarter (**23%**) have 6 to 15 years of hand therapy experience. Almost 1 in 5 members (**15%**) have practiced five years or fewer.





INCOMING

PRESIDENT'S *Message*

Linda Klein, OTR/L, CHT

.....

Dear Colleagues,

It is an honor and privilege to serve as your next president, hand in hand with the dedicated volunteers that comprise our committees, divisions and Board of Directors. It is only by a team effort of talented volunteers and staff that ASHT has evolved to become the organization that it is today, recognized worldwide as a leader in advancing the science and practice of hand therapy.

I have seen this team effort throughout my volunteer years with ASHT since 2008, as *ASHT Times* editor, committee member and member of the Board of Directors. As a full-time supervising clinician, I recognize the time commitments we all face as we try to juggle professional, family and other responsibilities, but there has never been a more exciting time to be involved in our professional organization! ASHT is working hard to meet our members' needs via a variety of affordable educational offerings, including online and recorded courses, Research Updates, Journal Club and within the *ASHT Times*. Additionally, ASHT has increased its outreach to students and awareness to the public, is staying abreast of technological changes and is working to increase involvement in the international community. ASHT launched the Legislative Action

Center last year, which allows us, within minutes, to reach out with requests to our legislators on impending issues, and this year has invested in a legislative consultant to become aware of and respond to rapidly changing legislation.

I am motivated by the energy I see our volunteers and staff put into each project. On every call and at every meeting, the Board of Directors strives to address the needs of its members.

And I am motivated by you — your passion for performing research, educating students and colleagues, and obtaining the best outcomes for each individual you treat. I am motivated by your desire to learn from each other — at courses, while networking at the Annual Meeting and on the ASHT e-Community.

As our world continues to change and evolve, so must ASHT to support the future of our specialty. I will work toward this end, to envision the future and work collaboratively to advocate and strengthen the field of hand and upper extremity therapy. I will count on you to make this possible by your continued support as members, your involvement in ASHT offerings and support of the Vision Fund. Thank you for supporting our profession to ensure the strength of our future!

Supporter ACKNOWLEDGEMENT

ASHT gratefully acknowledges the individuals and organizations whose 2017-2018 contributions further the mission of our organization and the work of the hand therapy profession. Without you, our work would not be possible.*

**September 26, 2017 – August 31, 2018*

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Touch Bionics By Ossur



ADVANCING THE FIELD OF HAND AND UPPER EXTREMITY *Rehabilitation*

*The American Society of Hand Therapists is a 501 (c)(3) nonprofit organization dedicated to advancing the field of hand and upper extremity rehabilitation by promoting **education, advocacy, research and clinical standards.***

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