



2019

**Hand Therapy Review Course
Faculty Profiles**

**Curtis National Hand Center
Baltimore, MD**

September 20-22, 2019



Romina Astifidis, MS, PT, CHT

Romina is the clinic director at the Medstar NRH Lutherville Hand Center. She is a Certified Hand Therapist with over 20 years of experience and has lectured extensively in the community on topics including tendons, splinting, CRPS, joint protection and fractures. In addition to being published in several texts, Ms. Astifidis has been involved on the board of directors and various committees for the American Society of Hand Therapists.

Susan Clark, OTR/L, CHT



Susan is an occupational therapist and certified hand therapist for the Centers for Advanced Orthopedics in Washington D.C., serving as the manager and lead clinician for the hand therapy practice. Susan received her bachelor's degree in occupational therapy from Towson State University, initially working in an acute rehabilitation hospital setting for five years with TBI, CVA, Orthopedics and SCI before specializing in outpatient upper extremity orthopedics.

Susan has 20 years of experience and for the last 15 she has specialized in various upper extremity injuries including multiple trauma, fractures and arthritis. She completed the Certificate in Advanced Practice in Hand and Upper Quarter Rehabilitation in 2009. For the last five years Susan has served on a volunteer basis with the American Society of Hand Therapists' Hand Therapy Review Course in Baltimore.

Barbra Koczan, PT, DPT, CHT



Barbra graduated from the University of Maryland, Baltimore with her MPT in 1998 and from Drexel University with her DPT in 2010. She started her career in outpatient orthopedics, then decided to specialize in hand therapy. She has been working at the Curtis National Hand Center since 2002. For the past 10 years, Barb has worked as a capstone project case mentor for DPT students at several universities. She has combined her love of travel and her passion for hand therapy through multiple medication mission trips to Nicaragua and Honduras.

Paige Kurtz, MS, OTR/L, CHT



Paige Paige Kurtz is a certified hand therapist with Sentara Hospital System in Virginia Beach, VA. After earning her Bachelor's Degree in biology at the University of Miami, she received a Master of Science at the University of Indianapolis and began specializing in hand therapy. Paige has over 20 years' experience working in many different areas of hand and upper extremity rehabilitation, ranging from arthritis to complex/traumatic injuries.

Paige has published chapters in several hand rehabilitation texts, lectured extensively at the community and national level, and led funded research in hand therapy. She is also adjunct faculty with the Old Dominion University Doctorate in Physical Therapy program, and is a past president of the American Society of Hand Therapists.

Kenneth Means, MD



Dr. Kenneth Means earned his medical degree from the UMDNJ-New Jersey Medical School and completed his residency in Orthopedic Surgery at MedStar Union Memorial Hospital. He also fellowship trained in hand and upper extremity surgery and microsurgery at The Curtis National Hand Center at MedStar Union Memorial Hospital. Dr. Means is the hand/upper extremity consultant for the Baltimore Ravens, Washington Nationals, and Towson and Morgan State University Athletics. Dr. Means is an attending surgeon at The Curtis National Hand Center at MedStar Union Memorial Hospital and is the Clinical Research Director for the Hand Center.

Rebecca Neiduski, PhD, OTR/L, CHT



Dr. Rebecca Neiduski received a Bachelor of Arts in Health, Kinesiology and Leisure Studies from Purdue University; a Master of Science in Occupational Therapy from Washington University in St. Louis; and a PhD in Educational Foundations from Saint Louis University.

Becky spent the first part of her career in St. Louis, Missouri, practicing as a hand therapist at the Milliken Hand Rehabilitation Center for 15 years, teaching at Maryville University for 10 years, and practicing at Shriner's Hospital for Children for six years. She continued her academic journey with a move into administration and served as the Occupational Therapy Department Chair at Concordia University Wisconsin from 2013-2017. Becky relocated to Burlington, North Carolina in 2017 to serve as the Dean of the School of Health Sciences at Elon University.

In concert with her academic appointments, she has consistently pursued professional leadership, scholarly, and humanitarian activities. Becky recently completed a second term as the Annual Meeting Chair for the American Society of Hand Therapists (ASHT) and contributes to the Reverse Fellowship Task Force and the Hand Surgery Endowment Board of Governors for the American Association for Hand Surgery (AAHS). The majority of her scholarly work over the past 20 years has focused on application of the literature related to flexor tendon repair and rehabilitation. Her goal in publication and presentation is to advance clinical reasoning and ultimately maximize outcomes for patients with this complex and precarious diagnosis. She has offered education to therapists around the world, including Romania, Canada, Egypt, Saudi Arabia, South Africa, and Guatemala.

Rebecca Neiduski, Phd, OTR/L, CHT (continued)



Becky has also provided occupational and hand therapy services in Guatemala, Nicaragua, Haiti, and Cambodia; bringing over 50 students on 17 medical missions over the past 13 years. She currently serves as a member of the Board of Directors for several organizations, including the Guatemala Healing Hands Foundation, the Alamance County YMCA, and the Hospice and Palliative Care Center of Alamance Caswell. Becky was honored with the 2014 Paul Brand Award for Professional Excellence and the 2016 Nathalie Barr Lectureship Award from the American Society of Hand Therapists.



Rachel Pigott, MPH, OTR/L, CHT

Rachel Pigott has been an occupational therapist since 1999. She received her bachelors in occupational therapy from Towson State University and more recently completed her Masters in Public Health at The University of Massachusetts Amherst. Rachel is both a certified hand therapy and certified lymphedema therapist. Rachel has lectured regionally and nationally on a variety of hand rehabilitation topics including fractures, wrist injuries, sprains, tendinopathies, arthritis, and orthotic fabrication. She has served on a volunteer basis with the American Society of Hand Therapists since 2009 and holds the position of Vice President for 2019.

Rebecca Saunders, PT, CHT



Rebecca J. Saunders, PT, CHT, is the clinical specialist for research and staff development at The Curtis National Hand Center at Medstar Union Memorial Hospital in Baltimore, Maryland. She has 30 years of experience treating hand and upper extremity injuries. Rebecca has presented research and lectured on various topics nationally and internationally for hand therapy and hand surgery meetings. She is a contributing author and editor of *Hand and Upper Extremity Rehabilitation: A Practical Guide*. She also serves on the ASHT Annual Meeting Program Planning Committee. Her special interests include complex hand injuries, tendon injuries, tendon transfers, and the extensor mechanism.

Keith Segalman, MD



Dr. Segalman graduated from New York University School of Medicine and did his Hand Fellowship training at the Curtis National Hand Center in 1993. His areas of special interest include wrist, elbow, shoulder and brachial plexus disorders. Dr. Segalman has been rated one of Baltimore's top doctors by Baltimore magazine ten times. He was recently awarded the Golden Apple award for excellence in teaching by the Curtis National Hand Center fellowship's graduating class of 2014.

Brocha Stern, MOT, OTR/L, CHT



Brocha is a PhD candidate in the Department of Occupational Therapy at NYU Steinhardt and a per diem clinician with Kessler Rehabilitation Center in NJ. She is an adjunct faculty member in several occupational therapy programs in NY, NJ, and PA. Her clinical and research interests center on a holistic approach to musculoskeletal upper extremity health. She is a member of ASHT's Education Division and a proud volunteer with AOTA. recipient.