

# 2020 ANNUAL REPORT

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AMERICAN SOCIETY OF HAND THERAPISTS™

## ABOUT ASHT

Founded in 1977, ASHT is an organization of hand and upper extremity therapists 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, advanced practice practitioners, surgeons, researchers and administrators.

## MEMBERSHIP

ASHT is a growing society that welcomed 437 new members in 2020, recaptured 167 lapsed members and reported a 79% member retention rate overall.

The ASHT Board of Directors, leadership volunteers 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 and upper extremity therapists, allied professional communities and patients.



# PRESIDENT'S MESSAGE

Mo Herman, MA, OTR/L, CHT

## A Defining Year

On behalf of the American Society of Hand Therapist's (ASHT) Board of Directors, professional staff and dedicated volunteers, I am pleased to share the 2020 ASHT Annual Report. This report truly underscores the collaboration and teamwork involved to successfully produce the breadth of our initiatives and programs. Before I highlight our association's accomplishments, I would be remiss to not address the unique challenges we have faced during this unprecedented year.

2020 is a year we will never forget. First, our close-knit professional community was rocked with the loss of one of our visionary founders, Evelyn Mackin. Shortly thereafter, our nation and local communities were faced with two extraordinary life-altering crises: the emergence of the coronavirus pandemic, and the magnification of widespread racism and inequality. It is the year that the simple phrases 'COVID-19' and 'George Floyd' will have a permanent mainstay in our vocabulary and history. In the wake of the tragic events, every individual's personal experiences have been unique, yet many of the challenges and obstacles faced have been shared. The duality of being united in a common struggle, yet isolated (literally) in how we have experienced it, has added to the complexity of what we are living through. My heart is heavy with the magnitude of physical, emotional and financial hardships encountered this past year.

In light of these catastrophic and transformative events, our hand therapy leaders, colleagues, allied organizations and friends have rallied to avoid interruption in our organization's stated mission and vision. This past year truly accentuates that it takes a village to have organizational success, and that our ASHT community has been rooted in fortitude. Our ability to innovate and advocate in the midst of ever-changing unknowns is defining for both our organization and our profession. Despite the global pandemic, we have continued to strive for excellence in order to be the recognized leader in advancing the science and practice of hand and upper extremity therapy. Notable mentions for this year are highlighted as follows:

In immediate response to the pandemic, the ASHT Board of Directors spent countless hours diligently discussing how to best protect our organization. We worked closely with the independent finance committee for guidance on short-term and long-term fiscal health. The board seamlessly pivoted the internal strategic plan while considering every extenuating factor affecting the association. We further dedicated time to long-term strategic planning in response to the rapidly changing healthcare environment. The safety of our members and a sensitivity to financial ramifications permeated every conversation.

Two noteworthy changes transpired to enhance our specialty's future. First, is the addition of 'upper extremity' to our organization's mission and vision statements to accurately reflect our scope of expertise. Second, in order to reach our larger community and strengthen our advocacy efforts, non-members will now have access to our Legislative Action Center. Witnessing the board of director's commitment to ASHT's longevity is beyond expression.

The division and committee volunteers achieved significant milestones as well. This year, the Practice Division interfaced with the American Occupational Therapy Association (AOTA), the American Physical Therapy Association (APTA), the Academy of Hand and Upper Extremity Physical Therapy and our legislative consultant in efforts to address three key ongoing advocacy concerns impacting our members. The first concern is coverage denials from the Centers for Medicare and Medicaid Services (CMS) for custom-fabricated and pre-fabricated orthoses. In response, the division launched the Orthosis Denial Data Collection Project to gather information from our members for continued advocacy. The second matter that requires championing is the inclusion of occupational and physical therapists as eligible providers of services via telehealth. In response to the successful inclusion of telehealth for the duration of the coronavirus pandemic, the division completed a telehealth position statement and created a telehealth checklist for members to guide the implementation of telehealth in organizations and practices. The division is working collaboratively with the Research Division to collect practice evidence that will be crucial for telehealth permanence advocacy. The third concern addresses the proposed occupational and physical therapy payment cuts recently released in the 2021 Medicare Physician Fee Schedule (MPFS). ASHT is part of a national evaluation/management coalition calling on Congress and CMS to combat the proposed rule. Please visit the [ASHT Legislative Action Center](#) and tell your Members of Congress to stop payment cuts for Medicare services!

The Education Division continues to expand educational offerings for our members. This year, they successfully launched the innovative Student Center – a webpage with numerous resources, including the Student Self-Assessment competency exam and a student e-Community for those beginning a career in the field of hand and upper extremity. The division is actively developing a new edition to the *Test Prep for the CHT Exam*, as well as a brand-new podcast series slated to launch later this year. In light of the pandemic, the most noteworthy achievement has been the division's ability to successfully migrate the in-person Hand Therapy Review Course to a virtual event. The division is also working on two pediatric initiatives — a pediatric

e-Community and the addition to the roster of Traveling Course topics (Foundations in Pediatric Upper Extremity Therapy).

The Research Division continues to enthusiastically meet in an effort to promote research and internal program development. This year, the Journal Club transitioned to the Zoom platform to accommodate audio for attendees; additionally, standardized questions were implemented for use at each monthly Journal Club chat. New chapters of *Clinical Assessments Recommendations, 3rd ed.* are being finalized and scheduled for release this fall. Lastly, the division has been instrumental in providing evidence and substantiating research for both the Education and Practice Divisions' respective initiatives. Their teamwork is noteworthy.

It is important to take a moment to praise our legislative consultant who has been a vital component and support for our organization. Our consultant maintains consistent communication with AOTA, APTA and other stakeholders on our behalf. Our consultant provides weekly legislative updates and is expertly guiding ASHT to successfully impact our public factors: legislators and payers. The addition of this resource has been foundational for our association's forward movement in the current healthcare climate.

The International Committee, in partnership with the American Association for Hand Surgery (AAHS), established an International Reverse Therapy Fellowship. The innovative program sponsors an international hand therapist's visit with AAHS and ASHT member therapists at their institutions, as well as grants attendance to both of the respective annual meetings. The goal of the inaugural program is to provide expert education so that the Fellow may improve therapy education and patient care in their home country. Although the coronavirus pandemic caused this initiative to pause for this year, it is an exciting collaborative prospect for 2021 and beyond.

The Technology and Communication Committee consistently promotes public awareness of ASHT initiatives utilizing social media and technology. The committee continues to collaborate with the American Society for Surgery of the Hand (ASSH) to develop content for the ASSH HandCare.org blog. This year's highlights include their production and release of the carpal tunnel video during Hand Therapy Week. The committee is currently working on the highly anticipated sports injury video scheduled for release this fall.

For the first time in its 43-year history, the ASHT Annual Meeting Committee set in motion planning for a virtual conference. The unparalleled decision to move to a virtual platform required a paradigm shift coupled with innovation to create a contemporary means to disseminate education. The successful ability to transform to a virtual event truly embodies this year's Annual Meeting tagline: Collaborate-Innovate-Advocate. The visionary and interlaced

teamwork between volunteers and staff to create this remarkable event is immeasurable.

The Nominations and Award Committees are worthy of recognition for their dedicated time in both vetting candidates and improving future processes for our organization. Although this committee is small and requires a finite time commitment, their contributions speak volumes.

The *ASHT Times* did not miss a beat in producing resourceful quarterly issues for our members. The publication team worked tirelessly to provide quality content, clinical articles and updates on ASHT activities, as well as current events affecting hand and upper extremity therapy practice. Keeping our members informed and connected has been paramount this year.

Also in response to the pandemic, our dedicated professional staff at Association Headquarters assembled their offices within their homes and have been working around the clock to support our organization. Given the unexpected changes occurring daily, their leadership has been outstanding.

To round out the special recognitions, I would like to personally acknowledge the outreach from our allied organizations, particularly the American Hand Therapy Foundation (AHTF) and the Hand Therapy Certification Commission (HTCC). Each respective organization has gone above and beyond to provide unconditional support throughout the unknowns of this unnerving year. Their collaborative encouragement and offers to assist ASHT and its members through the pandemic is beyond compare.

In response to the unexpected life-changing events, 2020 has been a defining year for ASHT. In a time of crisis, our team of leaders boldly mobilized and advocated for our working future. Our successes are unequivocally a testament to the unified dedication of our team to ensure that ASHT continues to thrive. It is humbling to distinguish that our association is primarily volunteer led, and it has been truly inspiring to observe our team in action. To each and every member, volunteer or affiliate contributor, I personally thank you for your service, commitment and loyalty to our organization and our collective future.

Based on this year's successes, I can emphatically say that we are ALL leaders! I encourage every individual to continue to ignite the leader within, collaborate with your fellow peers and feel confident in being ambassadors for our specialty. Through teamwork, innovation, advocacy and visionary leadership, we will continue to impact the future of hand and upper extremity rehabilitation with purpose.

It has been a complete honor to serve ASHT and its members – a team I believe in.

# YEAR IN REVIEW

Calendar cycle 2019-2020 was characterized by significant activities within each of the three pillars of ASHT's mission: **Education, Practice and Research.**

## Education

As ASHT finished the annual report last fall and looked forward to this year, no one could have predicted the challenges that would come with 2020; however, the ASHT Education Division has remained steadfast in its commitment to growing the profession with hand and upper extremity therapy education for members and non-members alike.

While ASHT was able to hold only a few in-person courses, the society's educational portfolio has continued to grow through the transition to more online education and publications as we navigate through this challenging time. The Education Division has been tasked to be creative, and volunteer leadership is excited to launch a digital and hybrid offering. These will be exciting additions to the full line of offerings even as ASHT returns to the ability to hold in-person courses, creating a variety of ways in which members can advance their education.

### Hand Therapy Review Course

The Hand Therapy Review Courses continue to be popular, reaching sold-out capacity at the University of California, Irvine course (**110 attendees**). In light of the coronavirus pandemic, ASHT made the difficult but prudent decision to cancel the remaining three in-person courses. From this setback grew an opportunity to transition the traditional live format to a virtual platform. The Virtual Hand Therapy Review Course comprises 21 on-demand

sessions, including a professionally produced cadaver lab. Since its launch in July, the course has drawn 222 attendees.

### Hands On Orthotics

Organized and hosted three courses (**88 attendees**). This course continues to grow in popularity and is ASHT's most requested face-to-face course, but in the current environment, is one of the hardest hit given its format. The division is developing future hybrid course opportunities.

### Traveling Course

Organized and hosted two courses (**35 attendees**). The division is developing a pediatric hand therapy traveling course and exploring hybrid formats for existing course topics.

### Mentoring Program

Encouraged and promoted networking and professional development through 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.

### Student Center

In response to student membership growth, ASHT launched the Student Center – a webpage designed to educate and assist students beginning their studies and careers in hand and upper extremity therapy. Resources include a how-to guide on forming a

student hand therapy club, a learning workbook and many useful links to relevant courses, literature and reference material that will benefit the student learner.

Additionally, ASHT introduced the Student Self-Assessment exam to allow occupational and physical therapy students to test their knowledge of the basic concepts required during the clinical education experience. The Student Self-Assessment has been developed to facilitate learning while supporting both students and educators. When shared with educators, the Student Self-Assessment can also be used to communicate expectations while establishing learning objectives.

## Upper Extremity Institute

Organized and hosted 10 online sessions (**1,993 attendees**). This course is an online study tool designed for novice therapists as well as change-of-career therapists. The program is free to ASHT members and runs monthly January through October. The Institute will relaunch in September 2021 using a revamped case-study methodology.

## Test Prep for the CHT Exam, 3rd Ed.

This publication continues to be a best-seller in the ASHT online store and a valuable resource for referencing relevant anatomy, surgical procedures, treatment guidelines, progression and orthotic regimens for the various diagnoses that therapists treat on a daily basis. Stay tuned for a new edition updates.

## Webinars

Organized and hosted 12 live webinars (**1,909 participants**). ASHT collaborated with the Practice and Research Divisions and our physician-partner organizations (AAHS, AAOS and ASSH) and industry suppliers to deliver a variety of clinical, practice and legislative topics.

## Patient Education Resources

Completed and published three new Patient Education Resources. This series of resources is 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 and upper extremity therapist plays in their treatment. ASHT added nine Spanish translations and released new topics including:

- Ergonomics and Joint Protection
- Pediatric Congenital Hand
- Thoracic Outlet Syndrome

## Online Discussions

Generated and facilitated discussion on the ASHT e-Community specific to the Hand Therapy Certification Exam and provided a place for course attendees to ask questions, share experience and post testimonials or suggestions and for attendees to ask presenters questions after each educational activity.

# Practice

ASHT remains dedicated to developing resources and support material for day-to-day practice issues. The Practice Division comprises three committees and a legislative consultant working to keep members informed about legislation, regulation and industry trends affecting the delivery and reimbursement of hand and upper extremity therapy services. Practice Division volunteers researched and responded to email and phone inquiries, and fielded e-Community questions about regulatory, reimbursement and general practice issues. The society's Practice Division activities included:

## Advocacy Committee

- Reviewed legislation introduced into both the U.S. House of Representatives and Senate for potential impact on the delivery of hand and upper extremity therapy services
- Identified and developed content for the [ASHT Legislative Action Center](#)
- Tracked developments in the evolving debate over telehealth services
- Created new microvolunteering opportunities for members to contribute as state liaisons
- Advocated to avert therapy reimbursement cuts in Maine
- Advocated to avert Anthem reimbursement denials for occupational therapy codes with resolution
- Advocated to avert Medi-Cal reimbursement cuts in Michigan in collaboration with the American Occupational Therapy Association and the American Physical Therapy Association with resolution

## Federal and State Regulations Committee

- Organized and hosted a webinar exploring Medicare updates for the 2020 calendar year
- Met with the Centers for Medicare and Medicaid Services, in partnership with AOTA, APTA and the Academy of Hand and Upper Extremity Physical Therapy to address the increased incidences of coverage denials for custom-fabricated and pre-fabricated orthoses as well as audits requesting recoupment from prior years.
- Launched data collection project to gather information about denials therapists have seen related to reasonable lifetime restrictions
- Facilitated critical e-Community monitoring and education during the COVID-19 public health emergency

## Practice Management Committee

- Reviewed and updated the CMS orthotics code list and coding information on the ASHT website (L Code Dictionary)
- Compiled and released a checklist to guide the implementation of telehealth in organizations and practices. Developed position paper and additional telehealth resources.
- Updated and reorganized the practice management webpage. Developing new practice management resources

## Research

Research is critical to ensure the viability and advancement of hand and upper extremity therapy. ASHT is committed to supporting a generation of evidence-informed research to promote 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 Club chats, the official online forum for the *Journal of Hand Therapy* **(1,046 participants)**. Transitioned Journal Club chat to a Zoom platform which allows for audio chat, live presentations and engaging Q&A sessions. Launching a new student-led Journal Club chat this fall.
- Awarded four research awards for the 2019 Annual Meeting:
  - » Best Scientific Paper, Gwen Weinstock-Zlotnick, PhD, OTR/L, CHT, “Clinical assessments of hand function in 1st carpometacarpal osteoarthritis: Do they correlate with radiographic findings?”

- » Best Scientific Poster, Richard Whalley, OTD, OTR/L, “A self-management program for lateral epicondyle tendinopathy”
- » First-Time Researcher Award, Brocha Stern, PhD, OTR, CHT, “A survey of hand therapists’ knowledge and beliefs about pain science’ and Ann Marie Feretti, EdD, OTR/L, CHT, “Face-to-face compared to videoconference mentoring in outpatient physical and occupational therapy”
- » *Journal of Hand Therapy* First-Time Writer’s Award, Sandy C. Takata, OTD, OTR/L, “Hand therapy interventions, outcomes and diagnoses over the last 10 years: A mapping review linking research to practice”
- Awarded the ASHT Founders Grant for Research in Hand Therapy:
  - » Aviva L. Wolff, EdD, OTR, CHT, Alfred Gellhorn, MD, Brett Toresdahl, MD, Ellen Casey, MD, Daphne Ling, PhD, Ibadete Thaqi, Mehnaz Shahid, for their project titled “Effects of an education and prevention program on reducing upper extremity injury in musicians
- Facilitated, vetted and distributed eight research surveys to ASHT membership
- Published Research Updates series to increase awareness of emerging issues in the field of hand and upper extremity rehabilitation. Distributed monthly summaries of an original published research paper.
- Developing four new online chapters for the *Clinical Assessment Recommendations, 3rd edition*

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# 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 '19 – Dec '19  
259 (16% over prior year)

2020 Year-to-Date  
177 (51% over prior year)

### Accepted Articles

Calendar Year: Jan '19 – Dec '19  
62 (5% under prior year)

2020 Year-to-Date  
54 (80% over prior year)

### Rejected Articles

Calendar Year: Jan '19 – Dec '19  
149 (5% under prior year)

2020 Year-to-Date  
88 (9% over prior year)

### Rejection Rate

Calendar Year: Jan '19 – Dec '19  
Desk – 55% (34% over prior year)  
Standard – 16% (45% under prior year)

2020 Year-to-Date  
Desk – 38% (25% under prior year)  
Standard – 24% (9% over prior year)

### Published Articles

Calendar Year: Jan '19 – Dec '19  
66 (3% over prior year)

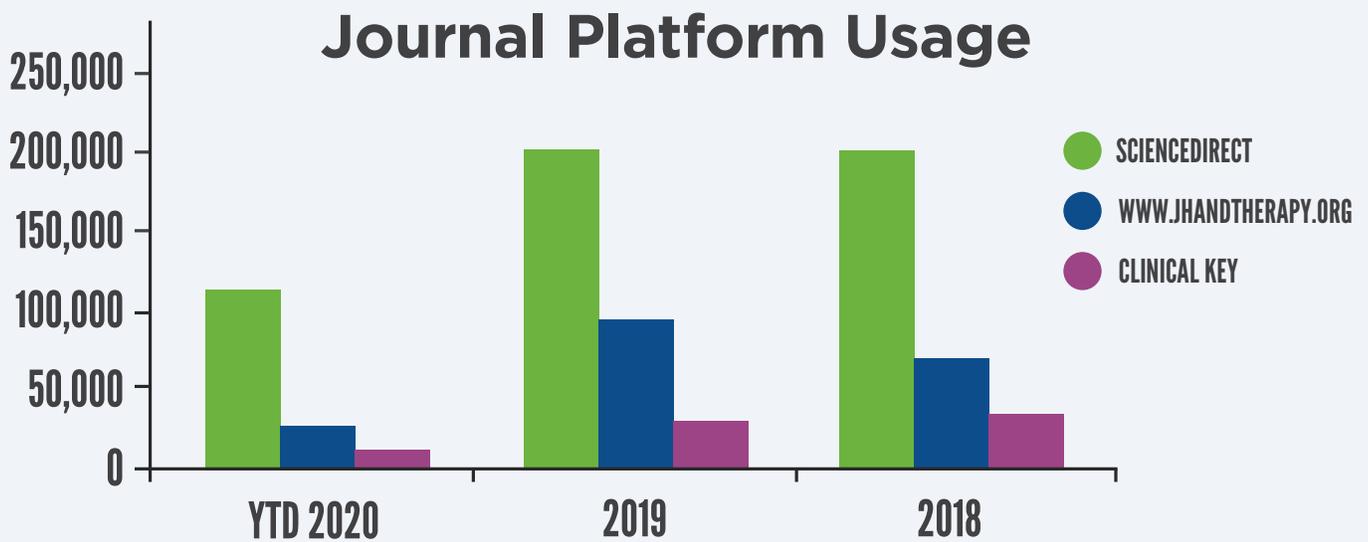
2020 Year-to-Date  
33 (6% over prior year)

# Reach and Usage

Impact Factor: 1.50 (down from 1.53 in 2018)

## Top 10 most cited articles, 2019 (Published All Time)

1. Assessment of upper extremity impairment, function and activity after stroke: Foundations for clinical decision making, Lang C.E., Bland M.D., Bailey R.R., Schaefer S.Y., Birkenmeier R.L.
2. Development of a scale for patient rating of wrist pain and disability, MacDermid J.C.
3. Upper extremity function in stroke subjects: Relationships between the international classification of functioning, disability and health domains, Faria-Fortini I., Michaelsen S.M., Cassiano J.G., Teixeira-Salmela L.F.
4. Epidemiology of distal radius fractures and factors predicting risk and prognosis, MacIntyre N.J., Dewan N.
5. Applying principles of motor learning and control to upper extremity rehabilitation, Muratori L.M., Lamberg E.M., Quinn L., Duff S.V.
6. A survey of the satisfaction of upper limb amputees with their prostheses, their lifestyles and their abilities, Davidson J.
7. A narrative review of dexterity assessments, Yancosek K.E., Howell D.
8. Assessing dexterity function: A comparison of two alternatives for the NIH toolbox, Wang Y.-C., Magasi S.R., Bohannon R.W., Reuben D.B., McCreath H.E., Bubela D.J., Gershon R.C., Rymer W.Z.
9. A meta-analysis of the efficacy of anodal transcranial direct current stimulation for upper limb motor recovery in stroke survivors, Butler A.J., Shuster M., O'Hara E., Hurley K., Middlebrooks D., Guilkey K.
10. Psychometric qualities of the Dutch language version of the disabilities of the arm, shoulder and hand questionnaire (DASH-DLV), Veehof M.M., Slegers E.J.A., Van Veldhoven N.H.M.J., Schuurman A.H., Van Meeteren N.L.U.



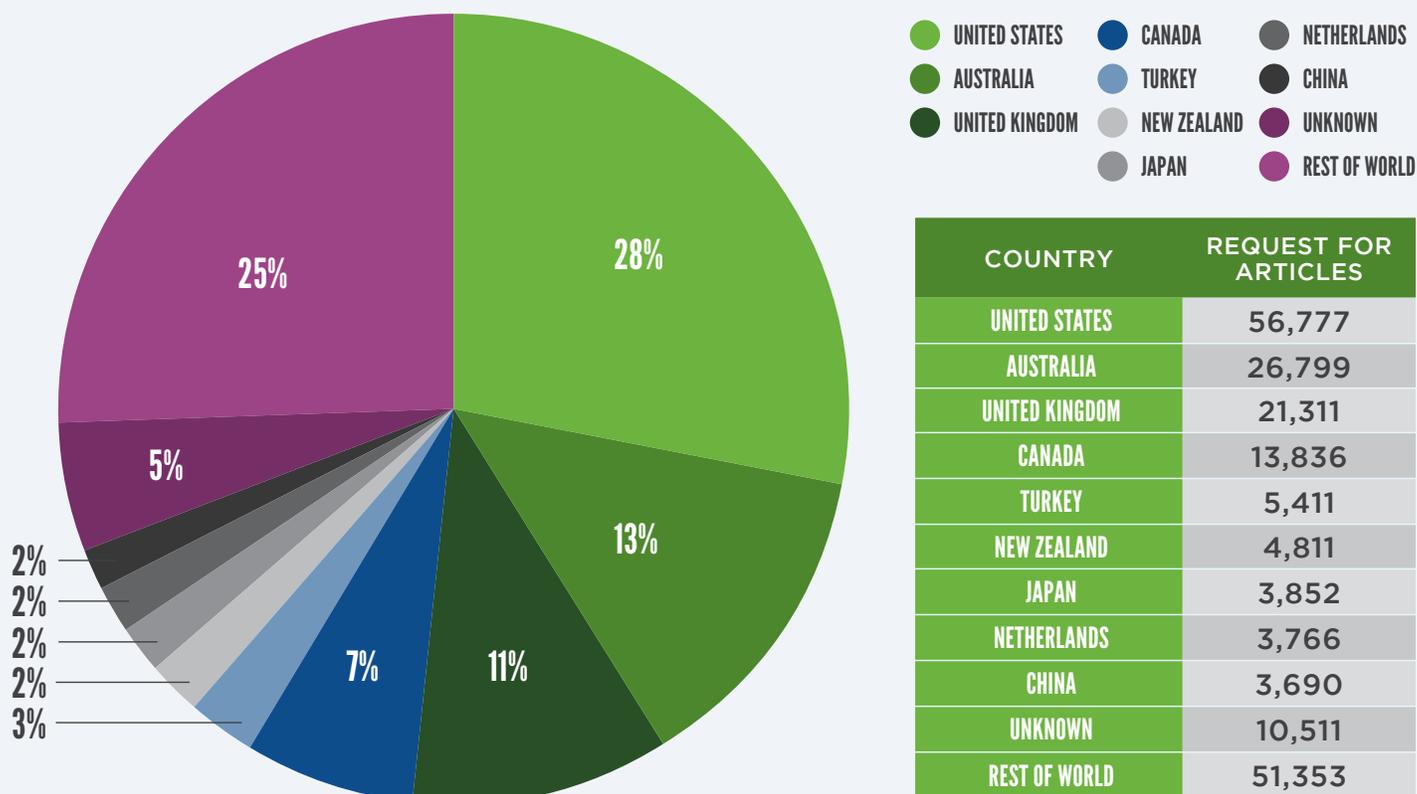
## ARTICLE DOWNLOADS

PLATFORM	YTD 2020	2019	2018
SCIENCE DIRECT	120,476	202,117	213,078
WWW.JHANDTHERAPY.ORG	24,398	97,447	102,006
CLINICAL KEY	13,116	27,097	30,292

### Top 10 Most Downloaded Articles from ScienceDirect, 2019 (Published All Time)

1. Effectiveness of edema management techniques for subacute hand edema: A systematic review, Miller L.K., Jerosch-Herold C., Shepstone L.
2. Comparison of effects of eccentric training, eccentric-concentric training, and eccentric-concentric training combined with isometric contraction in the treatment of lateral elbow tendinopathy, Stasinopoulos D., Stasinopoulos I.
3. Flexor tendon rehabilitation in the 21st century: A systematic review, Neiduski R.L., Powell R.K.
4. Hand therapy interventions, outcomes, and diagnoses evaluated over the last 10 years: A mapping review linking research to practice, Takata S.C., Wade E.T., Roll S.C.
5. Osteoarthritis and rheumatoid arthritis: Conservative therapeutic management, Beasley J.
6. Integration of occupation based intervention in hand injury rehabilitation: A randomized controlled trial, Che Daud A.Z., Yau M.K., Barnett F., Judd J., Jones R.E., Muhammad Nawawi R.F.
7. Proprioception of the wrist joint: A review of current concepts and possible implications on the rehabilitation of the wrist, Hagert E.
8. Conservative management of trigger finger: A systematic review, Lunsford D., Valdes K., Henry S.
9. Multidirectional instability of the glenohumeral joint: Etiology, classification, assessment, and management, Warby S.A., Watson L., Ford J.J., Hahne A.J., Pizzari T.
10. Do joint mobilizations assist in the recovery of lateral elbow tendinopathy? A systematic review and meta-analysis, Lucado A.M., Dale R.B., Vincent J., Day J.M.

## Top 10 Countries Downloading JHT Articles, 2019 (ScienceDirect)



# MEMBERSHIP ENGAGEMENT

## Online Volunteer Portal

In response to concerns voiced by members about limited volunteer options, the ASHT Board of Directors tasked committees and divisions with creating more opportunities for member participation. Additionally, ASHT launched an online volunteer portal. This platform allows members to register their interest, expertise, and availability and allows ASHT leadership to match members with the skill sets needed for moving initiatives forward. Both long and short-term commitment options are available including micro-volunteering projects.

## Tip Of The Week

This program was developed from member feedback requesting quick practice ideas to simplify daily patient care. The “Tip of the Week” is posted bi-weekly on Facebook. Members and non-members share innovative treatment ideas and solutions, including photos and videos showcasing tremendous creativity. These tips have been shared by followers on other social media platforms, extending ASHT’s reach.

## e-Community

The ASHT e-Community is the place for members to collaborate with fellow ASHT members, identify resources, share ideas, ask questions about challenging cases and discuss general topics of interest. A student e-Community was developed to reach students and new therapists to allow collaboration and support for therapists new to our profession.

## 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 reaches out to regional groups quarterly to provide support and provide quarterly updates in the *ASHT Times* that are pertinent to the existence and growth of hand and upper extremity therapy within these smaller groups. The section in the *ASHT Times*, called “What’s Happening?,” will continue to be a platform for communication with these groups. All interested local and regional hand therapy groups are welcome and invited to participate. ASHT also welcomes the opportunity to purchase a vendor table when smaller regional groups hold meetings where vendors are invited to participate.



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## LEADERSHIP *DEVELOPMENT*

It is critical for ASHT to pursue development and engagement of forward-thinking leaders that keep hand and upper extremity therapy relevant in our ever-changing healthcare landscape.

This year, the society continued a variety of important initiatives that facilitate growth of leadership qualities among our volunteer leaders and our membership including:

- Emerging Leaders e-Community: Facilitated open dialogue among members regarding leadership issues and creates a venue to share leadership development strategies
- Online Volunteer Portal: Continued utilization of our virtual volunteering platform that allows members to apply and pursue volunteer and leadership positions within ASHT in their areas of interest
- Board of Directors Intern: Continued development of the board intern position to foster leadership skills as well as provide educational insight to the decision-making process current leaders of ASHT undertake on behalf of the organization
- Lunch with Your Leaders: This session will be hosted during the ASHT Virtual Annual Meeting. This pre-recorded session will feature two past presidents, the board intern and ASHT staff. Panelists will share their volunteer experiences and outline the various pathways to service within ASHT

# FINANCE SUMMARY

## FY 2019 Audit Results: Statement of Financial Position

As of December 31, 2019, ASHT had total assets of \$2,032,669 and total liabilities of \$616,764 for total net assets of \$1,415,905. Net assets increased from December 31, 2018 by \$109,481. The detail is outlined below.

ASSETS	2019	2018
CASH	\$ 293,728*	\$ 545,565
ACCOUNTS RECEIVABLE	13,168	47,659
PREPAID EXPENSES/OTHER ASSETS	79,824	85,291
INVESTMENTS	1,599,930	1,171,845
WEBSITE DEVELOPMENT COSTS, NET OF ACCUMULATED DEPRECIATION	46,019	65,644
<b>TOTAL ASSETS</b>	<b>\$2,032,669</b>	<b>\$1,916,004</b>

LIABILITIES	2019	2018
ACCOUNTS PAYABLE/ACCRUED EXPENSES	\$ 109,098	\$ 36,554
DEFERRED REVENUE	507,666	573,026
<b>TOTAL LIABILITIES</b>	<b>616,764</b>	<b>609,580</b>

NET ASSETS	2019	2018
WITHOUT DONOR RESTRICTIONS	\$ 1,364,812	\$ 1,253,264
WITH DONOR RESTRICTIONS	51,093	53,160
<b>TOTAL NET ASSETS</b>	<b>1,415,905</b>	<b>1,306,424</b>
<b>TOTAL LIABILITIES AND NET ASSETS</b>	<b>\$2,032,669</b>	<b>\$1,916,004</b>

\*2019 cash balance includes a transfer of \$300,000 to the investment account.



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# 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 and upper extremity therapy provides them with the energy to create new learning opportunities and/or services to help therapists 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

Kimberly McVeigh, CHT, OT, MBA — *Chair*  
Nora Barrett, MS, OTR/L, CHT — *Vice Chair*  
Mojca Herman, MA, OTR/L, CHT — *Board Liaison*  
Wendi Eisenbraun, MOT, OTR/L, CHT  
Sandra Fletchall, OTR/L, MPA, CHT, FAOTA  
Stacy Hite, PT, DPT, MS, CHT  
Kimberly Kraft, PT, DPT, CHT  
Kara Ross, OTD, MPH, OTR/L, CHT  
Gary Solomon, MBA, MS, OTR/L, CHT  
Emily Skoza Brackenridge, MS OTR/L CHT  
Cindy Clare Ivy, M.ED, OTD, CHT  
Kimberly Masker, OTD, OTR/L, CHT

## ASHT Times

Dianna Lunsford, OTD M.Ed., OTR/L, CHT  
Kimberly Kraft, PT, DPT, CHT  
Gwen Morris, OTD, OTR/L, CHT, CLT  
Hannah Gift, OTR/L, CHT, COMT, UE, CEAS

## Awards Committee

Tara N. Ruppert, OTD, OTR/L, CHT — *Chair*  
Linda Klein, OTR, CHT — *Board Liaison*  
Gretchen Bachman, OTD, OTR/L, MBA, CEAS, CHT  
Mary L. Mundrane-Zweiacher, MPT, ATC, CHT  
Jarod f. Mann, OTR/L, CHT  
Ann Porretto-Loehrke, PT, DPT, CHT, COMT, CMTPT

## Education Division

Kimberly A. Masker, OTD, OTR/L, CHT — *Director*  
Hannah Gift, OTR/L, CHT, COMT UE, CEAS — *Vice Director*  
Rachel Pigott, MPH, OTR/L, CHT — *Board Liaison*  
Romina J. Astifidis, MS, PT, CHT — *Patient Education Committee Chair*  
Romina J. Astifidis, MS, PT, CHT  
Aimee Aguillon, OTD, OTR/L, CHT  
Mary C. Barnes, MOT, CHT  
Kailey Bedford, MOT, OTR/L, CHT  
Ashley Beers, PT, DPT, OCS  
Laura Conway, OTR/L, CHT  
Kerry Demers, OTR/L, CHT  
Alessia DiGennaro Kerner, OTR/L, CHT  
Ethan Fahrney, OTD, CEES  
Barbara L. Haines, OTR/L, CHT  
Laurie Humiston, MS, OTR/L, CHT  
John Jackson, OTR/L, EdD, CHT  
Pamela Karp, EdD, OTR/L, CHT

Margret Kelly, MS, OTR/L, CHT  
Rose McAndrew, MS, OTR/L, CHT  
Robert McClellan, OTR/L, CHT  
Michelle McMurray, MOT, OTR/L, CHT  
Courtney Middleton, OTD, OTR/L, CHT, CLT  
Lisa Perrone, OTR/L, CHT  
Tara Ruppert, OTD, OTR/L, CHT  
Cara Smith, PT, CHT  
Stephanie Strouse, OTD, OTR/L, CHT  
Heather Weesner, OTR/L, CHT  
Jill Yanick, OTR/L, CHT  
Karol Spraggs-Young, OTD, OTR/L, CHT  
Barbara L. Haines, OTR/L, CHT  
Laurie Humiston, MS, OTR/L, CHT  
Margret Kelly, MS, OTR/L, CHT  
Cara Smith, PT, CHT  
Olga Hincapie, PT, DPT, CHT  
Christopher Sobota, OTR/L, CHT

## Finance Committee

Mojca C. Herman, MA, OTR/L, CHT — *President*  
Rachel Pigott, MPH, OTR/L, CHT — *President-Elect*  
Diane Coker, DPT, CHT — *Vice President*  
Kendyl Brock Hunter, OTR/L, CHT — *Secretary/Treasurer*  
Melissa Thurlow, MBA, OTR/L CHT — *Secretary/Treasurer-Elect*  
William W. Walsh, MBA, MHA, OTR/L, CHT  
Marvin Reinglass, CPA/PFS  
Brett A. Zane  
Octavian Goga

## International Committee

Courtney Retzer Vargo, OTD, OTR/L, CHT — *Chair*  
Diane Coker, DPT, CHT — *Board Liaison*  
Barbara Almond, OTR, CHT  
Michele Auch, OTR/L, CHT  
Mary Barnes, MOT, CHT  
Emi Ito, OTR/L, BCPR, CHT, CLT, CEAS  
Dianna Lunsford, OTD, M.Ed., OTR/L, CHT  
Kim Rosinski, OTR/L, CHT, CSCS  
Rebecca Saunders, PT, CHT  
Amy Todd, MS, OTR/L, CHT

## Nominations Committee

Linda Klein, OTR, CHT — *Chair*  
Kimatha Grice, OTD, OTR, CHT  
Alicia Smith Hanta, OTR/L, CHT  
Rhonda K Powell, OTD, OTR/L, CHT

## Practice Division

Ekta Pathare, FACHE, MBA, OTR, CHT — *Director*  
Danielle Sparks, DHS, MOT, OTR, CHT — *Vice Director and Advocacy Committee Chair*  
Angela Stephens, DHS, OTR/L, CHT — *Practice Management Committee Chair*  
Ann Marie Feretti, EdD, OTR/L, CHT — *Federal & State Regulations Committee Chair*  
Diane Coker, DPT, CHT — *Board Liaison*  
David R. Myers, Jr., OTR, CHT, MOT  
Danielle Watts, DPT, PT, CHT  
Joshua Eppinger, OTR/L  
Cameron Judge, MS, OTR/L, CHT  
Paul Scott Abbey, OTR/L  
Bobbi J. Chapman, OTR/L, CHT, Cert MDT  
Wendi Eisenbraun, MOT, OTR/L, CHT

## Research Division

Cindy Clare Ivy, M.ED, OTD, CHT — *Director*  
Nancy Naughton, OTD, OTR/L, CHT — *Vice Director*  
Rachel Pigott, MPH, OTR/L, CHT — *Board Liaison*  
Sarah Doerrer, PhD, OTR/L, CHT, CLT — *Journal Club Chair*  
Lori Algar, OTD, OTR/L, CHT  
Gretchen Bachman, OTD, OTR/L, MBA, CEAS, CHT  
Beverly Bass, OTD, OTR/L, CHT, CLT  
Jenny Dorich, MBA, OTR/L, CHT  
Susan Duff, EdD, MPT, OTR/L, CHT  
Melanie Hubback, MS  
Lisa Kozden, MOT, OTR/L, CHT, COMT  
Erika Lewis, PT, EdD, MS, CHT  
Katherine Loomis, MA, OTR/L, CHT  
Corey McGee, PhD, OTR/L, CHT  
April O'Connell, OT/L, CHT  
Rozanni Senanayake, OTD, OTR/L, CHT  
Eugene Boeglin, Jr., DPT, OCS, CHT  
Nancy Byl, BS, MPH, PT, PhD, FAPTA  
Stephanie Carlson-Ballone, OTD, OTR/L, CHT  
Diane Coker, DPT, CHT  
Kim McClintock, OTD, OTR/L, CHT, CLT  
Virginia H. O'Brien, OTD, OTR/L, CHT

## Technology & Communications Committee

Stacy A. Baker, MOT, OTR/L, CHT — *Chair*  
Linda Klein, OTR, CHT — *Board Liaison*  
Heather Hopkins, MA, OTR/L, CHT  
David Plutschack, OTD, OTR/L, BCPR, CLT  
Phillip S. Shackelford, OTR/L  
Sara D. Tchobanoff, MOT, OTR/L, CHT

# ASHT TIMES

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

# ASHT TIMES READERSHIP METRICS

SEPTEMBER 1, 2019 THROUGH  
AUGUST 31, 2020

5,408

UNIQUE  
VIEWS

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

5,621

ISSUE  
VIEWS

(74% DESKTOP, 26% MOBILE)  
THIS IS THE TOTAL NUMBER OF TIMES ISSUES WERE READ, AND INCLUDES RETURNING VISITORS, WHO MAY COME BACK TO THE ISSUE SEVERAL TIMES.

509

ISSUE  
DOWNLOADS

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

3,642

PAGES  
PRINTED

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

76,733

PAGE VIEWS

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.

# TOP 10 ARTICLES

- 1. Telehealth: The Benefits Reach Beyond Our Grasp**  
*Michelle Coil, OTR, CHT, CEAS, PYT*
- 2. The Forgotten ADL**  
*Michele Auch, OTR/L, CHT*
- 3. Breaking Into Hand Therapy Through a Fellowship Program**  
*Hannah Gift, OTR/L, CHT; Emilia Pollnow, OTR/L, CHT*
- 4. Informed Care of People with Distal Radius Fractures**  
*Stefanie Stevenson, MSOT, CHT; Rachel Pigott, MPH, OT, CHT*
- 5. 50 Tips in 50 Minutes: Highlights from a Notable Session at ASHT's Annual Meeting**  
*Christopher Schoell, OT, OTD, CHT, COMT UE*
- 6. The Value of Hand Therapy Following Distal Radius Fractures A Scoping Commentary on Research Driven by the Hand Surgeons' Perspective**  
*Chris Karagiannopoulos, PT, PhD, CHT*
- 7. Perspective From Outside Hand Therapy Interview With Karen Jacobs, EdD, OT, OTR, CPE, FAOTA, Program Director, Online Post-Professional OTD, Clinical Professor and Associate Dean for Digital Learning and Innovation**  
*Kimberly Kraft, PT, DPT, CHT*
- 8. Global Collaboration and Friendship About the Companion Clinic Program**  
*Emi Ito, OTR/L, BCPR CHT, CLT, CEAS*
- 9. Compassionate Care in Hand Therapy: What's Love Got to Do with It?**  
*Emi Ito, OTR/L, BCPR, CHT, CLT, CEAS; Melanie Benchic, OTD, OTR/L; Robin Newman, OTD, OTR, CLT; Cynthia Cooper, MFA, MA, OTR/L, CHT*
- 10. From Philadelphia to the Netherlands: My Journey in Hand Therapy**  
*Gwen Von Strein*

# 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 **7.5-percent overall increase since January 2020**. ASHT’s YouTube channel experienced the largest percentage increase in followers over the last year, doubling in subscribers as the society strategically focuses on developing new video content.

## Total ASHT Social Media Followers



YEAR	FACEBOOK	TWITTER	LINKEDIN	YOUTUBE
2015	2,732	1,921	2,135	N/A
2016	3,577	2,218	2,278	N/A
2017	4,170	2,382	2,334	N/A
2018	5,074	2,688	2,409	N/A
2019	6,774	3,025	2,572	84
2020	7,202*	3,248*	2,832*	125*

*\*As of August 1, 2020. 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 the Tip of the Week series, CMS’ announcement of the inclusion of occupational and physical therapy practitioners as Medicare telehealth providers and tributes to ASHT founder Evelyn Mackin, who passed away in February.

# HANDCARE.ORG

ASHT continues to partner 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 and upper extremity therapy, authored by committee members and ASHT volunteers. This information has become some of our most shared posts on social media, helping our therapists share the importance of hand and upper extremity therapy with the public.

Between October 2019 and August 2020, the HandCare.org blog received 1.4 million overall views. According to ASSH's metrics, ASHT-generated content accounted for about 18% of traffic on the HandCare.org blog.

Seven of the HandCare.org blog's top 25 most-read posts were ASHT contributions, racking up more than 200,000 views on the site:

## Seven of the HandCare.org blog's top 25 most-read posts were ASHT contributions, racking up more than 200,000 views on the site:

### Wrist Pain (#5)

<http://blog.handcare.org/blog/2018/05/02/advice-from-a-certified-hand-therapist-wrist-pain/>

### Cubital Tunnel Syndrome (#9)

<http://blog.handcare.org/blog/2015/07/24/advice-from-a-certified-hand-therapist-on-cubital-tunnel-syndrome/>

### Scar Management (#10)

<http://blog.handcare.org/blog/2018/12/28/advice-from-a-certified-hand-therapist-scar-management/>

### Hand Edema (#13)

<http://blog.handcare.org/blog/2015/11/25/advice-from-a-certified-hand-therapist-trigger-finger/>

### Mallet Finger (#15)

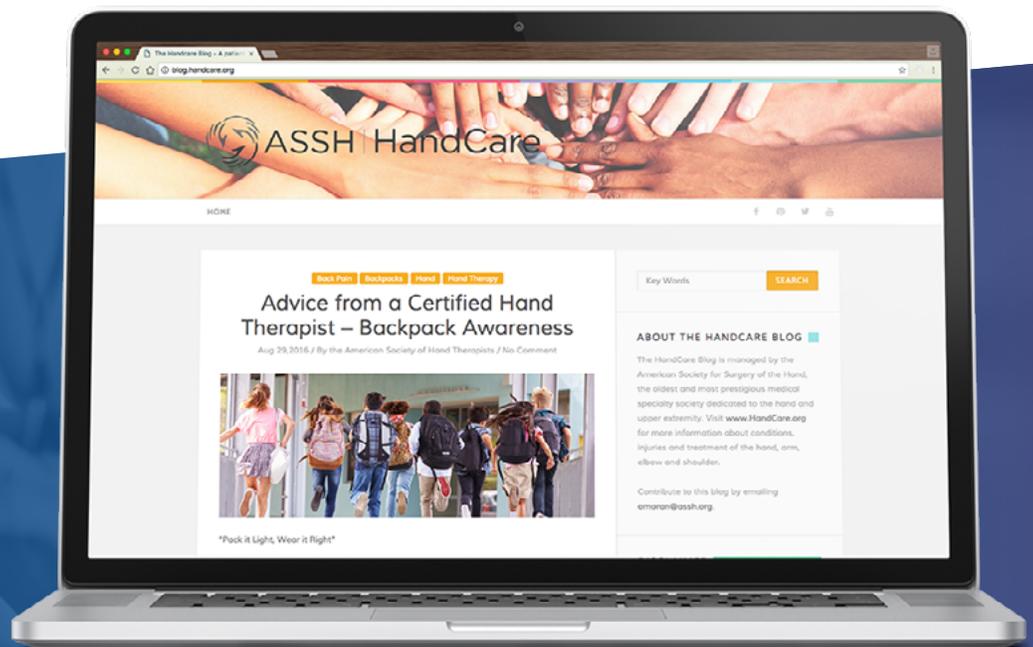
<http://blog.handcare.org/blog/2018/03/22/advice-from-a-certified-hand-therapist-what-is-a-mallet-finger-and-how-is-it-treated/>

### Modifications to Pencil Grip for Handwriting (#24)

<http://blog.handcare.org/blog/2017/07/28/advice-from-a-certified-hand-therapist-modifications-to-pencil-grip-for-handwriting/>

### Radial Head Fractures (#25)

<http://blog.handcare.org/blog/2018/10/26/advice-from-a-certified-hand-therapist-radial-head-fractures/>



INNOVATE

# 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	ASHT COMMUNITY	History of Hand Therapy
2	PRACTICE & REIMBURSEMENT	How to Set up Telehealth
3	PRACTICE & REIMBURSEMENT	COVID-19 Workplace Precautions
4	CLASSIFIEDS	Static Progressive Component (Banjo Tuner) Threaded
5	CLINICAL TREATMENT ISSUES	Hypothenar Dystonia
6	ASHT COMMUNITY	Field Work Level II Placements to Land a Job in Hand Therapy
7	PRACTICE & REIMBURSEMENT	CMS Orthosis Denials
8	EMERGING LEADERS	7 TED Talks about Leadership - Let's Discuss and Chime In
9	CLINICAL TREATMENT ISSUES	Trigger Thumb
10	CHT EXAM PREP	Fractures

# HAND THERAPY WEEK

## JUNE 1-7 2020

SPONSORED BY



## HAND THERAPY WEEK 2020

Despite unprecedented times affecting the global population, ASHT continued to see strong engagement and enthusiasm for the specialty during Hand Therapy Weeks 2020. ASHT released another hand safety and injury prevention video (carpal tunnel syndrome), launched new daily challenges and highlighted positivity among an engaged community.

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### Hand Safety & Injury Prevention Videos

ASHT's Technology & Communication Committee produced the fifth video in its series of hand safety and injury prevention videos. This video focused on carpal tunnel syndrome, sharing symptoms and treatment for this common condition and highlighting an on-camera CHT sharing information about the specialty.



This video was among the most popular posts on ASHT's social media throughout Hand Therapy Week – second only to the initial kick-off post. The video post on Facebook reached nearly 4K individuals and had 36 shares. The video also had 336 views on Youtube in the seven days following its premiere.

The other videos in the hand safety and injury prevention series (desk ergonomics, gardening, cooking, portable electronics) also saw a resurgence, as many therapists and business pages shared them throughout the week.

### New: Daily Challenges

In an effort to increase engagement and provide easier ways to celebrate Hand Therapy Week, the Technology & Communication Committee created five daily challenges. The challenges were promoted a month in advance of Hand Therapy Week, then launched daily on social media. The post reach varied between 1.3K to 2K on Facebook (500-1,000 on Twitter), with the most popular challenges being “selfie day” and tips for scar management.

### Additional Resources/Promotion

The Patient Education Resources and new Spanish translations were promoted for therapists to use as a convenient tool for patient care and public education. The flyers provide information

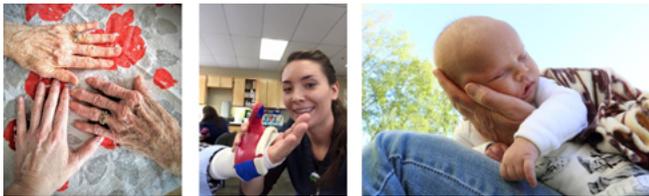
on common diagnoses, answer frequently asked questions and educate patients on the role a hand therapist plays in their treatment.

The Patient Education Resource page was accessed 388 times during Hand Therapy Week, making up about 2.19% of website traffic and ranking fifth among page views:

Ranking total percentage of webpage views during Hand Therapy Week 2020

1. ASHT homepage (15.38%)
2. Hand Therapy Week page (5.70%)
3. Webinars (3.27%)
4. UE Institute (2.48%)
5. Patient Education Resources (2.19%)
6. Find a Therapist directory (2.09%)

ASHT also provided hand therapy marketing flyers tailored to surgeons, primary care providers and the public; a list of celebration ideas; a marketing toolbox with a sample press release; and more.



**First place:** Alison Rose (grandma's beautiful hands)

**Second place:** Tracy Wilson (fabricating for thumb amputee)

**Third place:** Donna Goodson (granddaughter asleep in hand)

As part of the Celebrate & Win! Contest, members are invited to submit photos, videos and/or links of their 2020 celebrations to ASHT during and following Hand Therapy Week. Ideas included clinic contests and raffles, pampering for patients and employees, hand-themed baked goods and more.

This year's exclusive Hand Therapy Week sponsor, Naked Prosthetics, provided gift baskets for winners of both contests.

## Social Media Engagement

### Facebook

Activity on the ASHT Facebook page surged during Hand Therapy Week 2020. 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 9.3K at the start of Hand Therapy Week, which was nearly 3K higher than 2019. The page also picked up 62 new followers over the course of the week.

The kick-off post recorded the highest reach of all posts during Hand Therapy Week (5K). Other popular posts included the annual photo contest, a testimonial from a finger amputee, the carpal tunnel syndrome video, daily challenges and posts highlighting grassroots Hand Therapy Week celebrations.

### Twitter

During Hand Therapy Week 2020, the ASHT Twitter page earned 10.8K impressions. Top tweets during this period included the scar management daily challenge, Hand Therapy Week kickoff, finger amputee testimonial and the "selfie day" challenge. Many users were also engaged via the Hand Therapy Week 2020 hashtag, using "#HTW2020" in their messages to connect with ASHT, fellow therapists, supporters and the public.

# ALLIED ORGANIZATIONS *UPDATE*



## American Hand Therapy Foundation

The mission of the American Hand Therapy Foundation (AHTF) is to improve patient outcomes by promoting evidence-based practice through funding clinical and scientific research and education. Like all organizations, 2020 has been a challenging year because of the impact of the world-wide COVID-19 pandemic, which has changed the delivery and consumption of rehabilitation services at all levels across the nation. Despite this, AHTF has continued activities designed to support research and the profession. The vision of the American Hand Therapy Foundation is for all evaluation and treatment methods in hand and upper extremity therapy to be based on well documented evidence.

In recap of 2020, the American Hand Therapy Foundation:

- First and foremost, is grateful for our many, many individual and corporate donors. Without your support, the mission of the foundation is not possible.
- Held its annual strategic planning session during which the board of directors reaffirmed its commitment to fund the scheduled grants despite the looming challenges of fundraising in the pandemic environment.
- Mourned with the entire hand therapy world, the loss of our colleague, Evelyn Mackin, PT. AHTF has a special tribute to Evelyn on its website. Her dynamic abilities and visionary capacity impacted all of our lives. Even after retirement, Evelyn remained on AHTF's Advisory Board through the last two decades.

- Reviewed applications and awarded, as appropriate, the existing AHTF grants (in some cases through collaboration with the American Society of Hand Therapists and the Hand Therapy Certification Commission). The total potential award for the grants is over \$75,000. Criteria and potential awards for individual grants can be reviewed at the [AHTF website](#) and include:
  - » ASHT Founders Award
  - » Burkhalter New Investigator Grant
  - » Evelyn Mackin Grant
  - » Judy Bell-Krotoski Grab the Evidence Award
  - » Mary Kasch Scholarship
  - » Janet Albrecht Memorial Scholarship
- Announced and is thrilled to partner with the American Foundation for Surgery of the Hand for a collaborative research grant. This grant will be awarded for hand/upper limb surgery and therapy topics submitted by a hand surgeon/hand therapist team and will begin October 1, 2020. The grant is a one-year \$20,000 clinical research grant, following the style of an NIH R21 grant.
- Announced and is elated to report the establishment of the Doris Ann Slack Upper Extremity Education and Research Innovation Fund. Through a generous donation from Doris Ann Slack and her family, the fund encourages and supports clinical innovations and education in the field of upper extremity rehabilitation, in perpetuity.
- Continued its legacy of successful fundraising efforts through the 5th Annual Virtual Run for Research. Even though there was no registration cost this year, we are so grateful that a large number of participants chose to donate to AHTF. The funds raised from this event will help support the education and research grants provided annually by AHTF.

- Provided a \$10,000 grant to ASHT in support of its annual meeting.
- Announced the virtual “Happy Hour with a Scholar” event featuring our guest speaker, Dr. Scott Kozin, who will present, “When You Have Nothing, a Little is a Lot: Nerve Transfers in Distressed Patient Populations.”
- Updated and improved our website, [www.ahtf.org](http://www.ahtf.org). Please check it out!
- Looks forward to closer collaboration in the future with ASHT and supporting the society’s mission.
- Offers thanks and appreciation to our entire board of directors.
- Recognizes the contributions of and thanks Chairman, Greg Pitts, OTD, OTR/L, CHT, for many great years of leadership. Greg has overseen a prolific period of organizational growth, including dramatic increases in the amount of funding for the foundation’s grants during his time of service. The board has elected Jim King, OTR, PhD, CHT to serve as the foundation’s chair beginning in October 2020. AHTF has a 100% volunteer board of directors. This results in exceptionally low overhead and ensures that a high percentage of donations goes directly to funding hand therapy research.

AHTF remains the only professional organization with the sole mission of supporting researchers to expand the scientific evidence for hand therapy, in order to enhance the quality of hand and upper extremity rehabilitation and optimize patient outcomes.

In its 31-year history, AHTF has provided thousands of dollars in funding for over 100 projects. These projects have impacted our

profession and many of your colleagues have been recipients of an AHTF grant or scholarship. The foundation is grateful to all who participate by donating to fund AHTF grants and volunteer their time to support the foundation’s mission and our collective professional future.

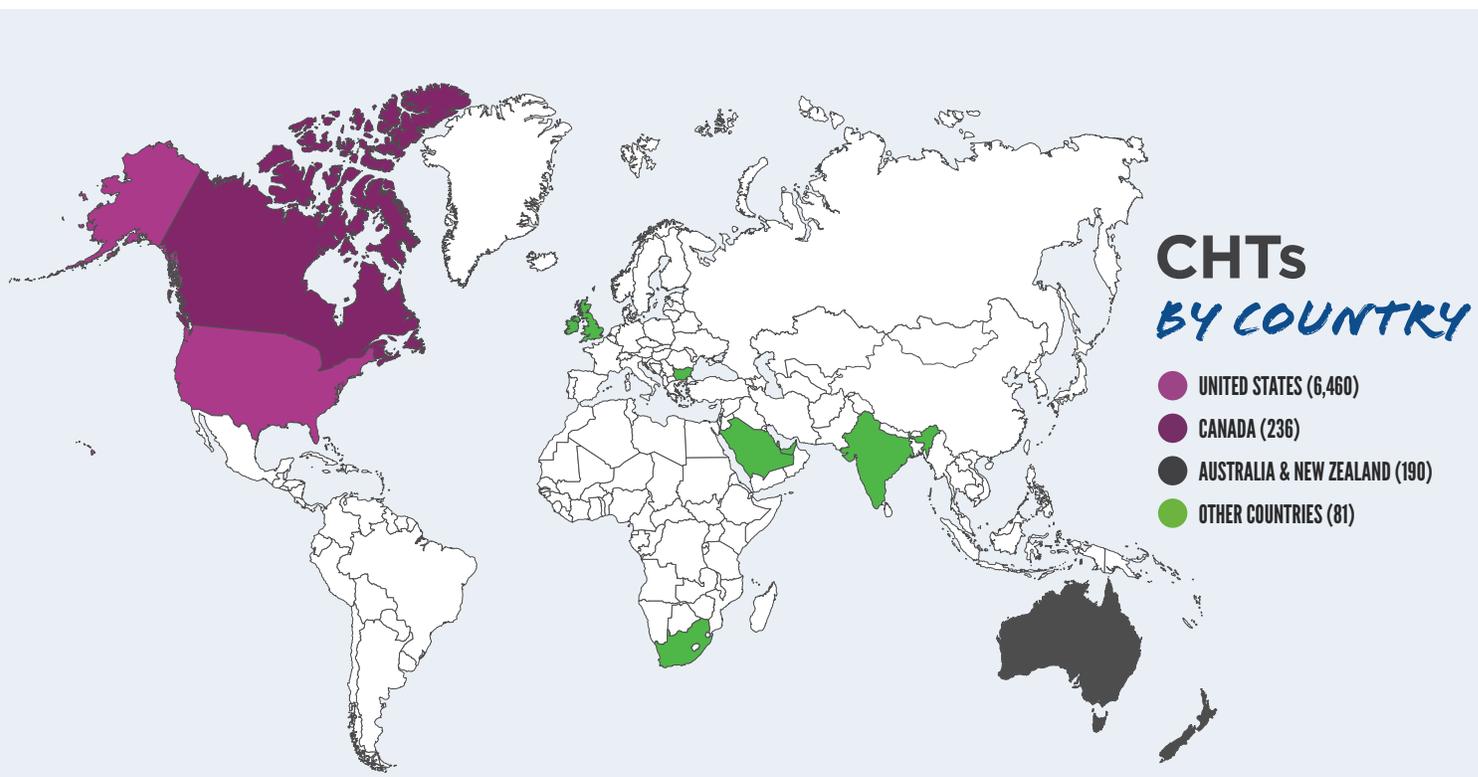
## Hand Therapy Certification Commission



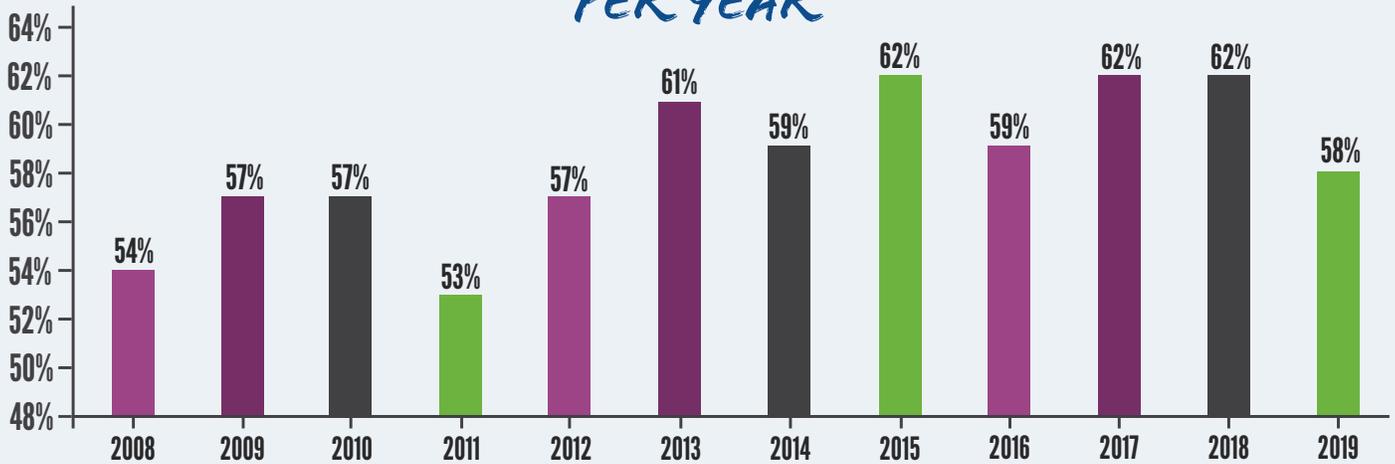
The number of Certified Hand Therapists (CHTs) continues to grow. There are currently **6,967 (CHTs) worldwide**, a record number. There are 6,460 in the United States, 236 in Canada and 271 in countries outside of North America (see map below). By profession 86% are occupational therapists, 13% are physical therapists and less than 1% possess a dual OT/PT credential.

**67% of employers surveyed in the 2019 Salary Survey experienced difficulties in finding and hiring CHTs for open positions.**

**DID YOU KNOW**



## Pass Rate PER YEAR



### 2019 Examination Highlights

The number of therapists taking the exam in 2019 remained high. The overall pass rate (percentage of people who passed the examination) was 58%, which was consistent with previous years. The passing rate by year for the CHT examination since 2008 has ranged from 53% to 62% with the average pass rate being 58%. The mean passing rate for the past five years has been 61%. The passing rate for the May 2019 exam was 60%.

### 2020 Examination

Due to the escalation of the coronavirus outbreak, the HTCC board of directors made the decision to cancel the May 2020 Hand Therapy Certification Examination. The May exam was not rescheduled, and the next exam is scheduled for October/November.

HTCC's testing vendor, PSI Services (PSI) began to officially re-open test centers in May. Currently, nearly 170 owned and operated sites are operational; however, test centers are only operating at 50% capacity to adhere to social distancing guidelines.

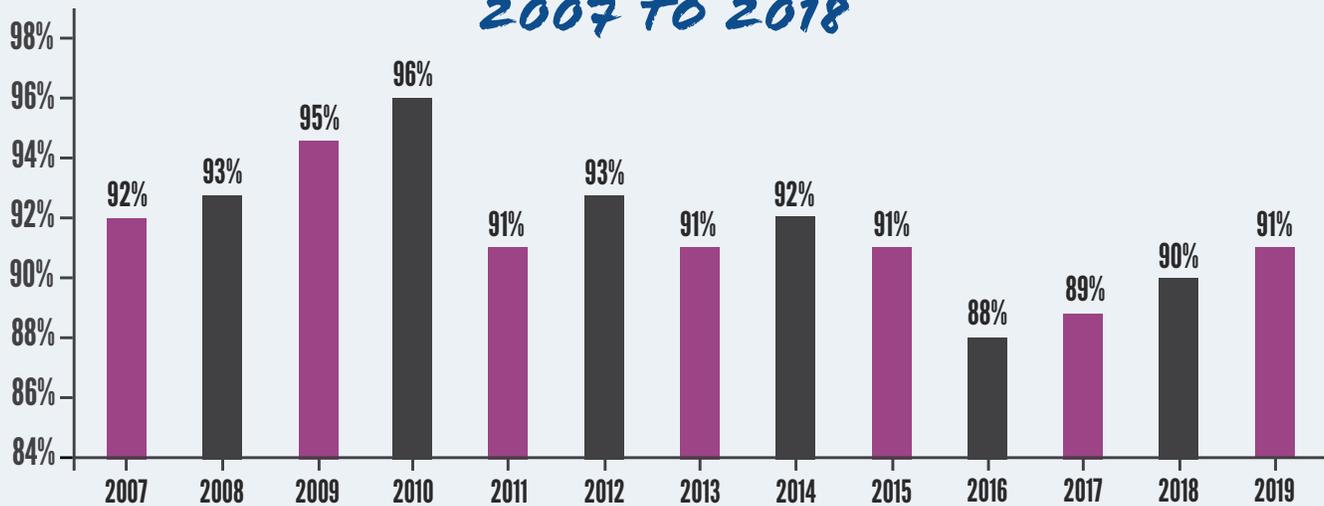
The November exam will be administered as planned dependent on test center availability as well as state and local regulations. To anticipate any potential scheduling difficulties for the November 2020 examination, HTCC made the decision to extend its testing window by two weeks. The exam will be administered at PSI testing centers by appointment only from October 26 to November 14. Because the testing window will be extended, score reports may be delayed by one week.

55% of respondents to HTCC's 2019 Salary and Benefits Survey reported receiving additional compensation for passing the CHT examination and 98% percent indicated that becoming a CHT strengthened their position in the job market.

**DID YOU KNOW**



## Percent Recertified 2007 TO 2018



### 2021 Examination

After a thorough investigation with PSI and our credentialing membership association, The Institute for Credentialing Excellence, the HTCC board of directors made the decision to offer live remote proctoring for the Hand Therapy Certification Examination starting in 2021. Due to the high demand for remote proctoring by credentialing organizations, our testing company cannot initiate this service for the November 2020 examination. In 2021, candidates will have the option to either test at home or in a traditional test center environment.

Not only will live remote proctoring offer a testing alternative in the event of test center closures but it will also benefit those who wish to socially distance themselves and therapists who live in remote areas or overseas where access to traditional test centers is limited.

For more information about live remote proctoring, click on the links below.

[HTCC Online Live Remote Proctoring FAQs](#)

[PSI Web Delivery Video](#)

## Recertification Highlights

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

### Practice Analysis

HTCC conducted its sixth *Practice Analysis Survey of Hand Therapy Practice* in 2019. Practice analysis is a process that HTCC conducts every five to seven years to ensure that each CHT examination accurately reflects the knowledge base required of individuals currently working in the field. HTCC contracted with Scantron Assessment Solutions, to conduct the 2019 study.

The large-scale study provided descriptive details about the practice of hand therapy that validated the test blueprint for the Hand Therapy Certification Examination. It highlighted that the specialty of hand therapy is a mature and stable field of occupational therapy and physical therapy. The strength of the data shown in the study established a very high reliability for the examination, showing that it accurately represents the actual practice of hand therapy. The results of the study affirmed the test specifications for the Hand Therapy Certification Examination; affirmed the definition of hand therapy; and refined the scope of hand therapy practice. This study will provide guidance for HTCC policy decisions for the next five to seven years.

Almost 2,000 copies of HTCC's *The Hand Therapist Peer Mentoring Manual* have been downloaded for free since publication.

**DID YOU KNOW**



The study also comprehensively explored the use of orthotics in hand therapy. The study generated new information about the frequency and criticality of the use of specific types of orthoses in practice, as well as a performance expectations, which describe “when” in a hand therapist’s career they should have the knowledge and skill to implement this intervention. Therapists overwhelmingly validated these tools as critical to hand therapy practice and reported that therapists are generally expected to be proficient in these techniques upon initial certification as a hand therapist.

An article has been completed and submitted to the *Journal of Hand Therapy* for publication.

Based on the 2019 Practice Analysis Survey, therapists use custom and prefabricated orthoses daily and report that the use of orthoses is highly critical to practice.

**DID YOU KNOW**



## The Academy of Hand and Upper Extremity Physical Therapy



The Academy of Hand & Upper Extremity Physical Therapy is one of 18 specialty components within the American Physical Therapy Association (APTA). Members of the Academy must be members of the APTA and include physical therapists, physical therapist assistants, and PT/PTA students. Currently, there are more than 600 members of the Academy. The leadership team is composed of physical therapists and certified hand therapists committed to advancing the profession of hand therapy by advocating for interprofessional practice and scholarship. The Academy does offer a partner program for other therapy and research professionals not eligible for APTA membership. Anyone interested in learning more about the partner program should contact [info@handpt.org](mailto:info@handpt.org).

Following a governance review, the Academy has developed new initiatives to recruit and retain members. An awareness campaign about hand therapy was created for the public and physical therapy communities. The Academy sponsors educational programming and research presentations, in both platform and poster format, during the annual APTA Combined Sections Meeting typically held in February. This year, the Academy sponsored 20 hours of continuing education related to hand and upper extremity rehabilitation.

Current ASHT President, Mo Herman, MA, OTR/L, CHT, presented a panel along with Martin Walsh, OTR/L, CHT from the Hand Therapy Certification Commission, on preparation for becoming a hand therapist. One of the onsite events included the 35th Anniversary celebration for members and guests for the Academy of Hand & Upper Extremity Physical Therapy.

During 2020, the APTA launched a new branding campaign which provided an opportunity for the Academy to develop a coordinated logo with the APTA (see above). The website has been expanded to provide more member resources in education, research, and practice. Please visit [www.handpt.org](http://www.handpt.org) to learn more about member benefits and resources. In 2021, the APTA will be celebrating its Centennial Anniversary. Due to the pandemic, the APTA leadership has already converted most activities and the annual Combined Sections Meeting to a virtual format during the first quarter of 2021. Although details are not fully worked out after this recent decision, members and non-members, will be able to register for an all access pass to attend both on-demand and live sessions. The Academy will also offer between 18 -24 hours of educational programming as well as its annual business meeting. Stay tuned for more information: <https://www.apta.org/csm>.

The Academy’s Practice Committee, led by Marsha Lawrence, PT, DPT, CHT, is working with APTA staff on disseminating information about the 9% proposed reduction with the Physician Fee Schedule that will be detrimental to our patients with Medicare and Tricare as well as an ongoing practice issue associated with orthotic payment denials. The committee has provided resources to our members during the COVID-19 public health emergency, especially related to PPE recommendations and telehealth. For detailed information, please visit <https://www.handpt.org/practice>.

Members of the Academy are currently involved in the development of clinical practice guidelines (CPG). In May 2019, a CPG on Hand Pain and Sensory Deficits: Carpal Tunnel Syndrome was published in the *Journal of Orthopaedic and Sports Physical Therapy (JOSPT)*. A CPGs on lateral elbow tendinopathy is in review will be published in 2021 and a CPG on distal radius fractures is in process. CPGs are required to be open access resources to all health professionals and can be accessed via the Academy website. Ann Lucado, PT, PhD, CHT, serves as the CPG Coordinator and chairs the research committee for the Hand PT Academy. As the Academy finishes these initial CPGs, Ann Lucado, PT, PhD, CHT, CPG coordinator, is working with her team to develop for future CPG topics in hand therapy.

As we move into the APTA Centennial year in 2021, the Academy will continue to develop new member resources and events and participate in national or regional centennial activities. The leadership of the Academy of Hand and Upper Extremity Physical Therapy looks forward to continued interprofessional activities with the ASHT, HTCC, and other hand and upper extremity therapy organizations.

# International Federation of Societies of Hand Therapy



## Executive Committee

At the 2019 IFSHT Triennial Congress in Berlin, the delegates from IFSHT’s member countries voted in the next executive. For the first time ever, 50% of the committee is American. These six hand therapists will lead IFSHT from 2019-2022: President, Nicola Goldsmith (United Kingdom); President-elect, Peggy Boineau (United States); Secretary General, Maureen Hardy (United States); Treasurer, Stacey Doyon (United States); Information Officer, Susan De Klerk (South Africa); and Past President, Anne Wajon (Australia). All meetings are virtual apart from one at the Triennial Congress and one in between. All executive committee members

descended on London in February 2020 for a hardworking three days (thankfully just before COVID-19 hit the Western world) and the goals and priorities were set for the three-year period.

## Main Goals 2019-2022

- Work with and support the British Association of Hand Therapists (BAHT) towards the next IFSHT Triennial Congress in London 2022
- Initiate the mentorship programme from full member countries to associate and corresponding members
- Launch new publication (R.E.A.C.H.)
- Rethink the Commercial membership category and replace with sponsorship options
- Commission, design and implement a new website
- Review all grants
- Develop publications committee

## Next IFSHT Triennial Congress

THE INTERNATIONAL  
FEDERATION OF SOCIETIES FOR  
SURGERY OF THE HAND

THE INTERNATIONAL  
FEDERATION OF SOCIETIES FOR  
HAND THERAPY

# LONDON 2022

6<sup>TH</sup> - 10<sup>TH</sup> JUNE

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COMBINED MEETING WITH FESSH**

**EXCEL CONFERENCE CENTRE  
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IFSSH XV & IFSHT XII  
COMBINED MEETING WITH FESSH  
LONDON 2022

Assuming the world has returned to “normality,” the next International Hand Congress will be held in London, U.K. [Sign up now to register your interest.](#) The two scientific co-chairs are always nominated by one host society, BAHT and one nominated by IFSHT. Dr. Fiona Sandford, Consultant Hand Therapist, St Thomas’ Hospital NHS Trust, London and Dr. Helen Buchanan, Associate Professor, University of Cape Town, South Africa have taken these vital roles and we thank them in advance for all the hard work they are already putting in.

These two amazing leaders in the world of hand therapy are already working hard with The British Society for Surgery of the Hand (BSSH) to ensure the congress has broad and applicable content and a large component of combined surgeon and therapists sessions. They have built an international scientific committee and doing the same now for an abstract committee. Currently, the plan is for combined sessions on extensor and flexor tendons, sports injuries, outcome measures, hand surgery and hand therapy partnerships around the world and prevention of hand injuries. There will also be surgeons participating in the therapy sessions on tendinopathies and the musician’s hand. The United Kingdom is proud to have close collaborative working of the surgeons and therapists (so much so that therapists can now be members of BSSH and sit on some committees) and the intention is to showcase this partnership throughout.

### IFSHT Membership

IFSHT now has 36 full members, including ASHT and your delegate is Diane Coker. All individual members of the full member societies are automatically members of IFSHT and therefore IFSHT represents approximately 10,000 hand therapists worldwide. We also have seven associate members and eleven corresponding members, including the welcome addition of Ethiopia and Nigeria in this last year. We are very much looking forward to working with these countries to support the development of our specialty in their countries.

### Communication

IFSHT is making major changes to our communication channels in the next six months. Until now, we have been sending out the:

- *Update:* A quarterly newsletter with information on member countries, major events and IFSHT activities published on our website and in the ASSH and BAHT journals
- *Connections:* A newsletter sent by email to those signed up to receive it.

These two newsletters are being replaced by a new combined quarterly publication called “**R.E.A.C.H.**” REACH stands for research, education, achievements and clinical/clinicians (working) in hand and upper extremity. A new committee has been set up to support this venture. We will be approaching many ASHT members to contribute in the future.

We also provide content for *Ezine*. This is the very professional and informative clinical magazine of IFSSH. Each one contains an article written by a hand therapist on a topic of interest to surgeons and therapists alike. IFSSH value this publication for instilling the close working relationships between the two professions. Find the PDF versions of the back copies of this very informative magazine full of scientific and clinical articles [here.](#)

### Mentoring Scheme

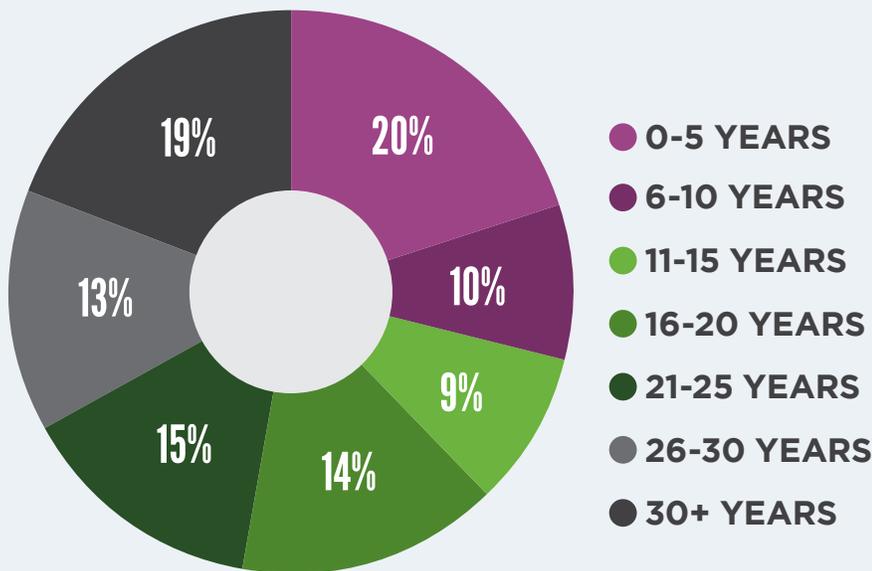
Due to the COVID-19 outbreak, we have delayed the announcements to all member countries about the mentoring scheme. Each full member has been allocated either a corresponding or associate country to support in their development of hand therapy. We will be writing to each country with an outline of intent and the pairings soon. Thank you ASHT for offering your help. We hope you will enjoy your relationship with the allocated country. They will be so delighted with your support. We will be in touch about this project, with your delegate, Diane Coker, soon. In the interim, many of our member countries sent information about how they are coping with COVID-19 to us and we have [posted this on our website.](#)



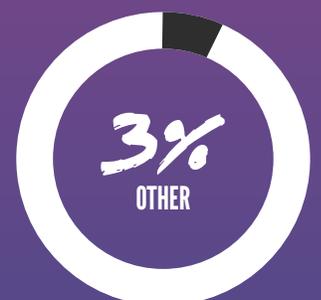
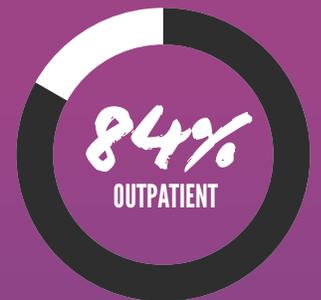
# ASHT MEMBERSHIP BY THE NUMBERS

## Years of Hand Therapy Experience

Nearly one third (32%) of ASHT members have practiced hand and upper extremity rehabilitation for 26 years or more. Almost 3 in 10 (27%) members have been in practice between 16 and 25 years, while close to 1 in 5 (19%) have 6 to 15 years of practice experience. Approximately 1 in 5 members (20%) have practiced five years or fewer.



## PRACTICE SETTING





# INCOMING PRESIDENT'S MESSAGE

Rachel Pigott, MPH, OTR/L, CHT

## Growth and Evolution

Maintaining status quo can lead to stagnation and obsolescence. This is why growth and evolution is critical for associations, particularly those membership organizations in the dynamic healthcare landscape. I can confidently say the American Society of Hand Therapists (ASHT) is an organization comprised of forward thinking, tireless and passionate leaders and members. These characteristics were critical in the establishment of ASHT in 1977 by six inspired occupational and physical therapists. I am proud to be a member of a team that has consistently changed and evolved maintaining ASHT's relevance in the promotion of excellence in hand and upper extremity rehabilitation.

ASHT focuses on the advancement of hand and upper extremity rehabilitation by developing quality educational products, strategically coordinating legislative initiatives and promoting research that advances evidence-informed practice. This year, in particular, there has been a tremendous amount of flexibility, creativity and dedication that has facilitated outstanding work on these initiatives.

Our educational courses have pivoted seamlessly to virtual platforms to ensure quality education continues to be available to our membership. This was a challenging and necessary response to the COVID-19 pandemic that impedes the provision of large-scale in-person educational activities.

Threats to provision of necessary hand and upper extremity rehabilitation services have arisen in 2020. These threats include denials of medically necessary orthoses, barriers to provision of telehealth services and impending reimbursement cuts. ASHT, the Academy of Hand and Upper Extremity Physical Therapy

(APTA) and the American Occupational Therapy Association have collaborated to advocate for changes that address the rash of orthosis denials. Through the ASHT Legislative Action Center, membership communicated 483 times regarding how necessary it is for occupational and physical therapists to provide telehealth services during the COVID-19 pandemic. This action prevented interruption of these critical services during the coronavirus public health emergency. We face more hurdles on the road to recovery with release of the Medicare Physician Fee Schedule for calendar year 2021 in early August. The proposed rule has a major impact on occupational and physical therapy services by recommending up to 9-percent reimbursement cuts to therapy service CPT® codes. ASHT has joined other national therapy associations to call on Congress to advance well-reasoned fee schedule payment policies and waive budget neutrality.

Finally, our Research Division has transitioned ASHT's monthly Journal Club chat to a Zoom platform to make participation more interactive and productive. The division will also launch a student-led Journal Club chat this fall to engage the next generation of therapists during their pursuit of evidence-informed hand and upper extremity rehabilitation.

All of this change and evolution occurred in the past year. We have 108 volunteers currently supporting these continued efforts to advance excellence in hand and upper extremity rehabilitation. It is true many hands make light work. I am overwhelmed in considering how many people give their time and talent to ASHT in such selfless ways. I humbly step into the role of ASHT President. It is a great honor to serve beside this outstanding group of people. I am also excited to see our next stage of evolution. Will you join us as a change maker? Imagine the great changes that are to come.

*"IMAGINE THE GREAT CHANGES  
THAT ARE TO COME."*

ADVOCATE

# SUPPORTER ACKNOWLEDGEMENT

ASHT gratefully acknowledges the individuals and organizations whose 2019-2020\* contributions further the mission of our organization and the work of the hand therapy profession. Without you, our work would not be possible.

\*September 20, 2019 – September 21, 2020

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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.

## Donate to the American Society of Hand Therapists

Please see the following descriptions outlining your donation options. All donations are tax-deductible to the full extent of the law. Consult your tax advisor regarding specific questions about your deductions.

- Annual Meeting Sessions Fund: Donations support continued evidence-informed programming and learning opportunities to help ASHT members meet the demands of clinical practice.
- Awards and Scholarship Fund: Donations support continuing education for the next generation of hand therapy professionals.
- Vision Fund: Donations support ASHT's strategic initiatives in advancing advocacy, education and research.

To support ASHT with a  
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Thank you for considering a donation to support the  
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