



2021

A N N U A L R E P O R T

TRANSFORMATION



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American Society of Hand Therapists™

Building on the richness of ASHT's past and dynamic present, we had a goal to create a more inclusive future for the practice of hand and upper extremity therapy.

Our Evolving Brand Story

It was 1975 in San Francisco when the founders of ASHT first gave birth to the concept of a united hand therapy organization. Their original motive was to get together to boost their learning curve. They realized they were stronger united than isolated. The term "hand therapy" hadn't even been used yet; it was coined when the group was deciding on a name for the new organization.

Since then, the American Society of Hand Therapists has become the premier organization for those who work in this specialty. Now, a focus on the total area treated by the specialty has inspired change.

Simply, hand therapists don't just work on the hand. They are hand and upper extremity specialists. For ASHT, it is important for this message to be more widely known.

We determined the best way to do this was by evolving the brand. As we speak to the larger stakeholder audience and recruit the next generation of professionals into our ranks, we felt it was time to develop a brand that more accurately reflects the area of expertise.

Here is how our brand evolved to its new look, its stronger voice.

The Evolution

The rebranding process has been a collaborative one with the goal of a more inclusive message as its north star. All decisions were made in a collaborative atmosphere across a broad spectrum of representation and closely followed by the ASHT Brand Task Force.

We conducted interviews with ASHT members, former Board members and professional stakeholders, such as hand surgeons, physician assistants and nurse practitioners, to better understand the current state of ASHT's brand.

We reviewed the competitive landscape to see how other organizations promoted their brands, how they referenced hand therapy to determine how ASHT fit in this environment and how we would differentiate ourselves.

With that input, we developed a survey to get insight from the membership as a whole to further explore perceptions of who ASHT is today and will be in the future. Here is what you told us:

- While members feel connected to the hands in the current logo, they recognized it does not accurately represent the specialty in terms of the upper extremity
- Members prefer a clean, professional look to the logo as a way of representing the specialty
- Members feel that "specialized" and "professional" best describe the organization

We heard you. The brand was evolved with these key points in mind and an intentional focus on representing this unique specialty.

A New Look

With our learnings from the discovery and research phase complete, we set about designing and selecting the final logo. We underwent many designs and iterations in the creation of the new look. At the end of the process, the final design was the one that most accurately defined who ASHT is and what it is that we do. We stayed true to our north star.

We maintained our name to build on its legacy. However, to be more easily identified, we moved from using the acronym "ASHT" in the logo to the full name, "American Society of Hand Therapists." We will continue to be known as ASHT in our marketing and other messaging touchpoints, but felt it important to be clearer in the most forward-facing part of the brand, our logo.

The logo conveys the optimism, perseverance and determination that defines ASHT as it charges ahead into a bright future, as well as that of professionals and patients touched by the very practice for which ASHT advocates.

Our logo was designed to be literal in its representation of ASHT. The overall design is clean and simple to convey professionalism and credibility. The color palette remains the same, as it has a modern, but classic look. Finally, the graphic element was designed to speak to the heart of what we do: treat the hand and upper extremity. The graphic image includes a person with an arm reaching up, implying motion. The hand and upper extremity were designed to have an anatomical feel and we used color to highlight the whole limb as the area of focus. The logo is meant to represent in a very clear way who we are and what we treat.

The logo is a reflection of our positioning statement and our vision. It is the simple summation of what we strive for as an organization:

**Hand and Upper Extremity
Specialists, Reaching Higher.**

ANATOMY

OF OUR BRAND

NEW ICON

Our new icon is meant to be a literal representation of the field of hand and upper extremity therapy, highlighting the entire limb from hand through shoulder with an anatomical feel.



BALANCED DESIGN

The use of the "Usual Bold" font demonstrates a modernist inspiration, while maintaining a clean, professional look and sense of tradition.

American Society of Hand Therapists™

USE OF MOTION

The new icon shows the figure reaching up, representing both literal motion of the hand and upper extremity and symbolic motion of the organization "reaching higher" in advancing the specialty.

USE OF WHOLE NAME

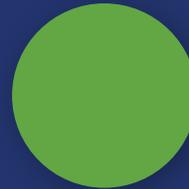
We chose to move away from using the ASHT acronym in favor of our whole name to be clear about who we are.



BLUE

Blue symbolizes trust, honesty and dependability.

ASHT has over 40 years' experience and a history of advocating for its members and their patients.



GREEN

Green represents growth and vitality.

ASHT supports the community of hand and upper extremity therapists through education, research and advocacy.

President's Message

Rachel Pigott, MPH, OTR/L, CHT



It has been an honor and privilege to serve as ASHT president for the last year. I am grateful to present to you on behalf of the ASHT Board of Directors and our dedicated staff the ASHT 2021 Annual Report. Despite the challenging times we are all living in, I have seen tremendous resiliency and dedication expressed through the work of our board members, division members, committee members, microvolunteers and staff. It is truly impressive to consider how much time and talent have been given in accomplishing our work, which is focused so heavily in serving our membership.

As you review our detailed report, you will find new projects and resources that have been created to deliver value to membership. Our divisions and committees have worked tirelessly to bring relevant topics to varied member groups in preferred formats. This increases accessibility to the latest evidence-informed topics and important issues affecting our field. Regional educational offerings have been moved to virtual formats, podcasts provide on-the-go bite-sized learning and products focusing on student members have been strengthened. This has been a year of adaptation and realizing new ways of accomplishing our mission.

Partnerships between allied groups have been strengthened over the last year, providing opportunities to increase the impact of our work. The behind-the-scenes collaborations and relationship building with our allied partners has created efficiencies and improved the impact of the work in all segments of our society. The measurable results of these partnerships range from a united voice on legislative issues to resources provided for podcast and webinars. Some of the valued partners with which we have the pleasure of collaborating include the American Hand Therapy Foundation, the Hand Therapy Certification Commission, the American Physical Therapy Association Hand and Upper Extremity Academy, the American Occupational Therapy Association, the American Association of Hand Surgery, the American Society for Surgery of the Hand and the Arthritis Foundation. I can confidently say that our board

deeply values these partnerships and will continue to examine how we can work together to magnify the work we pursue together and improve the awareness of the value our field brings.

In all the work we pursue, we have kept the essence of what it means to be a hand and upper extremity therapist at the heart. Over the last two years, the board has discussed the importance of stakeholder awareness of the specialty. You will see the results of this focus in a rebranding that revolves around improving stakeholder awareness of who we are as hand and upper extremity professionals. We are highly skilled occupational and physical therapists dedicated to helping people with injuries or chronic conditions affecting their upper extremity achieve maximal function and outcomes. You will see a new logo and changes across our website and all messaging that consistently supports these tenets and hope this changes any misconceptions about who we are and what we do.

This brings me to the forward-thinking perspective we have taken as a society this year in examining all the ways we can promote excellence in our field. We have landed at the fact that excellence should always be accompanied by equity. One method to facilitate equity in healthcare fields is to foster a diverse workforce that is representative of those people for whom we provide care. Our governance structure was expanded upon this year to facilitate an inclusive environment that fosters a diverse workforce that then yields more equitable care. This year is the inaugural year for our Diversity, Equity and Inclusion Committee. In future reports, you will see a dedicated section highlighting the exciting work from the DEI Committee. We hope to pursue changes that positively affect who we are and continue to strengthen our profession.

This has been a year of partnerships, awareness, transformation and forward-thinking change. I am looking forward to the continued evolution of our society and profession – the possibilities are exciting and endless.

Year in Review

Calendar cycle 2020-2021 was characterized by significant activities within each of the three pillars of ASHT's mission: Education, Practice and Research.

Education

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. The society's educational portfolio continues to grow through a variety of live, virtual, hybrid, digital and audio platforms. The division has 26 motivated, passionate members with diverse backgrounds and interests, which allows the division to continue to expand and grow with our offerings. Live courses will return, but the diverse offerings will continue to grow to allow quality education to therapists around the world.

Hands in Motion

The division launched the Hands in Motion podcast in April 2021. A new episode releases every two weeks and offers a dynamic discussion with guests about treatment trends, current best practices and unique roles within upper extremity rehabilitation. To date, the Hands in Motion podcast has **592 subscribers**.

Hand Therapy Review Course

The Virtual Hand Therapy Review Course comprises 21 on-demand sessions, including a professionally produced cadaver lab. Since its launch in July 2020, the course has drawn nearly **800 attendees** from 47 states, and 50 international attendees.

The virtual platform allows ASHT to reach hand therapists across the world who may not have otherwise benefitted from the course. The platform also provides an opportunity for attendees to ask questions to the presenters and a quarterly live question and answer session is hosted by the faculty to create a more personal experience for the attendee. With the return of in-person Hand Therapy Review Course events in 2022, the virtual course will remain an option.

Hands On Orthotics

A Virtual Hands On Orthotics course was professionally recorded and will be released in fall 2021. The course will offer an introductory, intermediate and advanced option to watch master faculty fabricate an orthosis from start to finish while discussing clinical pearls. One live course was hosted in March 2021 to a group of students at Huntington University (**16 attendees**). Live courses are returning and two are planned for fall 2021, with approximately 30 attendees.

Traveling Course

The "Foundations in Hand Therapy: Elbow to Finger Topics" remains as an educational offering. A new manual therapy traveling course will be introduced in early 2022. The Education Division is developing a pediatric hand therapy hybrid course that will incorporate virtual and live components. This is the beginning of new content specific to pediatric hand and upper extremity therapists.

Mentoring Program

The Mentoring Program encourages and promotes networking and professional development through online resources, including a mentoring handbook, self-assessment tools, videos and a contract template. The program facilitated discussions and introductions via the mentoring e-Community page to help mentors and mentees find one another (**100 pairings**).

Student Center

The division organized and maintained 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.

The Student Self-Assessment exam continues to be a popular resource. The exam allows occupational and physical therapy students to test their knowledge of the basic concepts required during the clinical education experience. The Student Self-Assessment facilitates 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. A new resource was developed to prepare students for a clinical rotation in upper extremity rehabilitation and this will be expanded into an online mentoring session for student members.

Upper Extremity Institute

The Education Division organized and hosted one online session in 2020 (**202 participants**). 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. The course resumed in September 2021 using a revamped case-study methodology (**209 participants**).

Test Prep for the CHT Exam, 4th Ed.

The division is excited to release the new *Test Prep for the CHT Exam, 4th edition*. The manual was redesigned to be not only an excellent study tool for the CHT Exam, but also a valuable clinical reference. This edition has been reformatted and updated including current evidence, color photos, improved study questions with answers and rationale. All chapters are in printed form and the CE exam is now completely online.

Webinars

The Education Division organized and hosted seven live webinars (**993 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. The on-demand library continues to grow and offer education at the convenience of the learner.

Patient Education Resources

The Patient Education Committee completed and published two new Patient Education Resources (Olecranon Fractures and Terrible Triad Injuries). 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 also published four Spanish translations of popular resource topics, including:

- Ergonomics
- Flexor Tendon Injuries
- Preparing for Surgery
- What is a Hand Therapist?

Online Discussions

Education Division volunteers 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 event.

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, fielded e-Community questions about regulatory, reimbursement and general practice issues. The society's Practice Division activities included:

Advocacy Committee

- Reviewed legislation introduced in 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 and legislation in telehealth services
- Tracked developments in the evolving debate over CMS Evaluation and Management reimbursement cuts

- Collaborated with ASHT, AOTA and APTA on legislative issues impacting hand and upper extremity therapy
- Established the new monthly Practice Management Mondays on the e-Community to grow awareness of content on the ASHT website related to practice

Federal and State Regulations Committee

- Reviewed legislation introduced in both the U.S. House of Representatives and Senate for potential impact on the delivery of hand therapy services.
- Monitored CMS Physician Fee Schedule changes and the impact it may have on hand and upper extremity therapy practice
- Organized and hosted a webinar exploring Medicare updates for the 2021 calendar year
- Promoted microvolunteering opportunity for members to contribute as state liaisons
- Reviewed and updated ASHT website resources related to federal and state regulations

Practice Management Committee

- Assisted in webinar exploring Medicare updates for the 2021 calendar year
- Maintained the CMS orthotics code list and coding information on the ASHT website (L Code Directory)
- Created and expanded the practice management webpage; published monthly highlights in the e-Community

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 produced, 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* (**881 participants**). The Zoom-based chat allows for an interactive live presentation and engaging Q&A session.
- Launched a new student-run Journal Club chat designed to involve and educate students on appraising the current literature as it relates to the hand and upper extremity (**98 participants**). The journal chat is run by students under the supervision of a faculty member or a member of ASHT.

- Awarded four research awards for the 2020 Annual Meeting:
 - » **Best Scientific Paper:** Kristin Valdes, OTD, OTR, CHT, "Convergent validity and responsiveness of the Canadian Occupational Performance Measure for the evaluation of therapeutic outcomes for patients with carpometacarpal osteoarthritis"
 - » **Best Scientific Poster:** Brocha Stern, PhD, OTR, CHT, "Making meaning of self-management after distal radius fracture: Transitioning from hurting to healing"
 - » **First-Time Researcher Award:** Mary Whitten, MOT, OTR/L, CHT, "A modified-Delphi study establishing consensus in the therapeutic management of post traumatic stiffness of the elbow"
 - » **Journal of Hand Therapy First-Time Writer's Award:** Shirley J.F. Collocott, MHSc, "A randomized clinical trial comparing early active motion programs: Earlier hand function, TAM, and orthotic satisfaction with a relative motion extension program for zones V and VI extensor tendon repairs"
- Facilitated, vetted and distributed eight research surveys to ASHT membership. New standard and bonus questions were developed by researchers and made freely available to ASHT members and posted on the research webpage to assist researchers with survey development of both standard (demographic) and bonus questions.
- Published monthly Research Update – summary of an original published research paper – to increase awareness of emerging evidence and relevant research from peer-reviewed journals in the field of hand and upper extremity rehabilitation.
- Developing two new online chapters for the *Clinical Assessment Recommendations, 3rd edition*
- Collaborated with the ASHT Practice Division, bimonthly literature review on telehealth as it relates to hand and upper extremity therapy, occupational and physical therapy in relation to outcomes, reimbursement and authorization, and posted to the Practice Division webpage.
- Embarked on a consensus paper for thumb CMC joint OA. Piloted, vetted and distributed surveys to the established expert panel of ASHT member therapists, surgeons and patients.
- Created social media collaboration project with Elsevier (*Journal of Hand Therapy*) to highlight and increase awareness of and interest in upcoming articles prior to publication.

International

International Committee

The International Committee was established by ASHT with the purpose of advancing and supporting global hand and upper extremity therapy development. The goals of the committee are to:

- Facilitate member awareness of global hand and upper extremity therapy conditions
- Develop and/or promote educational opportunities for hand and upper extremity therapists working in developing countries
- Build and maintain collaboration with the International Federation of Societies of Hand Therapy (IFSHT)
- Facilitate networking and mentorship between U.S.-based and international hand and upper extremity therapists

Projects that the committee is currently working on include:

- The Companion Clinic Program, which was developed by ASHT to pair interested U.S. therapists with international therapists for learning and mentoring opportunities between therapists practicing under a diverse set of circumstances. There are currently 24 pairs of companion clinic participants. The International Committee hosts a Facebook page for the participants, and planning is underway to develop and host a virtual educational program in November 2021. Participating

CHTs can obtain continuing education units through the Hand Therapy Certification Commission under Category E.

- The Member-to-Member Mentor Program through IFSHT pairs non-member countries with IFSHT member countries. ASHT has been paired with Ghana and most recently, Bahrain, and is working to provide educational opportunities as well as facilitating a network of hand therapists within their country. Provided access to the 2020 Virtual Annual Meeting to the Ghana delegate and his colleagues for their educational development. This year, the International Committee hosted two quarterly virtual educational programs for therapists in Ghana, which have been well attended and much appreciated.
- Organized and hosted the International Luncheon at the ASHT Annual Meeting. This year's luncheon featured Cynthia Cooper, OTR, CHT, the 2020 ASHT Paul Brand Award recipient, who spoke on hand therapy volunteerism in the time of the COVID-19 pandemic.
- Collaborated with IFSHT to facilitate member awareness of IFSHT events and offerings and solicit and review articles for the international publication Ezine.
- Additional projects that are housed within the ASHT International Committee include the International Reverse Therapy Fellowship Program, coordinated with AAHS, and the International Traveling Course. While both of these programs were on hold throughout the past year due to the pandemic, we are looking forward to resuming these programs within the next year.

TRANSFORMATION



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.

Manuscript Flow and Editorial Outcomes

Submitted Manuscripts

Calendar Year 2020
262 (1% over prior year)

2021 YTD
163 (8% under prior year)

Accepted Manuscripts

Calendar Year 2020
80 (27% over prior year)

2021 YTD
56 (4% over prior year)

Rejected Manuscripts

Calendar Year 2020
184 (23% over prior year)

2021 YTD
122 (39% over prior year)

Rejection Rate

Calendar Year 2020
Desk – 44% (11% under prior year)
Standard – 26% (10% over prior year)

2021 YTD
Desk – 53% (15% over prior year)
Standard – 15% (9% under prior year)

Published Manuscripts

Calendar Year 2020
76 (15% over prior year)

2021 YTD
20 (39% under prior year)

Reach and Usage

Cite Score

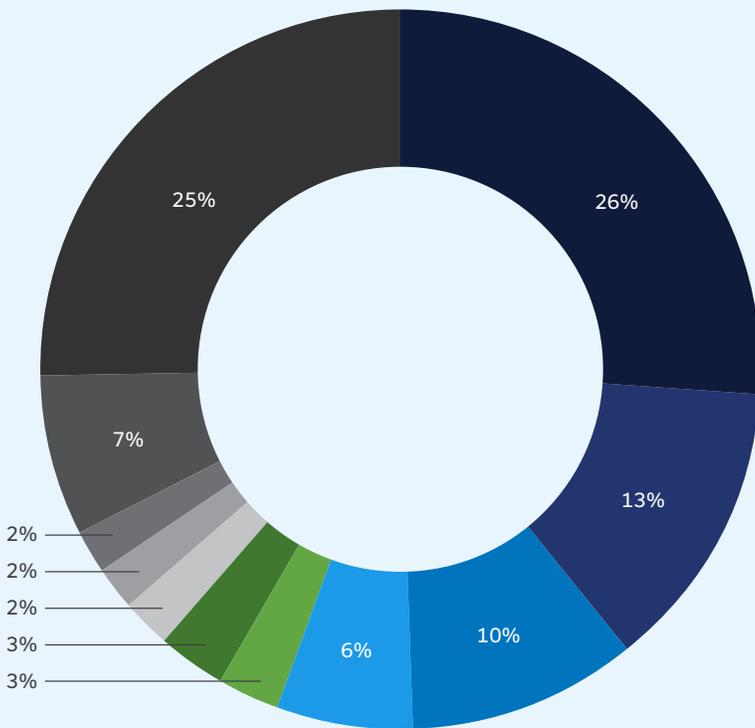
Title	2016	2017	2018	2019	2020	YTD 2021
JOURNAL OF HAND THERAPY	2.5	1.8	2.2	2.4	2.5	2.2
AMERICAN JOURNAL OF OCCUPATIONAL THERAPY	3.5	3.5	2.7	2.5	2.6	2.1
JOURNAL OF HAND SURGERY	3.1	3.2	3.0	2.8	3.0	2.6
PHYSICAL THERAPY	4.6	4.9	5.1	4.8	3.7	3.3

Impact Factor

Title	2016	2017	2018	2019	2020
JOURNAL OF HAND THERAPY	1.159	1.040	1.532	1.504	1.950
AMERICAN JOURNAL OF OCCUPATIONAL THERAPY	2.053	2.493	1.952	2.231	2.246
JOURNAL OF HAND SURGERY	1.606	1.776	2.090	2.124	2.230
PHYSICAL THERAPY	2.764	2.587	3.043	3.140	3.021

Top 10 Most Cited Articles, 2020 (Published IF Window 2018-2019) Scopus

1. The effectiveness of joint-protection programs on pain, hand function, and grip strength levels in patients with hand arthritis: A systematic review and meta-analysis, Bobos P., Nazari G. Szekeres M., Lalone E.A., Ferreira L., MacDermid J.C. 2019
2. Pain-related psychological issues in hand therapy, Hamasaki T., Pelletier R., Bourbonnais D., Harris P., Choiniere M. 2018
3. 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. 2019
4. Normative data for the Patient-Rated Wrist Evaluation questionnaire, Mulders M.A.M., Kleipoll S.C., Dingemans S.A., van Eerten P.V., Schepers T., Goslings J.C., Schep N.W.L. 2018
5. A systematic review of the benefits of occupation-based intervention for patients with upper extremity musculoskeletal disorders, Weinstock-Zlotnick G., Mehta S.P. 2019
6. Effectiveness of virtual reality in the treatment of hand function in children with cerebral palsy: A systematic review, Rathinam C., Mohan V., Peirson J., Skinner J., Nethaji K.S., Kuhn I. 2019
7. Adjustment to hand injury: Cross-sectional survey exploring adjustment in relation to illness perceptions and coping strategies, Turkington C., Dempster M., Maguire J. 2018
8. Cold intolerance after nerve injury, Novak C.B. 2018
9. Flexor tendon rehabilitation in the 21st century: A systematic review, Neiduski R.L., Powell R.K. 2019
10. Effectiveness of proximal interphalangeal joint-blocking orthosis vs metacarpophalangeal joint-blocking orthosis in trigger digit management: A randomized clinical trial, Teo S.H., Ng D.C.L., Wong Y.K.Y. 2019



ScienceDirect Usage: Top 10 Countries & Regions, 2020

UNITED STATES	56,307
AUSTRALIA	27,705
UNITED KINGDOM	21,005
CANADA	12,498
NEW ZEALAND	7,163
TURKEY	5,526
CHINA	4,714
JAPAN	4,551
NETHERLANDS	4,354
UNKNOWN	15,340
REST OF WORLD	54,001

Top 10 Most Downloaded Articles, 2021 YTD (Published All Time) *ScienceDirect*

1. Effectiveness of edema management techniques for subacute hand edema: A systematic review, Miller L.K., Jerosch-Herold C., Shepstone L., 2017
2. Effective self-stretching of carpal ligament for the treatment of carpal tunnel syndrome: A double-blinded randomized controlled study, Shem K., Wong J., Dirlikov B. 2020
3. 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. 2017
4. Effectiveness of eccentric strengthening in the treatment of lateral elbow tendinopathy: A systematic review with meta-analysis, Chen Z., Baker N.A. 2021
5. Diagnostic accuracy of examination tests for lateral elbow tendinopathy (LET): A systematic review, Karanasios S., Korakakis V., Moutzouri M., Drakonaki E., Koci K., Pantazopoulou V., Tsepis E., Gioftsos G. 2021
6. Osteoarthritis and rheumatoid arthritis: Conservative therapeutic management, Beasley J., 2012
7. Applying principles of motor learning and control to upper extremity rehabilitation, Muratori L.M., Lamberg E.M., Quinn L., Duff S.V. 2013
8. The forgotten radial nerve: A conceptual framework for treatment of lateral elbow pain, Taylor A., Wolff A.L. 2021
9. Proprioception of the wrist joint: A review of current concepts and possible implications on the rehabilitation of the wrist, Hagert E. 2010
10. Effectiveness of rehabilitation for patients with subacromial impingement syndrome: A systematic review, Michener L.A., Walsworth M.K., Burnet E.N. 2004

Journal of Hand Therapy Twitter Update

In an effort to promote relevant research and education within the hand and upper extremity therapy field, the *Journal of Hand Therapy* now has its own Twitter account, [@JrnlHandTherapy](https://twitter.com/JrnlHandTherapy).

Working with members of ASHT Research Division and staff, the journal will highlight open access articles from each quarterly issue, as well as foster insightful discussions among followers with an interest in the hand and upper extremity therapy specialty.

The Twitter account launched August 12. Within two weeks, [@JrnlHandTherapy](https://twitter.com/JrnlHandTherapy) gained more than 170 followers. We invite you to follow our account and join the discussion!

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 maintains the 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 nonmembers 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 allow collaboration and support for therapists new to our specialty.

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 to provide support and solicit quarterly updates for publication in the *ASHT Times*. This outreach is pertinent to the existence and growth of hand and upper extremity

therapy within these smaller groups. This "What's Happening?" section in the *ASHT Times* 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.

Membership Survey

This survey was developed to collect general membership feedback and gain insight on practice-related issues affecting members. ASHT plans to utilize the results of the survey to ensure ASHT is meeting member needs and to identify new programs for our members. In addition, we will provide a summary of results in the *ASHT Times* in 2022.

Brand Enhancement

In 2021, we developed a brand enhancement task force to update our logo, tagline and marketing to improve the public's understanding of the comprehensive services of hand and upper extremity therapists. To understand our stakeholder perspectives, stakeholder interviews, an ASHT member survey and secondary research were completed to provide knowledge and insight to develop new branding. The new logo and brand were unveiled at the 2021 ASHT Annual Meeting.

Diversity Taskforce

ASHT recognizes the importance of diversity, equity and inclusion (DEI) in our organization, members and patients. In 2021, we launched a task force to form a new DEI committee that will engage in moving ASHT forward to ensure we meet the needs of our membership in regards to DEI. Committee formation was based on a membership bylaws vote that accepted this committee as part of ASHT's governance structure. In fall 2021, this inaugural committee will launch a member DEI survey and host a town hall meeting.

Financial Summary

FY 2020 Audit Results: Statement of Financial Position

As of December 31, 2020, ASHT had total assets of \$2,479,586 and total liabilities of \$457,866 for total net assets of \$2,021,720. Net assets increased from December 31, 2019 by \$605,815. The detail is outlined below.

ASSETS	2020	2019
CASH	\$ 728,525	\$ 293,728
ACCOUNTS RECEIVABLE	18,134	13,168
PREPAID EXPENSES AND OTHER ASSETS	140,952	79,824
INVESTMENTS	1,569,427	1,599,930
WEBSITE DEVELOPMENT COSTS, NET OF ACCUMULATED DEPRECIATION	22,548	46,019
TOTAL ASSETS	\$2,479,586	\$2,032,669

LIABILITIES	2020	2019
ACCOUNTS PAYABLE AND ACCRUED EXPENSES	\$ 111,770	\$ 109,098
DEFERRED REVENUE	346,096	507,666
TOTAL LIABILITIES	457,866	616,764

NET ASSETS	2020	2019
WITHOUT DONOR RESTRICTIONS	\$ 1,966,814	\$ 1,364,812
WITH DONOR RESTRICTIONS	54,906	51,093
TOTAL NET ASSETS	2,021,720	1,415,905
TOTAL LIABILITIES AND NET ASSETS	\$2,479,586	\$2,032,669

Volunteer Recognition

Volunteer service contributes to the core products, programs and services offered to ASHT membership. Our volunteers' 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 named here may or may not know their contributions have made a difference to their fellow members, to a professional colleague or to a patient with an upper extremity condition, but they have served willingly and passionately.

Annual Meeting Committee

Nora Barrett, MS, OTR/L, CHT – *Chair*
Kimberly Kraft, PT, DPT, CHT – *Vice Chair*
Stacy Baker, MOT, OTR/L, CHT
Sean Clancy, OTD, OTR/L, CHT
Hannah Gift, OTR/L, CHT, COMT UE, CEAS
Melissa Hartsfield, OTR/L, CHT
Rose McAndrew, OTD, OTR/L, CHT
Nancy Naughton, OTD, OTR/L, CHT
Rachel Pigott, MPH, OTR/L, CHT – *Board Liaison*
Rebecca Saunders, PT, CHT
Brocha Stern, PhD, OTR, CHT

ASHT Times

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Gwen Morris, OTD, OTR/L, CHT, CLT – *Editor*
Bridget Myers, PT, DPT – *Editor*
Emily Skoza Brackenridge, MS, OTR/L, CHT – *Board Liaison*

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Jarod Mann, OTR/L, CHT
Ann Porretto-Loehrke, PT, DPT, CHT, COMT, CMTPT
Sharon Wong, OTD, MSOTR/L, CHT

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Cecilia Fierro, OTD, OTR
Elaine Fondiller, OT, CHT
Elizabeth Henriquez, MS, OTR/L
Preston Lockwood, OTD, OTR/L, CHT
Robert McClellan, OTR/L, CHT
Rachel Pigott, MPH, OTR/L, CHT – *Board Liaison*
Phyllis Ross, OTD, OTR/L, CHT, CLT
Erica Smith, OTR/L, CHT
Tamera Stanback Nanton, MS, OTR/L
Caroline Stegink-Jansen, PT, PhD, CHT
Raveen Virdee, OTR
Danielle Watts, PT, DPT, CHT

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Aimee Aguillon, OTD, OTR/L, CHT
Mary C. Barnes, MOT, CHT
Kailey Bedford, MOT, OTR/L, CHT

Ashley Beers Happapuro, PT, DPT
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Kerry Demers, OTR/L, CHT
Alessia DiGennaro Kerner, OTR/L, CHT
Christian Ely, MSOT, OTR/L, COMT-UE, CES, CHT
Ethan Fahrney, OTD, CEES
Cindy Glaenger, PT, CHT
Susanne Higgins, OTD, OTR/L, CHT
Olga Hincapie, PT, DPT, CHT
Laurie Humiston, MS, OTR/L, CHT – *Patient Education Chair*
John Jackson, OTR/L, EdD, CHT
Pamela Karp, EdD, OTR/L, CHT
Sara Loeffelad, MS, OTR/L
Rose McAndrew, MS, OTR/L, CHT
Robert McClellan, OTR/L, CHT
Michelle McMurray, MOT, OTR/L, CHT
Courtney Middleton, OTD, OTR/L, CHT, CLT
Jodi Moore, OTD, OT/L, CHT
Lisa Perrone, OTR/L, CHT
Tara Ruppert, OTD, OTR/L, CHT
Cara Smith, PT, DPT, CHT
Rebecca Saunders, PT, CHT
Brocha Stern, PhD, OTR/L, CHT
Rosella Vargas, PT
Heather Weesner, OTR/L, CHT
Jill Yanick, OTR/L, CHT
Stephanie Ye, MS, OTR/L, CHT, CMOT, CSCS

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Diane Coker, DPT, CHT – *President-elect*
Kendyl Brock Hunter, OTR/L, CHT – *Vice President*
Melissa Thurlow, MBA, OTR/L, CHT – *Secretary/Treasurer*
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Octavian Goga
Marvin Reinglass, CPA/PFS
William W. Walsh, MBA, MHA, OTR/L, CHT
Brett A. Zane

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Barbara Almond, OTR, CHT
Mary Barnes, MOT, CHT
Diane Coker, DPT, CHT – *Board Liaison*
Lauren DeTullio, OTR/L, CHT
Emi Ito, OTR/L, CLT
Preston Lockwood, OTD, OTR/L, CHT
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

Mo Herman, MA, OTR/L, CHT – *Chair*
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Alicia Smith Hanta, OTR/L, CHT
Kristin A Valdes, OTD, OTR, CHT

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Danielle Sparks, DHS, MOT, OTR, CHT – *Director*
Ann Marie Feretti, EdD, OTR/L, CHT – *Vice Director*
Kendyl Brock Hunter, OTR/L, CHT – *Board Liaison*
Melissa Burckardt, OTR/L, CHT
Bridget Burke, OTL, CHT
Bobbi J. Chapman, OTR/L, CHT, Cert MDT
Wendi Eisenbraun, MOT, OTR/L, CHT
Joshua Eppinger, OTR/L
Ann Marie Feretti, EdD, OTR/L, CHT – *Federal & State Regulations Chair*
Brooke Smith, OTR/L
Angela Stephens, DHS, OTR/L, CHT – *Practice Management Chair*
Aditi Tuell, MS, OTR/L, CHT, CLT

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April Bryant, M.S., OTR/L, CHT
Katriona Buhler, OTD, OTR/L, CHT, CLT
Nancy Byl, BS, MPH, PT, PhD, FAPTA
Diane Coker, PT, DPT, CHT – *Board Liaison*
Sarah Doerrer, PhD, OTR/L, CHT, CLT – *Journal Club Chair*
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Sophie Goloff, OTR/L
Melanie Hubback, MS
Cynthia Ivy, M.Ed, OTD, CHT
Lisa Kozden, MOT, OTR/L, CHT, COMT
Katherine Loomis, MA, OTR/L, CHT
Corey McGee, PhD, OTR/L, CHT
Virginia O'Brien, OTD, OTR/L, CHT
April O'Connell, OT/L, CHT
Victoria Priganc, PhD, OTR, CHT
Laurie Rogers, MS, OT, CHT
Stephanie Strouse, OTD, OTR/L, CHT

Technology & Communication Committee

Stacy A. Baker, MOT, OTR/L, CHT – *Chair*
Heather Hopkins MA, OTR/L, CHT – *Vice Chair*
Cecilia Fierro, OTD, OTR
Mo Herman, MA, OTR/L, CHT – *Board Liaison*
Tauni Malmgren OTD, OTR/L
David Plutschack OTD, OTR/L, BCPR, CLT, CEAS
Rebekah Pogwizd, MSOT, OTR/L, CHT
Samantha Price 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, the ASHT Times. Here's a look at some key readership metrics.

ASHT Times Readership Metrics October 1, 2020 – August 27, 2021

5,408
UNIQUE VIEWS

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

1,738
PAGES PRINTED

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

3,376
ISSUE VIEWS

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

57,984 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. ASHT Student Spotlight – Christina Young**
(VOLUME 28, ISSUE 2, SUMMER 2021)
Christina Young
- 2. It Isn't Just the Shoulder**
(VOLUME 28, ISSUE 1, SPRING 2021)
Lindsey Rolinsky, PT, DPOT, OTR/L, CHT
- 3. Enhancing and Expanding the Reach of Our Surveys: Envisioning a Standard Set of Demographic Questions**
(VOLUME 28, ISSUE 1, SPRING 2021)
Brocha Z. Stern, PhD, OTR, CHT and Tara Packham, OTReg(Ont), PhD
- 4. Framework for Treating Shoulder Pain**
(VOLUME 28, ISSUE 2, SPRING 2021)
Hoang Tran OTL, CHT
- 5. Considerations in Rehabilitation for the Reverse Total Shoulder Patient**
(VOLUME 28, ISSUE 1, SPRING 2021)
Jan Abbott, PT, DPT, CHT
- 6. The Road Less Traveled: Non-Clinical Career Paths in Hand Therapy**
(VOLUME 27, ISSUE 4, WINTER 2020)
Debby Schwartz, OTD, OTR/L, CHT
- 7. Special Considerations for Hand Therapy After COVID-19**
(VOLUME 27, ISSUE 3, FALL 2020)
Hannah Gift, OTR/L, CHT, COMT, CEAS
- 8. American Hand Therapy Foundation 2020: Supporting Research and Education for the Hand and Upper Limb**
(VOLUME 27, ISSUE 3, FALL 2020)
April C. Cowan, OTR, OTD, CHT
- 9. Missions on Hold: Researching Developing Countries Virtually**
(VOLUME 28, ISSUE 1, SPRING 2021)
Linda Klein, OTR, CHT
- 10. A Swim Orthosis for Hand Injury**
(VOLUME 27, ISSUE 4, WINTER 2020)
Paul Zavala, MOTR/L, CHT

Social Media

ASHT's social media following and engagement has continued to grow, with an **18-percent increase in total followers year over year**, and a **8.5-percent overall increase since January 2021**. ASHT's YouTube channel experienced the largest percentage increase in followers (39.6%) over the last year, as the society strategically focuses on developing new video content.



YEAR	FACEBOOK	TWITTER	LINKEDIN	YOUTUBE
2019	6,575	3,025	2,572	84
2020	7,391	3,336	3,153	136
2021	8,595*	3,452*	3,862*	176*

*As of September 24, 2021. 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 continues 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, a behind-the-scenes look at a new ASHT virtual course, Hand Therapy Week celebrations and a tribute to Susan Weiss, who passed away in June.

TRANSFORMATION





HandCare.org

For the last six years, ASHT has 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.

ASHT's Technology and Communication Committee contributes content 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 the specialty with the public.

This year, ASSH worked with a search engine optimization consultant who recommended a focus on quality over quantity. New HandCare.org content is now posted twice per month, with ASHT producing one in every four blogs (i.e. every other month).

Between October 2020 and August 2021, the HandCare.org blog received more than 1 million overall views. According to ASSH's metrics, ASHT-generated content accounted for about 22% of traffic on the HandCare.org blog – up 4% from this time last year.

Seven of the HandCare.org blog's top 25 most-read posts were ASHT contributions, racking up more than 227,000 views on the site. The most popular ASHT blogs focused on:

Wrist Pain (#TBD)

<https://www.assh.org/handcare/blog/advice-from-a-certified-hand-therapist-wrist-pain>

Scar Management (#TBD)

<https://www.assh.org/handcare/blog/advice-from-a-certified-hand-therapist-scar-management>

Sleep Positions (#TBD)

<https://www.assh.org/handcare/blog/advice-from-a-certified-hand-therapist-how-sleep-positions-affect-your-hands>

Hand Edema (#TBD)

<https://www.assh.org/handcare/blog/advice-from-a-certified-hand-therapist-hand-edema>

Video Gaming without Pain (#TBD)

<https://www.assh.org/handcare/blog/advice-from-a-hand-therapist-video-gaming-without-pain>

Cubital Tunnel Syndrome (#TBD)

<https://www.assh.org/handcare/blog/advice-from-a-certified-hand-therapist-on-cubital-tunnel-syndrome>

Modifications for Pencil Grip in Handwriting (#TBD)

<https://www.assh.org/handcare/blog/advice-from-a-certified-hand-therapist-modifications-to-pencil-grip-for-handwriting>



e-Community

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

Top 10 e-Community Discussions

RANK	DISCUSSION GROUP	TOPIC
1	CLINICAL TREATMENT ISSUES	Scleroderma, EDS/hypermobility, Connective tissue disorders – YIKES!
2	PRACTICE & REIMBURSEMENT	Productivity units for L codes
3	CLINICAL TREATMENT ISSUES	Thumb Dynamic Stability Exercises Post OP CMC arthroplasty?
4	CLINICAL TREATMENT ISSUES	Ulnar drift splints for RA
5	CLINICAL TREATMENT ISSUES	EPIC flowsheet layout
6	PRACTICE & REIMBURSEMENT	Can we bill 97763 for repair and adjustment, if only an L-code was billed in the prior visit?
7	CLINICAL TREATMENT ISSUES	Adult Brachial Plexus Injuries
8	CLINICAL TREATMENT ISSUES	NOT tennis elbow
9	CLINICAL TREATMENT ISSUES	Silicone scar pads
10	CLINICAL TREATMENT ISSUES	Ulnar nerve pain proximal to the elbow in throwing athlete

HAND THERAPY WEEK

JUNE 7-13
2021



Hand Therapy Week 2021

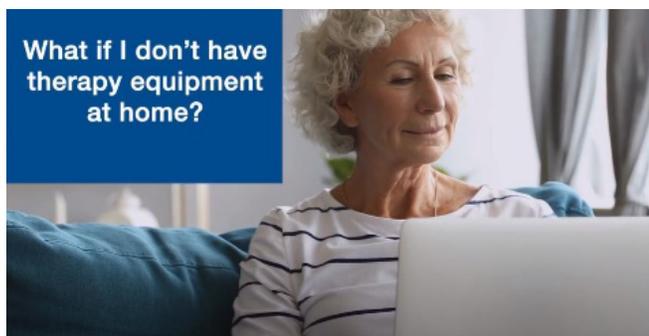
ASHT experienced an incredibly successful Hand Therapy Weeks this year, due in part to creative daily challenges, the release of another hand safety and injury prevention video, dedicated volunteer efforts and a highly engaged audience both among the membership and social media.

The Hand Therapy Week page on the ASHT website earned nearly 6.5% of website traffic (second only to the homepage), and 1% more traffic than this time last year.

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Hand Safety & Injury Prevention Videos



Working with Association Headquarters' digital media team, the Technology & Communication Committee produced the seventh video in its series of hand safety and injury prevention videos, focusing on telehealth. With the onset of the COVID-19 pandemic, telehealth has become more prevalent as a

way to obtain treatment from home. This video addresses frequently asked questions and highlights how telehealth can be an effective method to achieve hand and upper extremity rehabilitation goals.

The video post on Facebook reached nearly 1K individuals and had 4 shares. The safety and injury prevention page of the website, where the video was published, had 61 visits during Hand Therapy Week. The video was also viewed more than 40 times on YouTube in the seven days following its premiere.

The other videos in the hand safety and injury prevention series also saw a resurgence, as many therapists and business pages shared them throughout the week, and total channel watch time doubled (up 7.5 hours). The gardening, desk ergonomics and portable electronics videos were among the most viewed on the channel during that time.

New: Daily Challenges

After a successful debut in 2020, the Technology & Communication Committee again developed daily challenges in an effort to increase engagement and provide easier ways to celebrate Hand Therapy Week. The challenges were promoted a month in advance of Hand Therapy Week, then launched daily on social media. The most popular challenges were "Tell me you're a hand therapist without *telling* me you're a hand therapist" and the blindfolded orthotic fabrication challenge, though each day yielded fun and creative content from the community.

NEW: Facebook Profile Photo Frame



Thanks to a member recommendation last year, ASHT developed a new Facebook photo frame for supporters to show their spirit during Hand Therapy Week. The frame was available June 4-13, 2021 and was used 449 times.

Additional Resources/Promotion

The Patient Education Resources and 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 463 times during Hand Therapy Week, making up about 2.39% of website traffic and ranking fourth among page views. This traffic was slightly higher than last year (0.3%/approximately 80 views).

Ranking total percentage of webpage views during Hand Therapy Week 2021:

- | | |
|-----------------------------------|--|
| 1. ASHT homepage (15.65%) | 4. Patient Education Resources (2.39%) |
| 2. Hand Therapy Week page (6.51%) | 5. Annual Meeting landing page (1.96%) |
| 3. Webinars (2.57%) | |

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.

ASHT Photo Contest + Celebrate & Win! Contest

The ASHT Photo Contest featured 53 photos from 20 participants and yielded more than 1,000 votes.



First place: Sally Hawkins (The strength of your blooming hand will help me rise)

Second place: Christina Woods (The LOVE of hands)

Third place: Haley Cantrell & Kendyl Hunter (Will work for cookies)

As part of the Celebrate & Win! Contest, members are invited to submit photos, videos and/or links of their 2021 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 2021. 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 4.8K at the end of Hand Therapy Week, after hitting 4.3K at the start. **This marks the first time total reach has peaked later in the week, demonstrating an interested audience throughout.** While overall reach was lower than 2020, engagement was higher by nearly 1,000 users. The page also picked up 65 new followers over the course of the week.

The photo contest post recorded the highest reach of all posts during Hand Therapy Week (7.5K), which was 2.5K higher than last year's most popular post. Other popular posts included the Facebook profile photo frame release (2.6K), the first daily challenge post (2.6K), Tip of the Week (2.8K), the #HTW2021 kick-off post (1.5K) and other daily challenges and posts highlighting grassroots Hand Therapy Week celebrations.

Twitter

During Hand Therapy Week 2021, the ASHT Twitter page earned 12.7 impressions, which was about 21% more than last year. Top tweets during this period included the Hand Therapy Week kickoff, "What is a hand therapist?" tweet and the first daily challenge release. Many users were also engaged via the Hand Therapy Week 2021 hashtag, using "#HTW2021" in their messages to connect with ASHT, fellow therapists, supporters and the public.

Allied Organizations Update



American Hand Therapy Foundation

James W. King, OTR, PhD, CHT, Chair

As we continue to deal with the difficulties related to the worldwide COVID-19 pandemic, my hope at this moment in time is that this message finds you and your family, friends and colleagues to be safe and in good health. There is not a single one of us who has not experienced hardship of varying degrees, sadness due to illness and even death of someone close to us. For everyone who has experienced loss, and for all, the American Hand Therapy Foundation (AHTF) wishes you patience, tolerance and understanding as we continue to promote our profession and move ahead to enhance hand and upper extremity rehabilitation during these challenging times.

Despite these challenges, this year we have experienced amazing support from so many people who have generously donated their time, talents and money to help AHTF achieve its goals and promote its mission, to improve patient outcomes by promoting evidence-based practice through funding clinical and scientific research and education. The year started with AHTF supporting the ASHT 2021 Hybrid Annual Meeting with a \$10,000 grant, in recognition of ASHT's on-going and unwavering support of the Foundation. AHTF and ASHT

continue to work closely together to support each other and both organizations' goals.

Thank you to everyone who has contributed by volunteering and/or made a financial donation to the Foundation this year. We are only able to continue this great work with your contributions.

I am happy to announce that this year, AHTF engaged the professional services of an association management company, [Association Headquarters \(AH\)](#) as its first comprehensive management firm. We welcomed our new Executive Director, Anna Shnyder, who is already making an impact – helping the Foundation take rapid steps to expand and enhance our fundraising activities and administer our many grants and educational events.

I invite you to meet our [Board of Directors](#) who continues its selfless volunteer work – driving the Foundation's vision that all evaluation and treatment methods in hand and upper extremity therapy to be based on well documented evidence. Our vice-chair, Gary Solomon, MBA, MS, OTR/L, CHT is a tireless fundraiser and oversees AHTF governance. New board member and secretary, Linda Klein, OTR, CHT, has enhanced the Foundation's organization and communication, while new treasurer, Gretchen Bachman, OTD, OTR/L, MBA CEAS, CHT, has overseen the Foundation's transition to the financial services at AH. Our two key oversight directors – Dorit Aaron, OTR, MA, CHT, FAOTA (Development) and April Cowan, OTR, OTD, CHT (Grants) – have managed the Foundation's complex fundraising and grant administration functions with expertise. All of our

Allied Organizations Update (cont)

board members contribute; Barbara Winthrop, OTR, MA, CHT, FAOTA is chair of our largest fundraiser, Happy Hour with a Scholar; Mike Epstein, MD, an eminent hand surgeon, provides his wisdom and access to the physician community. Caroline Jansen, PT, PhD, CHT is heading up AHTF's practice survey to establish research priorities (hope you participated!). Marsha Lawrence, PT, DPT, CHT is a well-connected member of the physical therapy community whose greatest accomplishment this year was the cataloging of AHTF's impact - see for yourself the amazing impact that the Foundation has had on the way YOU practice [here](#). We want to welcome three new Board members, Alex Mackenzie, OTR/L, CHT, Marisol Monasterio, OTR, MOT, CHT and Lisa Juckett, all of whom are already contributing to our success. The AHTF Advisory Board Chair is our past chairman, Greg Pitts, OTD, OTR/L, CHT. Thank you to all for your contributions!

Many great people have contributed to AHTF's success, but few greater than Elaine Fess, OTD, MS, OTR, FAOTA, CHT, who retired from the board this year after over 30 years of involvement and support of AHTF's mission. We thank Elaine for the impact she has made on the Foundation and our profession. Elaine remains active on special projects for the Foundation, with our gratitude.

A few other highlights from this year (so far):

- Announced the first recipients of the joint AHTF – American Foundation for Surgery of the Hand grant. Visit our [website](#) for more information.
- Recorded our first podcast. If you haven't listened to it, we invite you to do so now by clicking [here](#). This podcast was made possible through a generous collaboration with ASHT and its [Hands in Motion Podcast series](#).

- Launched a new promotional video about the AHTF; we invite you to listen by clicking [here](#).
- Participated in the 2020 ASHT Virtual Annual Meeting – including our scholar event, which was virtual and presented without cost to over 1,500 people!
- Launched the practice survey to develop our research agenda.
- Held a successful [virtual run fundraiser](#), which continues to grow with the involvement of many individuals and organizations around the country.
- Established the Chairman's Fund, which will be a special fundraising effort headed by AHTF's chair – the initial \$10,000 recipient of the fund is the Scientific Session at the 2021 ASHT Hybrid Annual Meeting.
- We look forward to your virtual participation in the holiday Silent Auction extravaganza.

As you can see, the Foundation continues to grow and serve the profession. We can only do this important work with your help. Please [donate](#) to the American Hand Therapy Foundation today! Your contributions make a difference, and we promise to be good stewards of your contributions.

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 over 30-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.

TRANSFORMATION



HAPPY 30TH ANNIVERSARY TO THE CHT CREDENTIAL

"The Recognized Specialists in Hand Therapy for 30 Years!"

Hand Therapy Certification Commission

Martin Walsh OTR/L, CHT, Executive Director

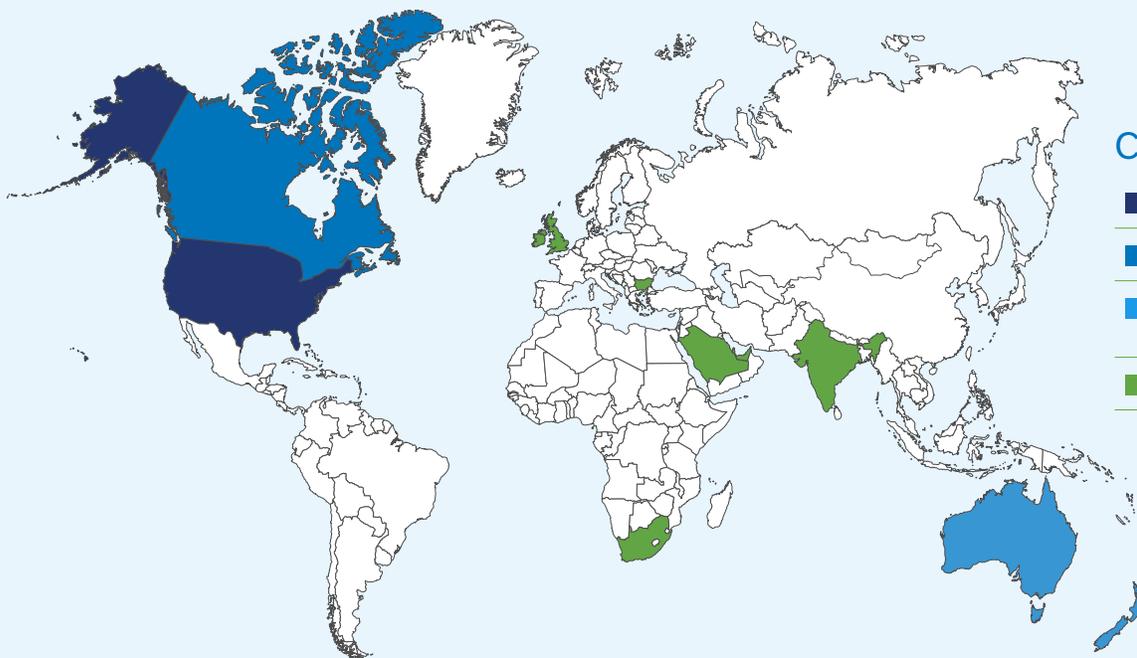
Thirty years ago, the first Hand Therapy Certification Examination was administered at 28 test sites across the United States. Thirty years later the examination is administered at more than 500 test centers worldwide.

The CHT credential designates excellence in the field of hand therapy. It has been recognized as a benchmark for excellence in advanced healthcare specialty credentialing for over three decades. We salute our past and present CHTs and wish you a Happy Anniversary!

There are currently **over 7,000 CHTs worldwide**, a record number. There are 6,774 in the United States, 242 in Canada and 323 in countries outside of North America (see map below). By profession, 86% are occupational therapists, 13% are physical therapists and less than 1% possess both credentials.

80%

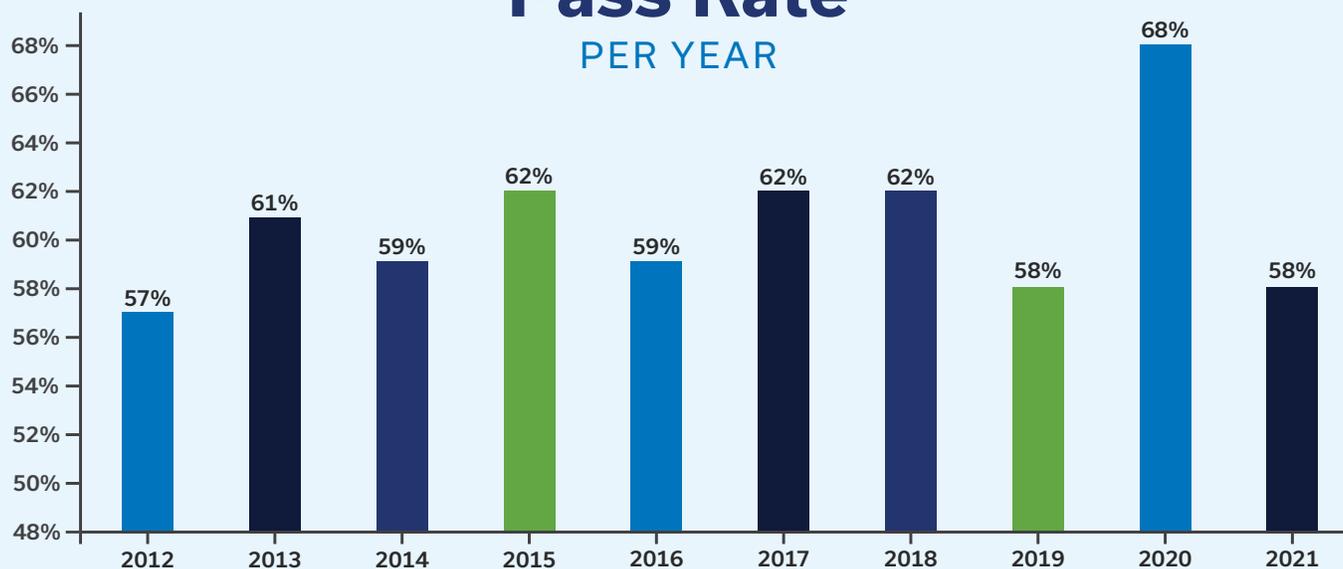
of hand surgeons surveyed referred **75% to 100%** of their patients with upper extremities injuries requiring therapy to CHTs.



CHTs by Country

UNITED STATES	6,774
CANADA	242
AUSTRALIA & NEW ZEALAND	205
OTHER COUNTRIES	118

Pass Rate PER YEAR



2020 and 2021 Hand Therapy Certification Examination Highlights

The Hand Therapy Certification Examination (HTCE) was administered only once in 2020 due to the escalation of the Coronavirus (COVID-19). The 2021 HTCE administration is proceeding on schedule. The overall pass rate (percentage of people who passed the examination) was 68% in 2020 and 58% for the 2021 Spring examination. The passing rate by year for the CHT examination for the past 10 years has ranged from 57% to 68% with the average pass rate being 61%.

Enhancements to HTCE Test Administration

The HTCC Board of Directors has explored several options to provide a safe and secure environment for testing candidates. The test window was expanded from one week to three weeks starting with the Fall 2020 HTCE. This allowed candidates more options for scheduling and has proved to be a popular enhancement. Future HTCE test windows will occur in three-week blocks in the Spring and Fall of each year. The HTCC Board of Directors made the decision to offer Live Remote Proctoring (LRP) for the HTCE. However, due to the high demand for remote proctoring by credentialing organizations, the testing company has been unable to initiate this service for the HTCE. When made available, 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 outside of the United States 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](#)

The first Hand Therapy Certification Examination was administered at only 28 test centers; currently the exam is offered at over 500 test centers throughout the United States as well as international locations.

Percentage Certified

2006-2020



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

[The 2019 Practice Analysis of Hand Therapy and the Use of Orthoses by Certified Hand Therapists](#) was published April 14, 2021 in the *Journal of Hand Therapy*. This was the sixth comprehensive survey of hand therapy practice performed by HTCC since 1985. Practice analysis is a process that HTCC conducts every five to seven years to ensure that each HTCE accurately reflects the knowledge base required of individuals currently working in the field.

The large-scale study provided descriptive details about the practice of hand therapy that validated the test blueprint for the HTCE. 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 HTCE; 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 5-7 years.

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 expectation, 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.

The Hand Therapy Certification Examination was administered by paper and pencil one day a year until 2009; currently the exam is computer-based and is offered over a three-week window in the spring and fall.

Board and Committee Recognition

HTCC would like to acknowledge and thank our board of directors, committee members and staff.

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Martin Walsh OTR/L, CHT, Executive Director
Lisa Kahn, Administrative Manager

Since 2011, all international candidates who meet the eligibility requirements are allowed to take the examination. Currently there are **over 550 CHTs outside of the United States.**

The Academy of Hand & Upper Extremity Physical Therapy



Jane Fedorczyk, PT, PhD, CHT, President

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 1,000 members of the academy. The leadership team is composed of physical therapy professionals including Certified Hand Therapists committed to advancing the profession of hand therapy by advocating for interprofessional practice and scholarship. Anyone interested in learning more about APTA Hand & Upper Extremity should visit handpt.org.

APTA Hand & Upper Extremity Physical Therapy sponsors educational programming and research presentations, in both platform and poster format, during the annual APTA Combined Sections Meeting typically held in February. In 2022, the academy is sponsoring 36 hours of continuing education related to hand and upper extremity rehabilitation. More information can be found on our [website](#).

APTA is celebrating its Centennial in 2021. The pandemic reduced many events, but a five-day event took place in September including a gala, future of PT Summit, advocacy events and the opening of the new APTA headquarters. Several of our leaders took place in these events and we will continue with events during the 100 Days of Service in the last quarter of 2021. This includes partnering with ASHT on the Share the gLOVEs campaign during the Annual Meeting in St. Louis.

This year, the academy launched education webinars and current clinical topics as a new member benefit. A total of three webinars were scheduled for 2021 and the plan is to double that number in 2022. This provides a great way for physical therapy professionals to earn CEUs in hand and upper extremity

rehabilitation that meet requirements for both Certified Hand Therapist recertification and state physical therapy licensure. APTA Hand & Upper Extremity Physical Therapy continues to work on clinical practice guidelines and will be sharing some of this expertise at the ASHT Annual Meeting.

The Practice Affairs Committee, led by Marsha Lawrence, PT, DPT, CHT, continues to work on expanded access for therapy services including telehealth, therapy work force diversity, Centers for Medicare and Medicaid Services reimbursement issues with upper extremity orthoses and Medicare payment

reductions. Special thanks to Marsha and her team for her dedication to advocacy to the profession and our patients.

The leadership of the Academy of Hand & Upper Extremity Physical Therapy looks forward to continued interprofessional activities with the ASHT, HTCC and other hand and upper extremity therapy organizations. Special thanks to ASHT President, Rachel Pigott, MPH, OTR/L, CHT and ASHT President-elect Diane Coker, PT, DPT, CHT for their shared vision of interprofessional care in hand therapy.

International Federation of Societies of Hand Therapy



Nicola Goldsmith, President 2019-2022

Executive Committee

The six members of the Executive Committee, 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) have been working hard to meet the goals and priorities that were set for the three-year period. Owing to the world pandemic, IFSHT has been unable to attend congresses around the world as they usually would; however, several countries have invited Nicola to give a presentation or message for their virtual conferences helping IFSHT stay in touch with members.

Main Goals 2019-2022

- Work with and support the British Association of Hand Therapists (BAHT) towards the next IFSHT Congress in London 2022 (see next page)
- Initiate the mentorship programme from full-member countries to associate and corresponding members
 - » This is now active and many of the mentor countries and mentee countries are regularly in touch with each other helping the emerging countries to grow their hand therapy infrastructure

- Launch new publication (*R.E.A.C.H*)
 - » The second edition of *R.E.A.C.H* has now been published. All past editions can be found on the IFSHT website following this [link](#)
 - » *Ezine*, the IFSHT contribution to the IFSSH magazine continues. There are some super articles [here](#)
- Rethink the Commercial membership category and replace with sponsorship options
 - » This is ready for re-launch in 2022
- Commission, design and implement a new website
 - » The new website is up and running. We welcome ASHT members to explore the useful information to be found. See page 31 for more information about the website
- Review all grants (see page 31)
- Develop Publications Committee
 - » The new Publications Committee is thriving. Mia Erickson, Daniel Harte, Toni Rippey, Tsitsi Morove and Corey McGee are producing *R.E.A.C.H* and *Ezine* four times a year

IFSHT Membership

ASHT is a full member of IFSHT and all individual members of the full member societies are automatically members of IFSHT. We have recently welcomed Fiji and Poland to the IFSHT family.

In June 2021, we hosted the first annual delegates meeting and had exceptional representation from our member countries. This will become an annual event to keep our members in touch with the Executive Committee and IFSHT activities.

Next IFSHT Triennial Congress

I would like to invite all members of ASHT to my home city, London, for the next Triennial Congress in June 2022. The scientific co-chairs 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 worked tirelessly with the surgeons to develop a superb programme. This includes many sessions for surgeons and therapists to learn together and share expertise. There

will be a mix of lectures, debates, free papers and workshops. Delegates can attend in person or remotely to ensure the congress is not affected by any COVID-19 travel restrictions.

The plan includes 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.

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Awards and Grants

- **Lifetime Achievement Award:** This award is for hand therapists who have contributed to the world of hand therapy and gives IFSHT an opportunity to recognize our hand therapy greats. Each member society is encouraged to think about members of their organisation who meet the award criteria:
 - » Exceptional ability to teach and train hand therapists
 - » Significant contributions to hand therapy research in anatomy or basic sciences
 - » Significant contributions to clinical hand therapy research
 - » Publications in peer-reviewed journals which substantially add to our understanding of hand therapy
 - » Publication of chapters and/or books which made major contributions
 - » Involvement in outreach programs of significant importance
 - » Specific international contributions to promote hand therapy, such as involvement in Federation activities; and significant involvement in regional activities (outside their own country)
 - » Specific contributions to promote hand therapy nationally, such as substantial Society activities
 - » Visiting Professorships and invitations to lecture internationally
 - » Evidence-based and clinically important presentations at international meetings
 - » Preparation of video programs, manuals, books or other materials for teaching purposes
 - » Development of equipment and processes for clinical use or academic programs

Please make your applications for American hand therapists for the award presentation in June 2022.

- **Cristina Alegri Innovation Award:** This award was launched in 2019 at Berlin and we had eight excellent applications demonstrating the creativity and imagination



of hand therapists from around the world. If you or one of your colleagues has developed an innovative concept in the last five years, please follow this [link](#) to apply for this award. Innovations in practice assessment, treatment methods, therapeutic approaches, splinting, adaptive equipment design or therapeutic equipment related to hand therapy practice will be considered for this award.

All awards and grants can be found by following this [link](#) including grants to help attendance at the congress.

Silent Auction

A very popular silent auction will take place at London 2022. This is the one fundraising activity carried out by IFSHT each triennial congress and will provide funds to assist therapists who otherwise would not be able to attend IFSHT 2025 in Washington, DC.

Please start to think about items you could donate. Hand themed items are well received, but they do not need to be exclusively related to hand therapy!

Website

The IFSHT website has a wealth of information for each and every member of ASHT. This includes information on:

IFSHT roles and committees	The next triennial congress	REACH and Ezine
Awards and Grants	Resources including useful apps	Find a hand therapist
Each member country	Continuing education opportunities	Visit a clinic scheme
Congresses around the world	Post graduate courses	Working abroad

Do support IFSHT and get involved. Nominations for committees for the term 2022–2025 are now open.

ASHT Membership by the Numbers

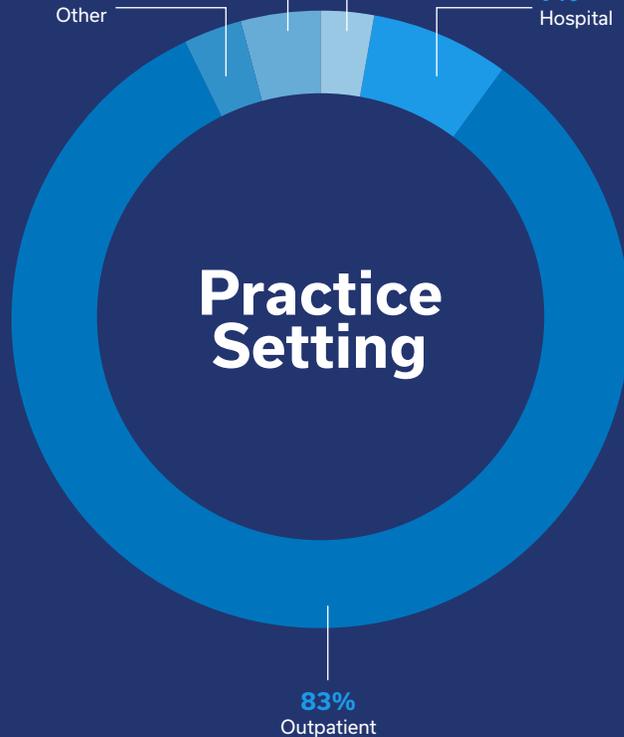


Years of Hand and Upper Extremity Therapy Experience

Nearly one third (31%) of ASHT members have practiced hand and upper extremity therapy for 26 years or more. Just over one quarter (26%) members have been in practice between 16 and 25 years, while 1 in 5 (20%) have 6 to 15 years of practice experience. Nearly one quarter members (23%) have practiced five years or fewer.



Total ASHT Membership



Message from the Incoming President

Diane Coker, PT, DPT, CHT



Hello to all fellow hand and upper extremity enthusiasts! I am excited about the opportunity to serve as your next ASHT president. I have been a CHT since the inception of the exam in 1991, but very interested in the subspecialty of hand therapy long before then. I was initially one of the few therapists who had the misconception that ASHT membership required passing that test, so I waited to join ASHT until I had my test results in hand. Obviously, I was completely wrong on that point, and I do regret the extra years I could have belonged to this great organization. Even though I had my CHT credential, I knew there was still a long way to go to consider myself a true expert in the field of hand therapy. As I was a solo clinician, there was not much opportunity for clinical mentoring/sharing. Today, ASHT has expanded its resources on education, networking and especially mentoring to help not only aspiring hand therapists, but “just-passed” therapists like I once was. A solo practitioner does not have to feel isolated any longer as there are many ways now to connect with each other and tap into each other’s expertise, in the US and around the world.

As I was registering for this year’s Annual Meeting, I thought about how important the conference was, and still is, to my professional educational development. When I attended my very first Annual Meeting, I was dazzled with the vast array of topics and speakers. Although the pandemic has altered our ways of interacting, the current hybrid model of face-to-face and online meetings continues to provide opportunities to increase one’s knowledge through symposiums, lectures and workshops. The ASHT Board of Directors, committed volunteers and wonderful staff at AH have all worked hard to provide quality and affordable educational offerings in many different formats – both face to face and online – through webinars, traveling courses and our Annual Meeting, as well as updated publications and partnerships with allied organizations, to achieve our vision of advancing the science and practice of hand and upper extremity therapy. I want to thank each and every one of you for helping ASHT stay relevant with ever-changing issues, and for being an ambassador for our profession.

Supporter Acknowledgement

ASHT gratefully acknowledges the individuals and organizations whose 2020-2021 contributions further the mission of our organization and the work of the hand and upper extremity therapy profession. Without you, our work would not be possible.*

*September 1, 2020 – September 24, 2021

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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.

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