



American Society  
of Hand Therapists™

**Connecting Forward.  
Embracing *Change.***

ANNUAL REPORT 2022

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## About ASHT

Founded in 1977, ASHT is an organization of occupational and physical therapists who specialize in evaluating and treating injuries and conditions of the upper extremity (shoulder, arm, elbow, forearm, wrist and hand). ASHT is the only association dedicated to advancing the specialty of hand and upper extremity therapy by promoting education, advocacy, research and clinical standards.

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## Membership

ASHT is a growing society that welcomed 437 new members in 2022, re-captured 135 lapsed members and reported a 75-percent 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 therapists, allied professional communities and patients.



# President's Message

**Diane Coker, PT, DPT, CHT**



Once again, the Board of Directors and dedicated staff are pleased to present the ASHT 2021-2022 Annual Report. I hope this report finds you and yours in good health and hopefully, gradually returning to full engagement in life following a stressful three years of a pandemic. For me, this past year has been a very busy and dynamic one, and I have truly enjoyed and relished the opportunity to represent ASHT on many fronts. In this report, you will find summaries of the many divisions and committees that not only bring value to your membership, but keep you updated on relevant and timely topics in hand and upper extremity therapy. I am continually amazed at the vast scope of projects, resources and education available to our membership.

My role as your president this past year has included some travel time, the highlight being the week I spent in London as your delegate to the congress of the International Federation of Societies for Hand Therapy. This society meets during the Triennial Congress, which is comprised of the International Federation of European Societies for Surgery of the Hand, the International Federation of Societies for Hand Therapy and the International Federation of Societies for Surgery of the Hand. This congress is held every three years and was co-hosted this past summer by the British Society for Surgery of the Hand and the British Association for Hand Therapy.

The IFSHT was formed as a result of the participation of hand therapists in the First Congress of IFSSH in the Netherlands in 1980. The first International Congress of IFSHT was held in Tel Aviv, Israel in April 1989, with Evelyn Mackin, PT, becoming the first president, and an initial membership of 12 countries. There are now 44 full and associate nation members in IFSHT, and 11 corresponding member countries. We should all be proud of the representation provided by the United States in this growing society. The newly elected president is Peggy Boineau, and Stacy Doyon is now president-elect. Kim Kraft

will serve as co-chair of the Education Committee and Donna Breger Stanton as the chair of the Bylaws Committee. I would like to congratulate these ASHT members on their new positions in this important international collaboration and look forward to the continued growth of IFSHT and its partnership with ASHT.

Closer to home, our own ASHT board has not been idle. We had some discussions this past year on how to improve our volunteer engagement, including ways to increase the number of members running for elective positions during our annual election. Our divisions and committees are continually seeking new members to produce the content on which most of us rely for timely and updated information on the practice and art of hand and upper extremity therapy. Last fall, a task force was formed and given the challenge of looking at our governance and organizational structure, and to come back to the board with possible solutions on ways to increase accessibility to elected positions and improve our overall membership engagement. The Board of Directors looked into several options put forth by the task force, with already one important bylaw change voted on just this past July. The membership eligibility requirement for running for a board position is now three years instead of five, which instantly creates a larger pool of candidates. We have several more changes that will be presented to all for voting in 2023, so be on the lookout for these proposals, and carefully consider how these changes will position and strengthen ASHT for the future.

I will be handing the gavel over to Kendyl Brock Hunter at our Annual Meeting, and I am confident I am leaving ASHT in good hands. It has been an honor and privilege to serve as your president, and I thank each and every one of you for your support this past year. I am looking forward to the continued growth of ASHT.



# Year in Review

**Calendar cycle 2021-2022 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 have returned, and we are adjusting to a new era of education with increasing our in-person content, adding hybrid learning opportunities and expanding our virtual offerings.

### Hands in Motion Podcast

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 **32 episodes, 897 subscribers** and over **27,806 downloads**. An exciting addition in 2022 was an interview with celebrity chef and television personality Buddy Valastro, who sustained a traumatic hand injury and is a supporter of the hand and upper extremity therapy community.

### Hand Therapy Review Course

The in-person Hand Therapy Review Course returned in the fall of 2022 with two courses: Atlanta, GA, and Baltimore, MD. The virtual review course continues to be an offering and has drawn

over **1,000 attendees** since its inception in July 2020. The virtual course will re-launch in early 2023 with an update in content, but registrants will continue to have full access with no time limits. The virtual course includes a quarterly question-and-answer session hosted by faculty to create a more personal experience for the attendee. In August, a hybrid format of the review course was launched, which includes two days of hands-on evaluation and treatment skill, a cadaver lab and full access to the virtual review course.

### Hands-on Orthotics

A virtual Hands-on Orthotics course was released in January 2022. The course offers an introductory, intermediate and advanced option and has sold **100 units**. Eight in-person courses are planned for 2022 with over **100 attendees**, including one collaboration with an occupational therapy program.

### Traveling Course

The "Foundations in Hand Therapy: Elbow to Finger Topics" traveling course remains as an educational offering and hosted one course this year with **12 attendees**. A new manual therapy course, "Hands-on Therapy for the Hands-on Hand Therapist: Manual Therapy for the Upper Extremity," started in 2022 and has hosted two courses with about **25 attendees**.

### Virtual Short Course Offerings

The Education Division is developing a pediatric hand therapy virtual course that should be launched by the end of 2022. The virtual offerings are hoping to add a proprioception course and wound course in 2023.

## 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 (**125 pairings**).

## Student Center

The division continues to develop resources for physical and occupational therapy students. 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. Two in-person sessions were hosted virtually over the past year to support students: Clinical Rotation Preparedness and Solutions to Pandemic Challenges. The Student Self-Assessment Exam continues to be a popular resource and allows occupational and physical therapy students to test their knowledge of the basic concepts required during the clinical education experience.

## Upper Extremity Institute

The Education Division organized and hosted 10 online sessions between September 2021 and June 2022 with **1,198 participants**. The new format was a case-based approach discussing the clinical management of shoulder, elbow, wrist and hand conditions. This offering continues to be free for members.

## Test Prep for the CHT Exam, 4th Ed.

The *Test Prep for the CHT Exam: Study Outline & Clinical Reference, 4th Edition* was released in October 2021. 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. To date, more than **200 copies** have been sold.

## Webinars

The Education Division organized and hosted seven live webinars (**726 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 Resources continue to be one of the most accessed pages on the ASHT website. There are more than **17,000 downloads** over the past year. New resources added in 2022 include a pediatric trigger digit resource and a resource about the role of therapy in treating musicians.

## 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.

## Research Division

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* (**771 participants**). The Zoom-based chat allows for an interactive live presentation and engaging Q&A session.
- Expanded the student-run Journal Club chat, which is designed to involve and educate students on appraising the current literature as it relates to the hand and upper extremity (**196 participants, 8 journal chats**). The journal chat is run by students under the supervision of a faculty member or a member of ASHT.
- Facilitated and vetted nine research surveys and distributed seven to ASHT membership
- Published monthly Research Updates – summaries of original published research papers – to increase awareness of emerging evidence and relevant research from peer-reviewed journals in the field of hand and upper extremity rehabilitation
- Collaborated with the ASHT Practice Division on two projects, bimonthly literature on telehealth as it relates to hand and upper extremity therapy, occupational and physical therapy in relation to outcomes, reimbursement and authorization, which are posted to the Practice Division webpage. Assisted in the review and updating of position papers currently found on the Practice Division webpage.

- Completed a consensus paper for thumb CMC joint OA using an expert panel of physicians, therapists and patients and is currently under review with the *Journal of Hand Therapy*.
- Continued a social media collaboration project with Elsevier (*Journal of Hand Therapy*) to highlight and increase awareness of and interest in upcoming articles prior to publication.
- Collaborated on a survey project with the Arthritis Foundation, which was distributed to members to encourage current patients, former patients, families and the community to participate and access through a provided link or QR code (launched August 2022)
- Participating with the American Academy of Orthopaedic Surgeon on Management of Clinical Practice Guidelines
- Participated with the FDA CDRH Network of Experts on the topic of thumb CMC joint OA and rehabilitation.
- Completed two online chapters of *Clinical Assessment Recommendations, 3rd ed.*, with a wound chapter in development
- Awarded four research awards at the 2021 Annual Meeting:
  - » Best Scientific Paper: Jamie L. Bergner, OTD, OTR/L, CHT, COMT, "Functional Dart Thrower's Motions of Patients with Unilateral Wrist Conditions Undergoing Nonoperative or Postoperative Hand Therapy"
  - » Best Scientific Poster: Mo Herman, MA, OTR/L, CHT, "Accelerated Rehabilitation Following Surgically Treated Metacarpal Shaft Fractures in Professional Basketball Players"
  - » First-Time Researcher Award: Kailey Elizabeth Francetic OTDS and Clayton Lange, "Intra-rater Reliability of Goniometry to Measure Scapular Protraction and Retraction"
  - » *Journal of Hand Therapy* First-Time Writer's Award: Alice Orts Hansen, OT, PhD, "An occupation-based intervention in patients with hand-related disorders grouped using the sense of coherence scale- A randomized controlled trial."

## Practice Division

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 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 (LAC).
- Tracked developments and new legislation in telehealth services.
- Tracked developments in the evolving debate over CMS Evaluation & Management reimbursement cuts.
- Collaborated with ASHT, AOTA and APTA on legislative issues impacting hand and upper extremity therapy
- Reviewed and updated ASHT website resources related to advocacy issues.
- Reviewed and updated ASHT position papers in collaboration with the ASHT Research Division.

### 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 and upper extremity therapy services
- Monitored CMS 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 2022 calendar year
- Promoted microvolunteering opportunity for members to contribute as state liaisons
- Reviewed and updated ASHT website resources related to federal and state regulations
- Reviewed and updated ASHT position papers in collaboration with the ASHT Research Division

### Practice Management Committee

- Assisted in webinar exploring Medicare updates for the 2022 calendar year
- Created and expanded resources on ASHT website for Practice Management, which are highlighted monthly in the e-Community posting
- Reviewed and updated ASHT website resources related to practice management
- Reviewed and updated ASHT position papers in collaboration with the ASHT Research Division

## International Committee

The ASHT International Committee was established with the purpose of advancing and supporting global hand and upper extremity therapy development. The committee has been active over the past year, facilitating initiatives supporting its goals.

*Develop and/or promote educational opportunities for hand therapists working in developing countries*

- The International Virtual Education Series was launched in November 2021. The committee hosted three Zoom-based presentations and a fourth session is planned for November. Attendance has been good, with participants from more than **15 countries**. ASHT is collaborating with Health Volunteers Overseas, where the educational presentations are being housed for ongoing access by therapists in Ghana.
- Completed the first International Traveling Course in August 2022. Committee member Mary Barnes traveled to Mexico City, where she was hosted by the Mexican Society of Hand Therapy for a two-day "Foundations in Hand Therapy" course. **Thirty** eager participants were able to benefit from this interactive program.
- The Reverse Therapy Fellowship Program coordinated with and funded by AAHS is designed to bring a hand therapist and surgeon to their respective Annual Meetings and provide a four-week visit to two institutions for additional hands-on learning experiences. In October 2022, ASHT is planning to host Erastus Shuma from Kenya at our Annual Meeting, followed by two weeks each at the Hospital for Special Surgery and Philadelphia Hand to Shoulder Center.
- Launched the International e-Community to offer networking with therapists from around the world on a wide range of topics from education and research to clinical treatment.

*Facilitate networking and mentorship between US-based and international hand and upper extremity therapists*

- The Companion Clinic program was designed to pair U.S. therapists with international therapists for learning and mentoring opportunities between therapists practicing under a diverse set of circumstances. In addition to the educational opportunities regularly offered, participating CHTs can obtain continuing education credits through HTCC and are encouraged to join the newly developed International e-Community.
- The committee is working to expand our contacts around the world, to cultivate relationships with therapists in developing countries. Over the past year, we have had regular communications with therapists in Ukraine, Ghana, Bahrain and Mexico to determine their needs and provide resources and support.

*Facilitate member awareness of global and upper extremity therapy conditions*

- The Annual Meeting International Luncheon is planned and hosted by the International Committee. We are looking forward to this year's speakers, Alexandra MacKenzie, OTR/L, CHT and Gretchen Bachman, OTD, OTR/L, MBA, CEAS, CHT, who will be speaking on "Keeping the Dream Alive: Developing An Educational Framework Model for Short Term Medical Missions"
- The International Committee works to facilitate member awareness of global issues through regular *ASHT Times* submissions. The current series, "Hand Therapy Around the World," looks at hand and upper extremity therapy in various countries to highlight what our field looks like in different parts of the world including challenges, recent development and future needs.

*Build and maintain collaboration with the International Federation of Societies of Hand Therapy (IFSHT)*

- The IFSHT Member-to-Member Mentoring Program has paired the U.S. with Ghana and Bahrain to assist in developing a network of hand therapists within their countries and offer educational support to enhance their base of knowledge. The ASHT International Virtual Education Series and International e-Community education and networking are provided to therapists from these countries, as well as individual support.
- Collaborate with IFSHT to facilitate member awareness of IFSHT events and offerings. ASHT is excited to be the host country of the IFSHT Triennial Congress in 2025!

## Diversity, Equity and Inclusion Committee

This inaugural year for the ASHT Diversity, Equity and Inclusion (DEI) Committee has been exciting and busy. During the forming process, the committee members decided it was of the utmost importance to engage with the membership first. This was an effort to be inclusive of our membership as the committee priorities were set. Membership engagement happened initially via a membership survey related to DEI principles. Following the survey, a listening session was conducted in which membership and allied partners shared their thoughts on questions that were developed from the DEI survey. The data gathered from both the survey and the listening session will help us set priorities for our work at an extended planning session this fall. There are projects that are developing even while our strategic planning is underway.

We have had the opportunity to develop and present at a regional hand therapy conference on the importance of DEI in the specialty.

Our committee supported a software that the board approved to make the ASHT more accessible.

Regular contributions to the *ASHT Times* will begin to appear in an effort to educate our membership about DEI projects and strategies they can personally engage in to promote DEI in their workplace and other professional settings.

We hope that as we move forward, our projects become more visible and meaningful to our membership as resources they can leverage to grow as professionals.



# 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 2021

267 (2% over prior year)

#### 2022 YTD

170 (4% over prior year)

### Accepted Manuscripts

#### Calendar Year 2021

74 (7% under prior year)

#### 2022 YTD

38 (32% under prior year)

### Rejected Manuscripts

#### Calendar Year 2021

182 (1% under prior year)

#### 2022 YTD

95 (22% under prior year)

### Rejection Rate

#### Calendar Year 2021

Desk – 53% (9% over prior year)

Standard – 18% (8% under prior year)

#### 2022 YTD

Desk – 62% (9% over prior year)

Standard – 10% (8% under prior year)

### Published Manuscripts

#### Calendar Year 2021

74 (2% under prior year)

#### 2022 YTD

35 (75% over prior year)

# Reach and Usage

## Cite Score

Title	2017	2018	2019	2020	2021	2022 YTD
JOURNAL OF HAND THERAPY	1.8	2.2	2.4	2.5	2.5	2.5
AMERICAN JOURNAL OF OCCUPATIONAL THERAPY	3.5	2.7	2.5	2.6	2.7	2.3
JOURNAL OF HAND SURGERY	3.2	3.0	2.8	3.0	3.3	2.9
PHYSICAL THERAPY	4.9	5.1	4.8	3.7	4.2	4.1

Category	Rank	Total Journals	Quartile
REHABILITATION	42	129	Q2
PHYSICAL THERAPY, SPORTS THERAPY AND REHABILITATION	85	218	Q2

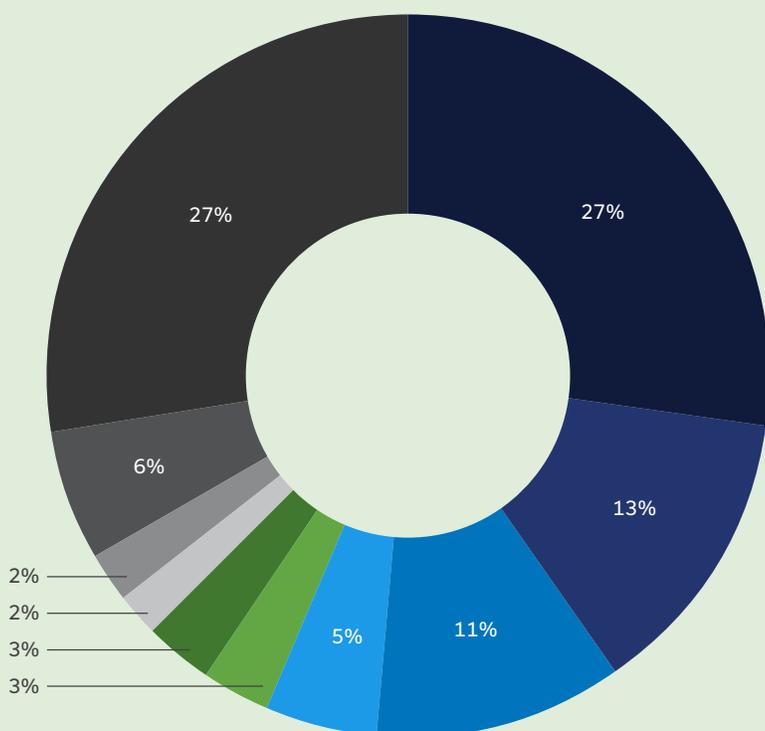
## Impact Factor

Title	2017	2018	2019	2020	2021
JOURNAL OF HAND THERAPY	1.040	1.532	1.504	1.950	1.908
AMERICAN JOURNAL OF OCCUPATIONAL THERAPY	2.493	1.952	2.231	2.246	2.813
JOURNAL OF HAND SURGERY	1.776	2.090	2.124	2.230	2.342
PHYSICAL THERAPY	2.587	3.043	3.140	3.021	3.679

Index	Category	Rank	Total Journals	Quartile
SCIE	ORTHOPEDICS - SCIE	59	86	Q3
SCIE	REHABILITATION - SCIE	42	68	Q3
SCIE	SURGERY - SCIE	140	211	Q3

## Top 10 Most Cited Articles, 2021 (Published IF Window 2019-2020) – Scopus

1. Leap Motion Controller-based training for upper extremity rehabilitation in children and adolescents with physical disabilities: A randomized controlled trial, Tarakci E., Arman N., Kasapcopur O. 2020
2. Flexor tendon rehabilitation in the 21st century: A systematic review, Neiduski R.L., Powell R.K. 2019
3. 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
4. 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. 2019
5. A pilot study on the design and validation of a hybrid exoskeleton robotic device for hand rehabilitation, Haghshenas-Jaryani M., Patterson R.M., Bugnariu N., Wijesundara M.B.J. 2020
6. Client preferences and perceptions regarding a written home exercise program or video self-modeling: A cross-sectional study, Ouegnin A., Valdes K. 2020
7. 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, Collocott S.J.F., Kelly E., Foster M., Myhr H., Wang A., Ellis R.F. 2020
8. Self-efficacy corresponds to wrist function after combined plating of distal radius fractures, Bjork M., Niklasson J., Westerdahl E., Sagerfors M. 2020
9. Using Carpal Tunnel Questionnaire in clinical practice: A systematic review of its measurement properties, Mehta S.P., Weinstock-Zlotnick G., Akland K.L., Hanna M.M., Workman K.J. 2020
10. Practice patterns in the conservative treatment of carpal tunnel syndrome: Survey results from members of the American Society of Hand Therapists, Parish R., Morgan C., Burnett C., Baker B., Manning C., Sisson S.K., Rush-Shipp E. 2019



### ScienceDirect Usage: Top 10 Countries & Regions, 2021

UNITED STATES	61,469
AUSTRALIA	30,728
UNITED KINGDOM	75,750
CANADA	12,786
TURKEY	7,774
NEW ZEALAND	7,264
CHINA	5,685
NETHERLANDS	3,936
UNKNOWN	14,071
REST OF WORLD	63,405

### Top 10 Most Downloaded Articles, 2022 YTD (Published All Time) – ScienceDirect

1. 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
2. Effectiveness of edema management techniques for subacute hand edema: A systematic review, Miller L.K., Jerosch-Herold C., Shepstone L. 2017
3. Computer workstation ergonomics: Current evidence for evaluation, corrections and recommendations for remote evaluation, Emerson S., Emerson K., Fedorczyk J. 2021
4. 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
5. Osteoarthritis and rheumatoid arthritis: Conservative therapeutic management, Beasley J. 2012
6. 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

7. Effectiveness of eccentric strengthening in the treatment of lateral elbow tendinopathy: A systematic review with meta-analysis, Chen Z., Baker N.A. 2021
8. Rehabilitation of high upper limb amputees after targeted muscle reinnervation, Sturma A., Stamm T., Hruby L.A., Bischof B., Salminger S., Gstoettner C., Prahm C., Pittermann A., Wakolbinger R., Hofer C., Farina D., Aszmann O.C. 2022
9. The long-term effect of neurodynamics vs exercise therapy on pain and function in people with carpal tunnel syndrome: A randomized parallel-group clinical trial, Hamzeh H., Madi M., Alghwiri A.A., Hawamdeh Z. 2021

### Journal of Hand Therapy Twitter Update

In 2021, the *Journal of Hand Therapy* made its debut on Twitter ([@JrnlHandTherapy](https://twitter.com/JrnlHandTherapy)) in an effort to promote relevant research and education within the hand and upper extremity therapy field.

Working with members of ASHT’s Research Division and staff, the journal highlights open access articles from each quarterly issue, as well as fosters insightful discussions among followers with an interest in the hand and upper extremity.

Over the last year, [@JrnlHandTherapy](https://twitter.com/JrnlHandTherapy) has gained more than 450 followers. We invite you to follow our account and join the discussion!



# Membership Engagement

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## Diversity, Equity and Inclusion (DEI) Committee

Since being formed by member bylaws vote 2021, the DEI Committee has reviewed community fairness at ASHT. In the last year, the new committee has completed a member survey and listening session. Look for an article about the committee in the *ASHT Times* Fall edition.

## e-Community

The vibrant ASHT e-Community is the place to crowd-source your clinical questions and read about the latest reimbursement issues. Log in to [asht.org](http://asht.org) and sign up for topics that interest you. Categories include International Community, CHT Exam Prep, Clinical Treatment Issues, Higher Education, Pediatrics, Students, Practice & Reimbursement and so many more!

## Membership Survey

In the summer of 2021, ASHT distributed a member survey to understand your practice challenges, your satisfaction with ASHT membership and offerings and how we can best serve your needs. Results and course of action are published in the Spring 2022 issue of *ASHT Times* for the membership to review.

## Online Volunteer Portal

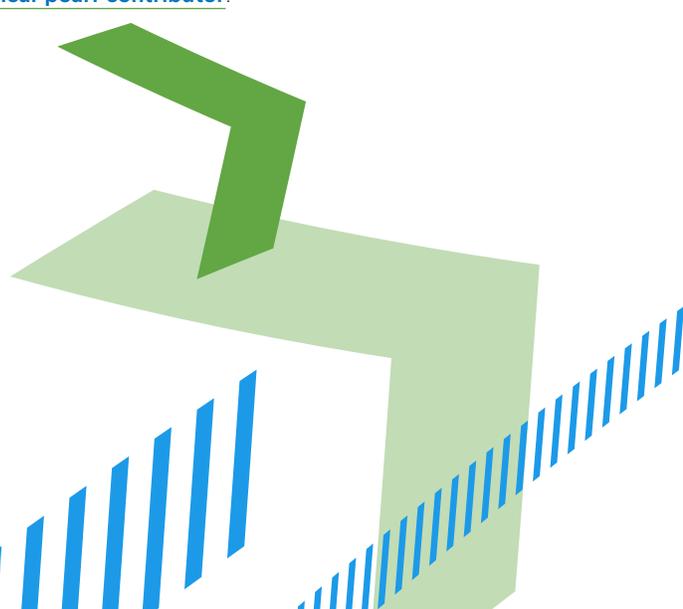
Volunteer opportunities at ASHT are available for various skills and interests. From division membership to micro-volunteering, members find open positions suited for their goals at [asht.org/about/volunteer](http://asht.org/about/volunteer). Find your perfect match by searching keywords, type of position or duration of commitment in the platform. Current listings include Technology & Communication Committee member, EZINE International Committee article writer and Research Division member. Professional development and engagement are easy to find on the portal.

## Regional Hand Therapy Interest Groups

Local and regional hand and upper extremity therapy groups are supported and promoted in the *ASHT Times* "What's Happening" section. Established and new groups organize events with other local therapists. Active and forming groups are located coast to coast in California, Colorado, Delaware, Georgia, Illinois, Kansas, Kentucky, Michigan, Missouri, North Carolina, Ohio, Oregon, Texas, Washington, Washington, DC, and Wisconsin. In addition, we have reciprocated ASHT society updates with the Canadian Society of Hand Therapy (CSHT). You will find *ASHT Times* updates for CSHT events and ASHT updates in the CSHT newsletter.

## Tip of the Week

The popular Tip of The Week appears bi-weekly on the ASHT Facebook page. Under Board Intern Courtney Vargo's guidance, members share great quick hand and upper extremity therapy pearls. Check out all the great ideas members have shared this year. Please send your Tip to [asht.org/about/volunteer/tip-week-clinical-pearl-contributor](http://asht.org/about/volunteer/tip-week-clinical-pearl-contributor).



# Financial Summary

## FY 2021 Audit Results: Statement of Financial Position

As of December 31, 2021, ASHT had total assets of \$2,594,047 and total liabilities of \$687,942 for total net assets of \$1,906,105. Net assets decreased from December 31, 2020 by \$115,615. The detail is outlined below.

ASSETS	2021	2020
CASH	\$ 779,716	\$ 728,525
ACCOUNTS RECEIVABLE	30,802	18,134
PREPAID EXPENSES AND OTHER ASSETS	151,683	140,952
INVESTMENTS	1,535,550	1,569,427
WEBSITE DEVELOPMENT COSTS, NET OF ACCUMULATED DEPRECIATION	96,296	22,548
<b>TOTAL ASSETS</b>	<b>\$2,594,047</b>	<b>\$2,479,586</b>

LIABILITIES	2021	2020
ACCOUNTS PAYABLE AND ACCRUED EXPENSES	\$ 329,361	\$ 111,770
DEFERRED REVENUE	341,246	346,096
ANNUAL MEETING AND EDUCATION	17,335	0
<b>TOTAL LIABILITIES</b>	<b>687,942</b>	<b>457,866</b>

NET ASSETS	2021	2020
WITHOUT DONOR RESTRICTIONS	\$ 1,853,912	\$ 1,966,814
WITH DONOR RESTRICTIONS	52,193	54,906
<b>TOTAL NET ASSETS</b>	<b>1,906,105</b>	<b>2,021,720</b>
<b>TOTAL LIABILITIES AND NET ASSETS</b>	<b>\$2,594,047</b>	<b>\$2,479,586</b>

# 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

Kimberly Kraft, PT, DPT, CHT - *Chair*  
Missy Thurlow, MBA, OTR/L, CHT - *Vice Chair*  
Romina (Romi) Astifidis, MS, PT, CHT  
Sean Clancy, OTD, OTR/L, CHT  
Sarah B. Doerrer, PhD, OTR/L, CHT, CLT  
Stacy Hite, PT, DPT, MS, CHT  
Tambra Marik, OTD, OTR/L, CHT  
Rose McAndrew, OTD, OTR/L, CHT  
Sarah Mersch, OTR/L, OTD, CHT  
Jennifer Nicholas, OTD, OTR/L, CHT  
Cara Smith, PT, DPT, CHT  
Hannah Gift, OTR/L, CHT, COMT UE, CEAS - *Education Division Director*  
Nancy Naughton, OTD, OTR/L, CHT - *Research Division Director*  
Diane Coker, PT, DPT, CHT - *Board Liaison*

## ASHT Times

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Gwen Morris, OTD, OTR/L, CHT, CLT - *Editor*  
Bridget Myers, PT, DPT - *Contributing Editor*  
Kim Kraft, PT, DPT, CHT - *Board Liaison*  
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Jarod Mann, OTR/L, CHT  
Sharon Montgomery, OTD, OTR/L, CHT, CEAS  
Ann Porretto-Loehrke, PT, DPT, CHT, COMT, CMTPT  
Jenna Thacker, OTD, OTR/L, CHT  
Sharon Wong, OTD, MSOTR/L, CHT  
Rachel Pigott, MPH, OTR/L, CHT - *Board Liaison*

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Elaine Fondiller, OT, CHT  
Elizabeth Henriquez, MS, OTR/L  
Preston W. Lockwood, OTD, OTR/L, CHT  
Robert McClellan, OTR/L, CHT  
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

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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*  
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Pamela Karp, EdD, OTR/L, CHT  
Sara (Loeffelad) Balster, 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  
Alyssa Phillips, CScD, MOT, OTR/L  
Samantha Price  
Tara Ruppert, OTD, OTR/L, CHT  
Rebecca Saunders, PT, CHT  
Cara Smith, PT, CHT  
Brocha Stern, PhD, OTR/L, CHT  
Haley Van Escobar, MOTR/L, CHT  
Rosella Vargas, PT  
James Wagner, OTD, OTR/L, CHT, CPAM, CSCS  
Heather Weesner, OTR/L, CHT  
Jill Yanick, OTR/L, CHT  
Stephanie Ye, MS, OTR/L, CHT, CMOT, CSCS  
Kendyl R Brock Hunter, OTR/L, CHT - *Board Liaison*

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Aviva L Wolff, EdD, OTR, CHT - *Vice President*  
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Janice Small, CPA  
William W. Walsh, MBA, MHA, OTR/L, CHT  
Brett A. Zane

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Preston W. Lockwood, OTD, OTR/L, CHT  
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Rebecca Saunders, PT, CHT  
Amy Todd, MS, OTR/L, CHT  
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Alicia Smith Hanta, OTR/L, CHT  
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Jennifer Hoyt, OTR/L, CHT  
Nora Kinslow, OTR/L, CHT  
Brooke (Smith) Ochoa, OTR/L  
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Angela Stephens, DHS, OTR/L, CHT - *Practice Management Chair*  
Aditi Tuelli, MS, OTR/L, CHT, CLT  
Aviva L Wolff, EdD, OTR, CHT - *Board Liaison*

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Lori Algar, OTD, OTR/L, CHT  
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Priya Bakshi, OTD, OTR, CHT  
April Bryant, MS, OTR/L, CHT  
Nancy Byl, BS, MPH, PT, PhD, FAPTA  
Mirella Deisher, OTD, MS, OTR/L, CHT  
Sarah Doerrer, PhD, OTR/L, CHT, CLT - *Journal Club Chair*

Susan Duff, EdD, MPT, OTR/L, CHT  
Sophie Goloff, OTR/L  
Melanie Hubbuck, MS  
Cynthia Ivy, M.Ed, OTD, CHT  
Alison King, OTR/L, CHT  
Lisa Kozden, MOT, OTR/L, CHT, COMT  
Katherine Loomis, MA, OTR/L, CHT  
Renee McDade, OT, CHT  
Corey McGee, PhD, OTR/L, CHT  
Virginia O'Brien, OTD, OTR/L, CHT  
Victoria Priganc, PhD, OTR, CHT  
Stephanie Strouse, OTD, OTR/L, CHT  
Jill Yanick, OTR/L, CHT  
Kendyl Brock Hunter, OTR/L, CHT - *Board Liaison*

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Cecilia Fierro, OTD, OTR  
Tauni Malmgren OTD, OTR/L  
David Plutschack OTD, OTR/L, BCPR, CLT, CEAS  
Rebekah Pogwizd, MSOT, OTR/L, CHT  
Samantha Price, OTR/L  
Rachel Pigott, MPH, OTR/L, CHT - *Board Liaison*

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

August 27, 2021 – September 7, 2022

**410**

**PAGES PRINTED**

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

**2,783**

**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.

**41,892**

**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. Recognizing Factitious Disorders of the Upper Extremity**  
(VOLUME 28, ISSUE 3, FALL 2021)  
*Lynn Festa, OTR, CHT, and Michael P. Nancollas, MD*
- 2. Serial Casting for the Treatment of Proximal Interphalangeal Joint Flexion Contracture**  
(VOLUME 28, ISSUE 3, FALL 2021)  
*Zhiqing Chen, MS(OT), CHT*
- 3. ASHT Student Spotlight: Chris Wallace**  
(VOLUME 28, ISSUE 3, FALL 2021)  
*Chris Wallace*
- 4. Empowering Kids to Reach Higher**  
(VOLUME 29, ISSUE 1, SPRING 2022)  
*Amy Lake, OTR, CHT*
- 5. Therapeutic Sense of Self — What Is It?**  
(VOLUME 28, ISSUE 3, FALL 2021)  
*Sally Brown, OT, CHT*
- 6. Developing a Culture to Promote Hand and Upper Extremity Practice with Therapy Students**  
(VOLUME 28, ISSUE 4, WINTER 2021)  
*John Jackson, OTR/L, EdD, CHT*
- 7. The Athlete: Surgeon and Therapist Management Strategies for Injuries to the Wrist and Hand**  
(VOLUME 28, ISSUE 4, WINTER 2021)  
*Stacy Baker, MOT, OTR/L, CHT*
- 8. 3D Printing in Hand Therapy: Is It Worth It?**  
(VOLUME 29, ISSUE 2, SUMMER 2022)  
*Jenna Thacker, OTD, OTR/L, CHT*
- 9. Telehealth Evaluation: Objective Measures Are Possible**  
(VOLUME 29, ISSUE 2, SUMMER 2022)  
*Gwen Morris, OTD, OTR, CHT, CLT, and Sam Low, OTD, OTR*
- 10. 7 Tips for Preparing for the CHT Exam**  
(VOLUME 29, ISSUE 2, SUMMER 2022)  
*Matthew Hilliard, OTR/L, CHT*

# Social Media

ASHT's social media following and engagement has continued to grow, with an **11-percent increase in total followers year over year**, and a **7.3-percent overall increase since January 2022**. ASHT's YouTube channel experienced the largest percentage increase in followers (39.7%) over the last year, as the society strategically focuses on developing new video content. ASHT's LinkedIn group also experienced a jump (31%) over the last year, demonstrating the value of strengthening professional relationships and sharing skills to succeed in the field.



YEAR	FACEBOOK	TWITTER	LINKEDIN	YOUTUBE
2020	7,391	3,336	3,153	136
2021	8,652	3,532	4,136	236
2022	8,893	3,641	4,971	243

\*As of August 25, 2022. 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 followers over the last several years, the society's Facebook page 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, Hand Therapy Week celebrations and an update on Corinne Hutton, who became first UK woman to undergo a double hand transplant in 2019.



# HandCare.org

For the last seven 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.

In 2021, ASSH worked with a search engine optimization consultant who recommended a focus on quality over quantity. New HandCare.org content is posted twice per month, with ASHT producing one blog every other month.

Between October 2021 and June 2022, the HandCare.org blog received more than 900,000 overall views. According to ASSH's metrics, ASHT-generated content accounted for about 9% of traffic on the HandCare.org blog.

Three of the HandCare.org blog's top 25 most-read posts were ASHT contributions, racking up nearly 37,000 total views on the site. The top ASHT blogs focused on:

**Sleep Position (#10)**

[www.assh.org/handcare/blog/advice-from-a-certified-hand-therapist-how-sleep-positions-affect-your-hands](http://www.assh.org/handcare/blog/advice-from-a-certified-hand-therapist-how-sleep-positions-affect-your-hands)

**Mallet Finger (#20)**

[www.assh.org/handcare/blog/advice-from-a-certified-hand-therapist-mallet-finger](http://www.assh.org/handcare/blog/advice-from-a-certified-hand-therapist-mallet-finger)

**Exercising with Wrist Pain (#23)**

[www.assh.org/handcare/blog/advice-from-a-certified-hand-therapist-exercising-without-wrist-pain](http://www.assh.org/handcare/blog/advice-from-a-certified-hand-therapist-exercising-without-wrist-pain)

Other popular ASHT blog topics included:

**Modifications to Pencil Grip for Handwriting**

[www.assh.org/handcare/blog/advice-from-a-certified-hand-therapist-modifications-to-pencil-grip-for-handwriting](http://www.assh.org/handcare/blog/advice-from-a-certified-hand-therapist-modifications-to-pencil-grip-for-handwriting)

**Scar Management**

[www.assh.org/handcare/blog/advice-from-a-certified-hand-therapist-scar-management](http://www.assh.org/handcare/blog/advice-from-a-certified-hand-therapist-scar-management)

**Hand Edema**

[www.assh.org/handcare/blog/advice-from-a-certified-hand-therapist-hand-edema](http://www.assh.org/handcare/blog/advice-from-a-certified-hand-therapist-hand-edema)

**Cubital Tunnel Syndrome**

[www.assh.org/handcare/blog/advice-from-a-certified-hand-therapist-on-cubital-tunnel-syndrome](http://www.assh.org/handcare/blog/advice-from-a-certified-hand-therapist-on-cubital-tunnel-syndrome)

**Workstation Ergonomics**

[www.assh.org/handcare/blog/advice-from-a-hand-therapist-workstation-ergonomics](http://www.assh.org/handcare/blog/advice-from-a-hand-therapist-workstation-ergonomics)

**Cold Weather tips for Raynaud's**

[www.assh.org/handcare/blog/advice-from-a-certified-hand-therapist-cold-weather-tips-for-raynauds](http://www.assh.org/handcare/blog/advice-from-a-certified-hand-therapist-cold-weather-tips-for-raynauds)

**Wrist Pain**

[www.assh.org/handcare/blog/advice-from-a-certified-hand-therapist-wrist-pain](http://www.assh.org/handcare/blog/advice-from-a-certified-hand-therapist-wrist-pain)



## 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	Casting Motion to Mobilize Stiffness (CMMS) technique
2	CLINICAL TREATMENT ISSUES	The Kapandji Score
3	CHT EXAM PREP	CHT Test Prep question
4	ASHT INTERNATIONAL COMMUNITY	Average patients a day and schedule blocks
5	CLINICAL TREATMENT ISSUES	"Pseudo" trigger finger treatment
6	CLINICAL TREATMENT ISSUES	Posterior interosseous nerve palsy due to cystic schwannoma
7	CLINICAL TREATMENT ISSUES	Grated motor injury with complex regional pain syndrome
8	ASHT COMMUNITY	In Memoriam: James W. Strickland, MD
9	ASHT COMMUNITY	Elbow/shoulder support for Ehlers-Danlos syndromes
10	PRACTICE MANAGEMENT	Custom orthosis denials stating same/similar to a prefabricated orthosis

# HAND THERAPY WEEK

## JUNE 6-12 2022



## Hand Therapy Week 2022

*ASHT experienced an incredibly successful Hand Therapy Weeks this year, due in part to creative daily challenges, the release of a new mental health video series, 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 4.9% of website traffic (second only to the homepage).*

### Hand & Upper Extremity Mental Health Series

Working with AH's digital media team, the Technology & Communication Committee produced a new series of videos highlighting the impact of hand and upper extremity injuries on mental health. The videos specifically focus on chronic pain, coping with post-injury trauma and techniques to improve mental health after injury.

The three videos in the series were released daily throughout the middle of Hand Therapy Week. In total, the video posts on Facebook reached nearly 3.3K users and yielded an impressive 30 shares. The posts also received several supportive comments expressing appreciation for covering this timely and sometimes overlooked topic. The first video (chronic pain) received the highest number of impressions and engagement. The videos also received nearly 100 views on YouTube and will continue to be promoted following Hand Therapy Week.

### Hand and Upper Extremity Mental Health Series



### Daily Challenges



After a successful debut in 2020, the Technology & Communication Committee again developed daily challenges in an effort to increase engagement and provide more 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 "Bling It Orthosis" (showing off creatively fabricated or decorated orthoses) and the "Nailed It!" orthotic fabrication challenge (having "amateur orthosis makers" try their hands at fabricating), though each day yielded fun and creative content from the community.

### Additional Resources/Promotion

The Patient Education Resources and Spanish translations – refreshed in ASHT's new branding – 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 724 times during Hand Therapy Week (up 56% from last year), making up about 4.39% of website traffic (up 2% from 2021) and ranking third among page views (up one place from last year). This increase in traffic is likely due to excitement over the newly rebranded flyers.



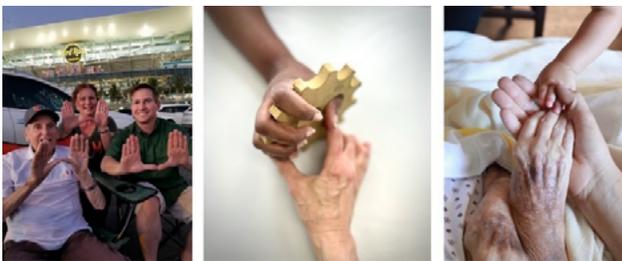
### Ranking total percentage of webpage views during Hand Therapy Week 2022:

1. ASHT homepage (19.54%)
2. Hand Therapy Week page (4.88%)
3. Patient Education Resources (4.39%)
4. UE Institute (2.19%)
5. Annual Meeting landing page (1.84%)

ASHT also provided hand and upper extremity 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 26 photos from 13 participants and yielded nearly 800 votes.



- First place:** Laurie Thurber, OT, CHT (It's all about the U)
- Second place:** Rosemary Tedesco, OTR/L CHT (Tanisha)
- Third place:** Donna Goodson, OTR/L, CHT (Three generations of hands)

As part of the Celebrate & Win! Contest, members are invited to submit photos, videos and/or links of their 2022 celebrations to ASHT during and following Hand Therapy Week. 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 2022. 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 5.5, up 1.7K from last year. Daily engagement was also higher this year, by about 70 users on the peak day of each week. The page also picked up 47 new followers over the course of the week.

The photo contest post recorded the highest reach of all posts during Hand Therapy Week (5.4K). Other popular posts included "Bling It!" daily challenge submission, from Washington University OT Services (3.7K) #HTW2022 kick-off post (3.4K), the "Nailed It!" daily challenge submission from TherapySouth Hand Therapy (3K), Patient Education Resources (2.4K) and other daily challenges and posts highlighting Hand Therapy Week celebrations.

#### Twitter

During Hand Therapy Week 2022, the ASHT Twitter page earned 5.4K impressions. Top tweets during this period included the Hand Therapy Week kickoff, a picture from an ASHT member's daughter sharing why her mother's job is important, the photo contest promotion and third video release. Many users were also engaged via the Hand Therapy Week 2022 hashtag, "#HTW2022," which was used more than 500 times in messages connecting ASHT with fellow therapists, supporters and the public.

#### YouTube

In addition to the popularity of the new mental health series videos, ASHT's other hand safety and injury prevention series videos saw a resurgence, as many therapists and business pages shared them throughout the week. Compared to a typical week, total channel views were up 342% and total channel watch nearly quadrupled (4.6 hours compared to 1.2). The desk ergonomics, cell phone and texting, gardening and carpal tunnel syndrome videos were among the most viewed on the channel during that time.



# Allied Organizations Update



## American Hand Therapy Foundation

**James W. King, OTR, PhD, CHT, Chair**  
**Anna Shnyder, Executive Director**

The American Hand Therapy Foundation (AHTF) is currently funding eight major studies and expanding our support of educational events. We experience amazing support from so many people who generously donate 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. 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 help.

The year started with AHTF supporting the American Society of Hand Therapists' 2021 Annual Meeting with a \$10,000 sponsorship of the Annual Scientific Sessions at the meeting in

St. Louis. AHTF recognizes ASHT's on-going and unwavering support of the foundation. AHTF and ASHT continue to work closely together to support both organizations' goals. AHTF will once again sponsor the Annual Scientific Session at the 2022 meeting – supporting a highly valued educational event and the latest research in our field. This support is made possible by generous contributions to the AHTF Chairman's Fund.

We wish to invite you to meet our **board of directors**, including our newest board member, Marc Bartholdi, OTD, OTR/L, CHT. These volunteers give hundreds of hours each year to guide the foundation's work and perform the majority of the day-to-day work of fundraising and administering our research grants and educational support. We also want to recognize the AHTF Advisory Board Chair, our Immediate Past-Chair, Greg Pitts, OTD, OTR, CHT.

The foundation is pleased to announce a recent \$100,000 donation from North Coast Medical, Inc., Mark E. Biehl, President and CEO. With this contribution, North Coast Medical will generously underwrite the AHTF annual fundraiser, Happy Hour with a Scholar, the Evelyn Mackin Grant for Education by a Traveling Hand Therapist and will be our official website sponsor. Thank you, North Coast Medical.

AHTF continues to support research that benefits you and our profession. See for yourself, by clicking on the link below, the amazing impact that the foundation has had on the way YOU practice [here](#). Two excellent studies supported by AHTF grants were published recently in the *Journal of Hand Therapy*, and are listed below:

- Flinn SR, Goodman G., Effective assessments to identify overuse injuries in unaffected limbs of persons with unilateral upper limb amputations.  
Published May 16, 2021 - [DOI](#)
- McVeigh KH, Kannas SN, Ivy CC, Garner HW, Barnes CS, Heckman MG, Brushaber DE, Murray PM, Dynamic stabilization home exercise program for treatment of thumb carpometacarpal osteoarthritis: A prospective randomized control trial.  
Published June 23, 2021 - [DOI](#)

AHTF is currently funding many major research projects and looks forward to informing the hand and upper extremity rehabilitation community on topics such as elbow flexion contractures in infants with brachial plexus injuries, graded motor imagery in distal radius fracture patients at high risk for complex regional pain syndrome (CRPS) and the benefit of prevention education in reducing overuse injuries in musicians. In 2022, AHTF provided funding for the following studies:

- Burkhalter New Investigatory Grant: "Implementing a Novel Splinting Technique Using 3D Models for Patients with Scleroderma and Arthritis" Principal Investigator: Christine Mulligan, OTD, OTR/L, CHT
- Judy Bell-Krotoski "Grab the Evidence" Grant: "Reliability and Validity of Somatosensory Measurement Techniques: A Proof-of-Principle Measurement Study of Novel Tools to Evaluate Altered Sensation" Principal Investigator Tara Packham, OTReg(Ont.), PhD

Each year, AHTF grant money is left on the table due to a lack of qualified applications. A list of AHTF's grants is posted on our [website](#) along with ample and helpful information about the application process. We encourage all of you to apply and/or help spread the word about these generous grants to your colleagues who are involved in research.

We want to thank all of you who support the foundation through our fundraising events. This year's Virtual Run/Walk for Hand Therapy Research was our most successful ever due to so many of you getting your teams together and participating during Hand Therapy Week. We look forward to seeing you in person or virtually at our upcoming events, [Happy Hour with a Scholar](#),

underwritten by North Coast Medical and the holiday Silent Auction extravaganza. A donation to AHTF is a wonderful place to make an investment to honor or memorialize a colleague or family member. AHTF has benefitted greatly from its first major [endowment](#) and welcomes the opportunity to discuss legacy giving with you.

In summary, your 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 and upper extremity rehabilitation. Our important work together with researchers, educators and all of you enhances quality and optimizes 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.



## Hand Therapy Certification Commission

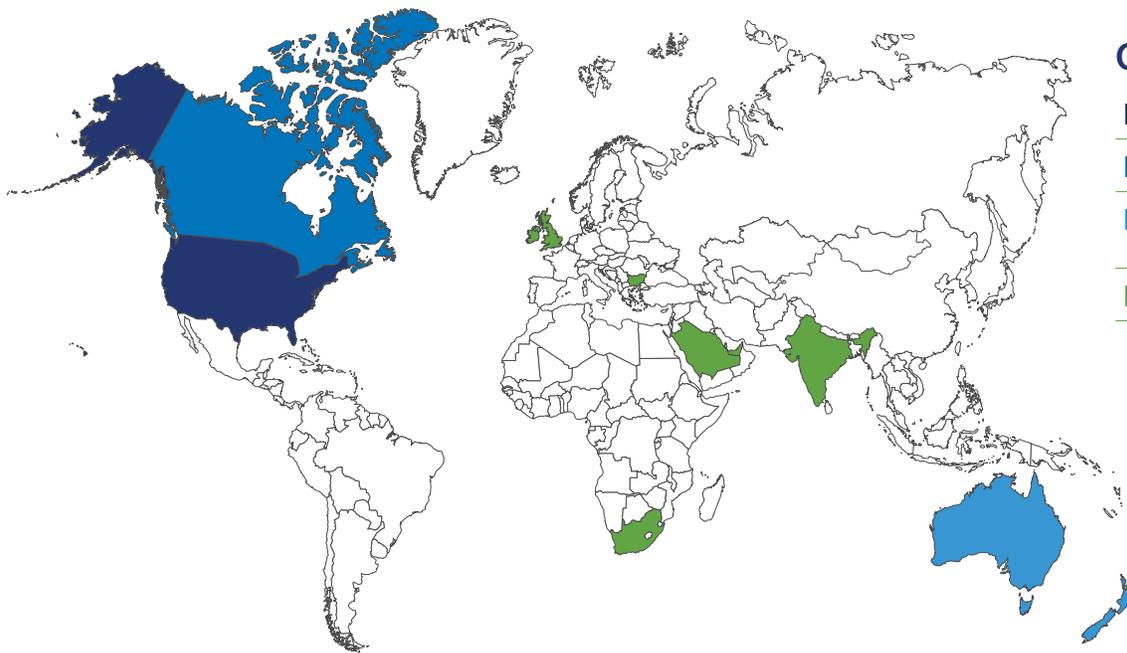
### HTCC Mission

The mission of the Hand Therapy Certification Commission is to support a high level of competence in hand therapy practice and to advance the specialty through a formal credentialing process.

### HTCC Vision

The Hand Therapy Certification Commission envisions a time when every qualified therapist who treats hand patients will become a Certified Hand Therapist.

There are currently [over 7,300 CHTs worldwide](#), a record number. There are 6,781 in the United States, 254 in Canada and 321 in countries outside of North America (see map below). By profession, 87% are occupational therapists, 12% are physical therapists and less than 1% possess both credentials.



### CHTs by Country

UNITED STATES	6,781
CANADA	254
AUSTRALIA & NEW ZEALAND	206
OTHER COUNTRIES	115

### 2021 and 2022 Hand Therapy Certification Examination Highlights

In 2021 and 2022, the Hand Therapy Certification Examination (HTCE) administration is proceeded on schedule. HTCC is pleased to welcome 355 new CHTs since our last report. The overall pass rate (percentage of people who passed the examination) was 58% for the Fall 2021 and for the 2022 Spring examinations. 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%.

*did you know?*

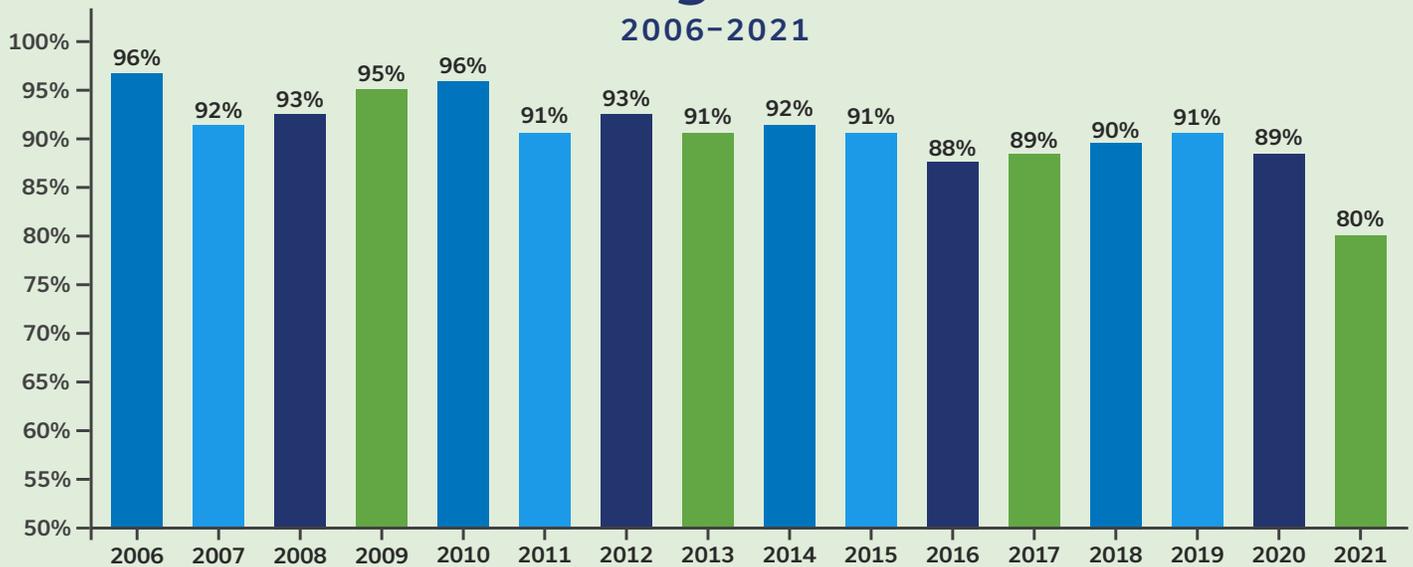
**HTCC's online CHT directory "Find a CHT" is the most visited page on the HTCC website with over 100,000 visits a year.**

### Pass Rate PER YEAR



## Percentage Certified

2006-2021



*did you know?*

**HTCC's average recertification rate is 91%, the industry average for healthcare recertification is 75%.**

### Recertification Highlights

HTCC continues to show a very high recertification rate with 91% recertifying on average since 2006. The recertification rate in 2021 was lower than average due to an increased number of CHTs who retired. The table above shows the recertification rate by year since 2006. The industry average for healthcare recertification retention rates is 75% and HTCC is well above this average.

### Item Writer Workshop

HTCC hosted an item writer's workshop in the spring of 2022. Six CHTs were invited to attend a three-day workshop and instructed in item writing for the HTCE by HTCC's testing consultant and psychometrician. The new writers were paired with experienced mentors for a very productive weekend.

**From left to right:** Megan McCray, Alicia Peoples, Angela Gerstenkorn, Kathrine Manolopoulos, Sarah Hobbs and Brady McGuire.



## New Website

In July 2022, HTCC launched a [new website](#). The look and navigation of the site is new and information has been made more accessible. The [Publications](#) section under Resources now houses all of HTCC's practice analysis articles, as well as other HTCC publications, the Hand Therapy Scope of Practice, survey results, marketing materials and coming soon, HTCC position papers on wound care and orthotics.

## Salary Survey

HTCC conducted a salary survey in April 2022. This is the ninth salary and benefits survey that HTCC has performed since 2004. The purposes of the survey are to obtain information

frequently requested by therapists and employers, to serve as a resource to the hand therapy community by sharing information, and to track ongoing data and trends. Over 3,000 therapists completed the survey and the results will be published in the fall of 2022 on the HTCC website.

## Examination Preparation Survey

An examination preparation survey was performed in the summer of 2022. This was a follow-up survey to surveys performed in 2007 and 2016. HTCC surveyed CHTs who recently passed the Hand Therapy Certification Examination on how they prepared for the HTCE and how they used study groups and mentors. Results of the survey will be available on the HTCC website in the fall of 2022.

## Board and Committee Recognition

HTCC would like to acknowledge and thank our [board of directors](#), committee members and staff.

### Board of Directors

- President: Mary Dimick, OTR, CHT
- Vice President: Nancy Cannon, OTR, CHT
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- Greg Pitts MS, OTR/L, CHT
- Gary Solomon, MS, OTR/L, CHT
- Patricia Taylor, MBA, PT, CHT
- Lauren Valdata, PT, CHT
- Karol Young, OTD, OTR/L, CHT
- Physician Member: Roy Meals, MD
- Public Member: Jan Newsom, JD

*did you know?*

**CHTs can request to download and use the Certified Hand Therapist Logo for business cards, letterhead and email signatures.**



### Examination Committee

- Tim Mullen PhD, OTR/L, CHT, Chair
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- Dan Bash, MS, OTR/L, CHT
- Jennifer Elsinger, OTR/L, CHT
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- Gary Solomon, MS, OTR/L, CHT
- Patricia Taylor MBA, PT, CHT
- Lauren Valdata, PT, CHT
- Mary Dimick, OTR, CHT (ex-officio)

### Recertification Committee

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- Nancy Cannon, OTR, CHT
- Stacey Doyon, OTR/L, CHT
- Kimberly Gibson, PT, CHT
- Jan Newsom, JD
- Karol Young, OTD, OTR/L, CHT

### HTCC Staff

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

# The Academy of Hand & Upper Extremity Physical Therapy



Jane Fedorczyk, PT, PhD, CHT

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 are PT, PTA and student members of the APTA. The Academy membership has grown to more than 1,800 members. 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](http://handpt.org).

APTA Hand & Upper Extremity PT sponsors educational programming and research presentations during the annual APTA Combined Sections Meeting that will be held February 23-25, 2023 in San Diego. The Academy is sponsoring 20 hours of continuing education related to hand and upper extremity rehabilitation. More information can be found on our website.

As planned, our webinar offerings have doubled in 2022 on a variety of clinical topics relevant to current practice. This provides a great way for physical therapy professionals to earn CEUs in hand and upper extremity rehabilitation that meet requirements for both CHT recertification and state PT licensure. The webinars are open to non-members including OTs. For more information, please visit [handpt.org](http://handpt.org) or contact [info@handpt.org](mailto:info@handpt.org).

APTA Hand & Upper Extremity continues to work on clinical practice guidelines (CPGs) that meet the Institute of Medicine

(IOM) standards including open access to all interested practitioners. To date, all current CPG projects have been done in collaboration with the Academy of Orthopedic Physical Therapy. Our CPG on non-operative management of carpal tunnel syndrome was published in 2019 and Mia Erickson, PT, EdD, CHT is leading the revision team to update. A CPG on non-operative management of lateral elbow tendinopathy is on target to be published in December 2022. Ann Lucado, PT, PhD, CHT has served as the lead for this CPG. Our third CPG project is on management of distal radius fractures and is currently in manuscript development. The leads for this project are Saurabh Mehta, PT, PhD and Christos Karagiannopoulos, PT, PhD, CHT. To reduce variance in clinical practice and to meet IOM requirements, the CPGs are open access and available to all practitioners at [handpt.org](http://handpt.org).

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, CMS reimbursement issues with upper extremity orthoses and Medicare payment reductions. Special thanks to Marsha and her team for her dedication to advocacy to the professional and our patients.

This is my final year as president of APTA Hand & Upper Extremity and it has been an honor to serve the Academy and the profession. As long as I have been a member, ASHT leadership has always encouraged ASHT members to join their parent organization, AOTA or APTA, depending on their professional identity in occupational or physical therapy. The importance of this membership requires each of us to look beyond journal access or continuing education benefits. AOTA and APTA work collaboratively to protect and expand our ability to practice in all clinical settings including hand and upper extremity rehabilitation. Please feel free to reach out to leaders from ASHT, APTA or AOTA for more information about the benefits of belonging to both ASHT and your parent organization.

# International Federation of Societies for Hand Therapy



The International Federation of Societies for Hand Therapy (IFSHT) has 56 members representing 11,258 therapists worldwide. Through ASHT's membership in IFSHT, ASHT's members are a part of IFSHT.

## 2022-2025 Executive Committee

President, Peggy Boineau (United States)

President-Elect, Stacey Doyon (United States)

Secretary-General, Marie Eason Klatt (Canada)

Treasurer, Elizabeth Ward (Australia)

Information Officer, Susan de Klerk (South Africa)

Past President, Nicola Goldsmith (United Kingdom)

The Executive Committee meets virtually every 4 to 6 weeks and meets in person twice during the triennial term.

## 2022 Triennial Congress

The 2022 Congress was a joint congress with the International Society for Surgery of the Hand (IFSSH), the IFSHT and the Federation of European Societies for Surgery of the Hand. The host hand therapy organization was the British Association of Hand Therapy (BAHT).

- 515 therapists from 42 countries attended the Congress in London
- IFSHT raised \$6,670 at the Silent Auction in London to fund speakers to attend the 2025 Congress in Washington, DC.
- The Congress, professionally organized by Asszisztencia, a company based in Hungary, offered in-person and virtual options for attendees and speakers.
- With the help of generous donors, especially IFSSH, IFSHT awarded grants totaling \$21,654 to assist 14 therapists from 12 different countries to attend the Congress.

## Mentoring Program

- This program was initiated in 2021 and many of the mentor and mentee members are regularly in touch with each other in order for mentees in countries with emerging hand therapy presence to grow their hand therapy infrastructure.
- ASHT, as mentor to Ghana and Bahrain, is an active participant in this program.

## Professional Management of Social Media Campaign

- Leading up to and following the Congress, Blank Page Consulting (South Africa) arranged five social media posts monthly based on content provided by IFSHT.
- Our current social media platforms are Facebook and Instagram.

## Commercial Sponsorship Program

- IFSHT recently launched a new sponsorship program in which we welcome sponsorship from commercial organizations who market equipment, supplies, services and virtual products to hand therapists on an international basis.
- We offer four different sponsorship levels and an opportunity to support the Silent Auction at the Triennial Congress.

## 2025 Congress

- Plans are underway for the 2025 IFSSH and IFSHT Triennial Congress in Washington, DC, March 24-28, hosted by American Society for Surgery of the Hand, American Association for Hand Surgeons and American Society of Hand Therapists.
- Aviva Wolff is the ASHT representative to the Congress Organizing Committee and is the ASHT appointed Co-Chair of the Scientific Program Committee.
- IFSHT plans to have the IFSHT appointed Co-Chair to the Scientific Program Committee selected by September 30, 2022.

## 2028 Congress

Delegates at the IFSSH/IFSHT Congress in London (2022) selected Singapore to host the 2028 Congress.

**IFSHT Membership:** 37 Full, 7 Associate and 12 Corresponding members

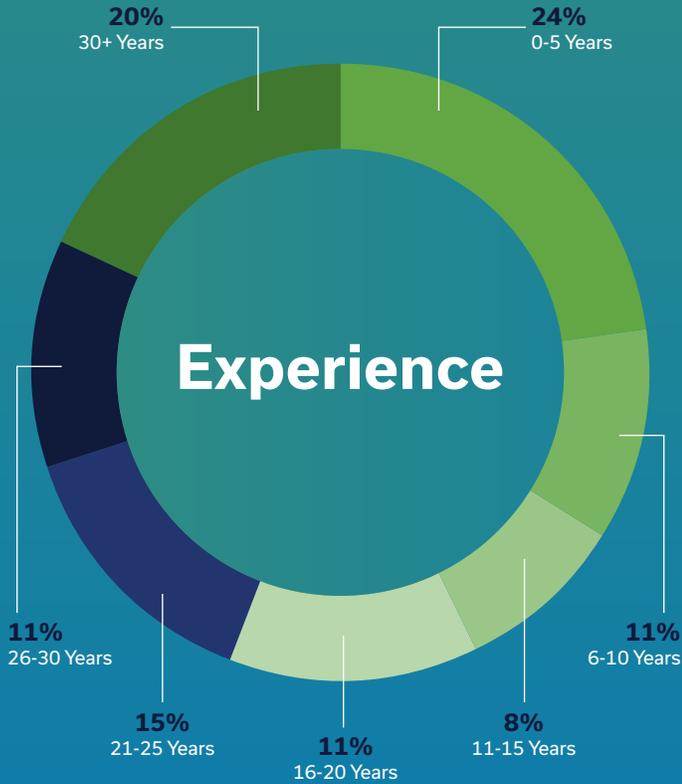
## Awards and Grants

- In 2022, IFSHT had seven Lifetime Achievement Awardees, including the following from USA: Sandra Artzberger, Kenneth Flowers and Paul LaStayo.
- The Cristina Alegri Award had four nominees in 2022 and the winner was Hayley Fay, United Kingdom, for "Hand Therapy: an exercise prescription app."

## Website

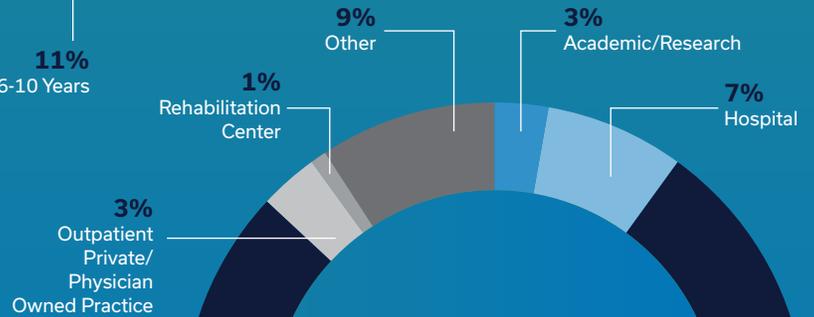
IFSHT's website, [ifsht.org](https://ifsht.org), continues to provide a wealth of hand therapy information for therapists around the world.

## Membership by the Numbers

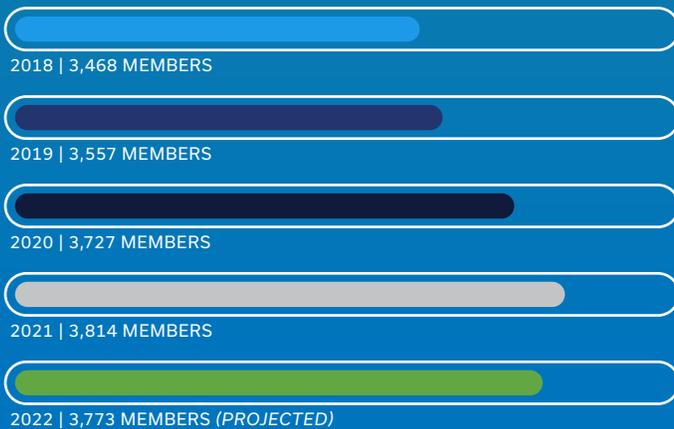


### Years of Hand and Upper Extremity Therapy Experience

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 almost 1 in 5 (19%) members have 6 to 15 years of practice experience. Nearly one quarter members (24%) have practiced five years or fewer.



### Total ASHT Membership





**INCOMING**

# President's Message

**Kendyl Brock Hunter, OTR/L, CHT**



"Hey, it's Kendyl!" For some of you, when you hear those three words, you already know what you're in for. If we haven't had the pleasure of meeting yet, allow me to introduce myself. I'm Kendyl Brock Hunter. I live in North Georgia, where I've been a practicing OT and CHT for over 25 years. During that time, I've been a business owner, an elected public official, a servant in my local community and a mother of seven. While I have thoroughly enjoyed every role I have played, this opportunity to serve as your president is one of the most exciting experiences in my professional career. I am humbled to be in the company of such brilliant people and lead our organization in what promises to be an inspiring year.

Not every leader of this esteemed organization has chosen to have a theme for their tenure, but I have, and that theme is... Resilience. During my time as president, I hope to impart to every member a sense of stewardship and responsibility for those tenants that form the foundation of our society. Those tenants are professionalism, leadership and engagement.

From the beginning of the association, those who have gone before us have raised the highest standards of professional care for patients in need of our unique skill sets. This organization has studied the science and developed new techniques of treatment and therapy to treat the whole patient as a person and not just a case.

This society has developed leaders in the areas of clinical treatment and optimization of new medical techniques. Together with leaders of other organizations, we have led the world in innovative research methods that change people's lives. Many of our members have further used their experiences to help write new public policy to codify these higher standards, guaranteeing an even brighter future for the next generation of therapists and future patients.

Our legacy lies in the ways in which we touch our patients, both physically and figuratively. Our engagement with our patients is personal, and this sets us apart from many other professions. For those seeking a distant, sterile approach to the theoretical world of hand and upper extremity therapy, you may be pressed outside your comfort zone in the coming year. I'm a hugger and a tactile learner. While the freedom to be different brings strength to our organization, I will ask you to be physically engaged in your approach to our specialty.

As we kick off this exciting new year, please join me in a commitment to preserve these foundational characteristics of the American Society of Hand Therapists. Be resilient in your approach and persistent in the pursuit of your personal goals. Take ownership of your roles, however insignificant they may seem at the time.

**Be professional, be a leader, be engaged and through it all, let's have some fun this year!**



# Supporter Acknowledgement

**ASHT gratefully acknowledges the individuals and organizations whose 2021-2022\* 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 25, 2021 – September 6, 2022**

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Kimberly A. Masker, OTD, OTR/L, CHT  
Rosella Vargas

## Support Level

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Denise Zander, OT, CHT

## Industry Acknowledgement

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# Advancing the Field of Hand and Upper Extremity Therapy

*The American Society of Hand Therapists is a 501 (c)(3) nonprofit organization dedicated to advancing the field of hand and upper extremity therapy 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.

# DONATE

To support ASHT with a donation, please visit [asht.org/donate](https://asht.org/donate)

Thank you for considering a donation to support the field of hand and upper extremity therapy.

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