

**ASHT Hand Therapy Review Course**  
 November 4-6, 2022 • Curtis National Hand Center  
 Baltimore, MD

**Friday, November 4<sup>th</sup>**

*Foundational Science of the Upper Extremity: An Anatomy and Kinesiology Review*

Session Description:

A working knowledge of the anatomy and kinesiology of the upper extremity provides a solid foundation for therapeutic evaluation and intervention. Using classroom-lecture style, this pre-course will review the anatomy and biomechanics of each joint and examine the brachial plexus and innervation patterns of the arm and hand.

Time	Topic	Faculty
7:30 – 8:00 am	Registration	
8:00 – 8:05 am	Introductions	Rachel Pigott, MPH, OTR/L, CHT
8:05 – 9:35 am	Brachial Plexus and Innervation of the Upper Extremity	Nora Barrett OTR/L, CHT, WCC
9:35 – 10:35 am	Peripheral Nerve Injuries	Nora Barrett OTR/L, CHT, WCC
10:35 – 10:50 am	Break	
10:50 – 11:20 am	Principles of Soft Tissue Healing	Nora Barrett OTR/L, CHT, WCC
11:20 am -12:20 pm	Evaluation of the Upper Extremity	Heather Weesner OTR/L, CHT
12:20 – 1:00 pm	Lunch (on your own)	
1:00 – 2:30 pm	Anatomy and Kinesiology of the Hand	Jill Yanick OTR/L, CHT
2:30 - 3:00 pm	Dupuytren's, Infections and Other Common Conditions Treated by the Hand Therapist	Nora Barrett OTR/L, CHT, WCC
3:00 – 3:15 pm	Break	
3:15 – 5:15 pm	Guided Cadaver Dissection and Review of Anatomy	Rebecca Saunders, PT, CHT Kenneth Means, MD Rachel Pigott, MPH, OTR/L, CHT

**Saturday, November 5<sup>th</sup> and Sunday, November 6<sup>th</sup>**

*Comprehensive Survey of Hand Therapy Review Course*

Session Description:

This course is designed to provide a comprehensive review of the evaluation and intervention processes pursued for typical diagnoses in upper extremity rehabilitation. Advanced clinicians will describe fundamental concepts, clinical reasoning, and evidence to provide a multi-faceted approach to the hand therapy process. Adjunctive methods for intervention will be analyzed as a means to facilitate outcomes and expert panels will be offered throughout the weekend to allow a high level of attendee-faculty interaction via case discussion. Each attendee will have a total of 30 minutes in the cadaver lab either Saturday or Sunday. Each lab will have 10 attendees in each lab and 5 attendees to each cadaver. Groups will spend time reviewing each prosection and answering study questions with an instructor (one instructor per prosection).

**Saturday, November 5<sup>th</sup>**

Time	Topic	Faculty
7:30 – 8:00 am	Registration	
8:00 – 8:15 am	Introductions	Rachel Pigott, MPH, OTR/L, CHT
8:15 – 9:45 am	Anatomy and Kinesiology of the Forearm and Wrist	Jill Yanick OTR/L, CHT

9:45 – 10:45 am	The Use of Physical Agent Modalities in Hand Therapy	Romina Astifidis, PT, CHT
10:45 – 11:00 am	Break	
11:00 am – 12:00 pm	Wrist Biomechanics and Instabilities	Rachel Pigott, MPH, OTR/L, CHT
12:00 – 1:30 pm	Lunch / Rotating Cadaver Lab*	Rebecca Saunders, PT, CHT Romina Astifidis, PT, CHT Rachel Pigott, MPH, OTR/L, CHT Jill Yanick OTR/L, CHT
1:30 – 2:00 pm	Ulnar Sided Wrist Pain and Salvage Procedures	Rachel Pigott MPH, OTR/L, CHT
2:00 – 3:00 pm	Upper Extremity Fractures	Jennifer Nicholas OTD, OTR/L, CHT, CLT
3:00 – 3:15 pm	Break	
3:15 – 4:15 pm	Arthritis and Joint Reconstruction Procedures	Dawn Kutcher OTR/L, CHT, CLT
4:15 – 5:15 pm	Extensor Tendon Rehabilitation	Rebecca Saunders, PT, CHT
5:15 – 5:45 pm	Questions and Answers	Rachel Pigott MPH, OTR/L, CHT

\*Each attendee will have a total of 30 minutes in the cadaver lab either on Saturday or Sunday

### Sunday, November 6th

Time	Topic	Faculty
7:30 – 8:00 am	Registration	
8:00 – 9:30 am	Anatomy and Kinesiology of the Elbow and Shoulder	Romina Astifidis, PT, CHT
9:30 – 10:30 am	Elbow Diagnosis and Treatment	Romina Astifidis, PT, CHT
10:30 – 10:45 am	Break	
10:45 – 11:45 am	Flexor Tendon Rehabilitation	Rebecca Saunders, PT, CHT
11:45 am – 1:15pm	Lunch / Rotating Cadaver Lab*	Rebecca Saunders, PT, CHT Romina Astifidis, PT, CHT Rachel Pigott, MPH, OTR/L, CHT Jill Yanick OTR/L, CHT
1:15 – 1:45 pm	Ligamentous Injuries of the Hand and Tendinopathies	Kathleen Jefferies OTR/L, CHT, CLT
1:45 – 3:15 pm	Shoulder Diagnosis and Treatment	Romina Astifidis, PT, CHT
3:15 – 3:30 pm	Break	
3:30 – 4:30 pm	Tendon Transfers	Rebecca Saunders, PT, CHT
4:30 – 5:30 pm	Management of Traumatic Hand Injuries	Princess Filippi OTR/L, CHT

\*Each attendee will have a total of 30 minutes in the cadaver lab either on Saturday or Sunday

### Behavioral Objectives

At the end of this activity, participants will be able to:

- Create a personal learning plan to address at least three areas of personal weakness in their own practice of hand therapy.
- Explain the three key factors of the relationship between bony anatomy and joint stability for a patient with a “terrible triad” injury to the elbow.
- Explain at least one diagnosis and its biomechanical contributors that could lead to swan neck deformity of a finger.
- Discuss the potential risk of SLAC, given two case scenarios of specific non-healing scaphoid fractures.
- Explain the relationship of capsuloligamentous integrity of the glenohumeral joint to shoulder stability.
- Design a treatment plan for a patient with a mutilating trauma of the hand.
- Compare the effects of three modes of heat transmission on upper extremity tissue extensibility.

- Identify the effects of continuous ultrasound on tendon adherence in a patient with a flexor tendon repair.
- Design a desensitization program for a patient with hypersensitivity after digit tip amputation.
- Revise a protocol for a patient with a metacarpal fracture with a complication of a concurrent extensor tendon adhesion.
- Design an appropriate post-operative plan of care for a patient post thumb CMC arthroplasty.
- Interpret the results of three special tests for subacromial impingement.

**Disclosure Statement**

All contributors who can affect American Society of Hand Therapists CE content (including leadership, program committee, faculty, moderators and staff), in their respective roles, are required to disclose all relevant financial relationships with any commercial interest that could be viewed as a real or perceived conflict of interest. This policy is in effect to maintain adherence with the conflict of interest guidelines set by American Occupational Therapy Association Approved Provider Program, the Board of Certification for the Athletic Trainer, and the Federation of State Boards of Physical Therapy.

Attendees will be made aware of any affiliation or relevant financial interest that may affect the development, management, presentation or evaluation of the CE activity and will be printed in the final program and projected in slide format before each presentation. Individuals who refuse to disclose relevant financial relationships will be disqualified from being a contributor, and cannot have control of, or responsibility for, the development, management, presentation or evaluation of the CE activity.

**Continuing Education Units (Occupational Therapists)**

ASHT is an approved provider of continuing education by the American Occupational Therapy Association (AOTA). The assignment of AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures by the AOTA. This continuing education activity offers a maximum of 23.5 contact hours, or 2.35 CEUS (for the three-day course) and 15.5 contact hours, or 1.55 CEUs (for the two-day course).

**Continuing Competence Units (Physical Therapists)**

The **New York** State Education Department Board of Physical Therapy recognizes ASHT as an approved provider of PT and PTA continuing education.

An application for continuing competence units (CCUs) has been filed with the Federation of State Boards of Physical Therapy (FSBPT). Determination of credit is pending. Activities certified by FSBPT are accepted in the following jurisdictions:

Alaska	Georgia	Michigan	North Dakota	Tennessee
Arizona	Hawaii	Minnesota	Oregon	Utah
Arkansas	Idaho	Mississippi	Pennsylvania	Vermont
California	Illinois	Missouri	Puerto Rico	Virginia
Colorado	Indiana	Montana	Rhode Island	Wisconsin
Delaware	Kansas	Nebraska	South Carolina	Wyoming
District of Columbia	Kentucky	North Carolina	South Dakota	

The following state PT boards accept continuing education courses provided by other state PT boards\*:

Alabama	Maine	Ohio
Connecticut	Massachusetts	Oklahoma
Iowa	New Hampshire	Washington

**Helpful link** - FSBPT Licensing Authorities Contact Information

<https://www.fsbpt.org/FreeResources/LicensingAuthoritiesContactInformation.aspx>

Should you use the ASHT Hand Therapy Review Course in your state physical therapy recertification process (and your state is not listed on our approved list), ASHT will reimburse up to \$100 of the cost of the application process. Please send ASHT a copy of your state physical therapy continuing education application to receive the reimbursement. Please contact ASHT at [asht@asht.org](mailto:asht@asht.org) or call 856-380-6862 for more information. This reimbursement applies only to the first person to apply within each state. Subsequent applicants will not be charged by their state for the filing.

#### Athletic Trainers

The American Society of Hand Therapists is recognized by the Board of Certification, Inc. to offer continuing education for certified athletic trainers.