



Hand Therapy Review Course
September 19-21, 2025 • Baltimore, MD

Faculty Profiles



Romina Astifidis, MS, PT, CHT

Romina is the Clinic Director at Medstar Health Physical Therapy at Lutherville Hand in Baltimore, Maryland. She earned her PT degree at Loma Linda University and started exclusively treating hand and upper extremity 23 years ago. As part of Medstar hospital system's Education and Mentoring Division, she has organized and lectured locally on a variety of topics including splinting, peripheral nerve injuries, CRPS, tendon injuries and tendon transfers. Ms. Astifidis has served on many committees for ASHT and was recently on the Education Division. She also coordinates as CCCE all the PT and OT students for the outpatient division of Medstar Health Physical Therapy.



Lauren Davis, MHA, MS, OTR/L, CHT

Lauren Davis attended Towson University where she received a bachelor's and master's degree in Occupational Therapy in 2005. She has completed the Upper Extremity Upper Quadrant Certificate from Drexel University. Lauren earned her hand therapist certification (CHT) in 2010. She specializes in the following areas:

- Overuse injuries and tendinopathies (tennis elbow, golfer's elbow, dequervains, carpal tunnel, cubital tunnel)
- Post-fracture management
- Shoulder rehabilitation
- Custom orthosis fabrication
- Tenon and nerve injuries and repairs



Kenneth Means, MD

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



Rachel Pigott, MPH, OTR/L, CHT

Rachel works as an occupational therapist and serves as the Director of the Hand Therapy Fellowship at Johns Hopkins. In 1999, she received her bachelor's in occupational therapy from Towson State University and completed her Master's in Public Health at The University of Massachusetts Amherst. Rachel is both a Certified Hand Therapist and Certified Lymphedema Therapist. She has served on a volunteer basis with the American Society of Hand Therapists since 2009 and currently serves on the ASHT Diversity, Equity & Inclusion (DEI) Committee and the ASHT Independent Finance Committee. Rachel is also a past president of ASHT.



Princess Filippi, OTR/L, CHT

Lourdes “Princess” Filippi is an Occupational Therapist with 30 years of clinical experience. She graduated with her OT degree from the University of the Philippines, earned a graduate certification in UE Extremity Rehabilitation through Texas Woman’s University, and her post-professional doctorate in occupational therapy from Chatham University. She gained her certification in hand therapy in 2012. For the past ten years, she has provided outpatient therapy at Johns Hopkins Hospital and is involved in the hand allotransplantation program, amputee and prosthetic program as well as an adjunct faculty for the Johns Hopkins Hand Fellowship Program. She has given presentations at state and national conferences as well as international events. She may be reached via email at lfilipp2@jhmi.edu.



Rebecca Saunders, PT, CHT

Rebecca is the clinical specialist for research and staff development at The Curtis National Hand Center at Medstar Union Memorial Hospital in Baltimore, Maryland. She has 37 years of experience treating hand and upper extremity injuries at a Level I trauma center. Rebecca has presented research and lectured on various topics locally, nationally, and internationally for hand therapy and hand surgery meetings. She is a contributing author and editor of the fourth edition of *Hand and Upper Extremity Rehabilitation: A Practical Guide*. Her special interests include complex hand injuries, tendon injuries, tendon transfers, the extensor mechanism, nerve injuries and clinical outcomes research. She is currently on the ASHT International Committee and active in AAHS. She is the co-coordinator of and a presenter at the ASHT Hand Therapy Review Course held annually in Baltimore, Maryland.



Jyotsna Supnekar, OTR/L, OTD, CHT, COMT, CLT (Jyo Supnekar)

Jyo graduated in 1986 from the University of Mumbai, India, with a Master in Occupational Therapy. She works as a Clinical Specialist at Johns Hopkins and has 36 years of experience. She has practiced in the United States since 1989 and became a Certified Hand Therapist in 1998. She completed a doctorate in occupational therapy from Chatham University in 2023 and the IAOM-US certification in orthopedic manual therapy for the upper extremity in 2024. She has a Certification in NDT for adult hemiplegia in 1993, a Lymphedema Certification in 2003, and a Certificate in Advance Study in Hand and Upper Quarter Rehabilitation from Drexel University in 2016. From 2017- 2023, she served as the founding director of the hand therapy fellowship at Johns Hopkins. She has been an educator for fieldwork students and hand therapy fellows for numerous years. She is faculty instructor with the Johns Hopkins School of Medicine and faculty with the International Academy of Orthopedic Medicine, COMT-UE track.

Linda Ware, OT, CHT

Linda is an occupational therapist and Certified Hand Therapist with 35 years of experience. She has worked in both outpatient and acute hospital environments. The majority of her career has been in the specialty area of burn care where she has coordinated burn rehabilitation on the Johns Hopkins Burn Center. Staff development, student program, research (including grant funding), multidisciplinary teamwork, performance improvement, program development, technology development and challenging patient care are some of her rewarding responsibilities.

Ms. Ware had the amazing experience of working at the Curtis National Hand Center where she perfected her skills in hand therapy which was instrumental in her receiving her hand therapy certification. She continues her professional scholarship as a co-author in the publication of *Hand and Upper Extremity Rehabilitation: A Practical Guide*, which has been released in the fourth edition.

She is truly passionate about her work and is motivated by being challenged. She led a team of burn professionals to Taiwan to present a weekend-long burn rehabilitation conference for the entire country. This conference was in response to a prior mission with the Hopkins Go Team in response to the Formosa Fun Coast water park disaster where 498 young adults were burned.

Linda has currently returned to working at the Curtis National Hand Center as a Clinical Specialist.

- Degree in occupational therapy from Towson University in 1988.
- Coordinator of Burn Rehabilitation at Johns Hopkins Burn Center- March 1989 to 2019.
- Clinical Specialist at MedStar Health: Curtis National Hand Center 2019 to present.



Jill Yanick, OTR/L, CHT

Jill is an OT/CHT and is an Assistant Professor of Occupational Therapy at Shenandoah University. She also works at ProFlex Physical Therapy seeing patients and serving as a mentor to the hand therapy team. Jill currently serves on ASHT's Outreach Division as the Mentoring Program Liaison and also lectures for the UE Institute. She has a strong passion for mentorship and clinical education to help grow the hand therapy profession.