

2025 Annual Report



American Society
of Hand Therapists®



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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 rehabilitation by promoting education, advocacy, research and clinical standards.

Membership

ASHT is a growing society that welcomed 357 new members in 2025, re-captured 267 lapsed members and reported a 74-percent member retention rate overall.

The ASHT Board of Directors, volunteer leaders 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

KIM MASKER, OTD, OTR/L, CHT

“It has been an honor to walk this path with you, and I am filled with gratitude for the opportunity to serve, learn, and lead alongside such an extraordinary community.”

Dear Members,

As I reflect on this past year, I am deeply humbled and honored to have served as your president over this past year. It has gone by quickly and been filled with more enriching memories than I can count, and its closing will be bittersweet. Leadership in an organization like ASHT is never about one individual—it is a shared journey, built on the dedication of those who came before, the vision of those working alongside us, and the commitment of those who will lead in the future. It is a privilege I have not taken lightly, and I am profoundly grateful for the opportunity to represent our specialty and our members.

This year has been one of milestones achieved together. After three years of collective effort, we successfully hosted the 16th IFSSH-IFSHT Joint Triennial Congress in Washington, DC, alongside our co-hosts AAHS and ASSH. Representing ASHT as host on this global stage was both an honor and a deeply meaningful experience for me personally. Meeting so many international colleagues who share in our dedication to the specialty reminded me of the unique power of collaboration across borders. I was profoundly grateful that so many of our international partners chose to travel and join us, especially during a time when global travel is not always easy. Their presence was a testament to our shared commitment to advancing care for patients worldwide. What stood out most to me was the spirit of respect, curiosity, and partnership that carried through the meeting—a true atmosphere of working together toward a collective goal. I extend

heartfelt thanks to our therapist co-chairs, **Aviva Wolff and Yafa Levanon**, whose tireless leadership brought this historic event to life, and to every participant who contributed to making the Congress a celebration of knowledge, collaboration, and community.

At home, I sought to listen and learn through a series of Town Halls, where members and non-members alike shared their feedback, passions, and concerns. Those conversations have already shaped new initiatives, reminding me that our greatest strength lies in collaboration and in creating space for every voice to be heard.

One of the brightest examples of this collective vision has been the extraordinary growth of our pediatric programming. Through the commitment of the Pediatric Task Force, we celebrated the inaugural Pediatric Specialty Day in October 2024 and look forward to gathering again this coming October for the second. Even more meaningful, our members voted to establish a permanent Pediatric Committee, ensuring that this important work will continue to flourish for years to come. I am especially grateful for our new members from this specialty area who have joined our community. I want to stress that these initiatives are designed to meet not only the needs of our pediatric hand and upper extremity community, but our membership as a whole. This group will bring another bright facet to the prism that is our speciality.

Collaboration has also extended across the profession. Our growing

relationship with AOTA has already opened doors for joint programming, including the opportunity for ASHT to host a pre-conference session at the AOTA Specialty Conference on Children and Youth this December. Our President-Elect Danielle Sparks and I also had the privilege of participating in an Item Review meeting with HTCC, witnessing firsthand the dedication of that group to sustaining the rigor and integrity of our certification exam. I was further honored to represent ASHT at the conferences of our parent organizations, AOTA and APTA, our surgeon partner organizations, ASSH and AAHS, and our specialty partner Hand Rehabilitation Foundation's Symposia. These experiences reinforce not only the importance of partnerships, but also our shared commitment to advancing science and clinical care—even in a time when science is sometimes questioned. ASHT remains steadfast in supporting our members in research, academics, and clinical practice, whatever challenges the future may hold.

Our dedication to science is also reflected in the work of the *Journal of Hand Therapy* editorial board, whose tireless efforts uphold the quality and rigor of our specialty's journal. I want to recognize their hard work and extend ASHT's support for the move to digital formatting—a step that reflects both our commitment to sustainability and to ensuring ongoing access to high-quality scholarship.

The Education Division continued to deliver innovative learning opportunities, from the launch of the new Casting Motion to Mobilize Stiffness Traveling Course, the virtual Foundations in Pediatric Hand and Upper Extremity Rehabilitation course, and we look forward to the upcoming new Traveling Course designed for newer therapists and those transitioning into our specialty.

We also relaunched the Leadership Development Program, rooted in the belief that leadership should be fostered, shared, and sustained. The first cohort graduated in September 2024, some presenting posters at our 2024 Annual Meeting, and all are taking these new skills and applying them in a broad arena. I look forward to seeing what these future leaders accomplish. The second cohort is already underway. This work, along with the launch of the new Leadership Book Club and the continued success of the DEI Book Club, reflects our community's investment in developing leaders who serve with purpose.

Innovation was also advanced with the ASHT Connect mobile app, designed to put connection, learning, and idea-sharing directly into the hands of our members. This is yet another way we sustain our organization by adapting to the needs of today while preparing for tomorrow.

None of these achievements would have been possible without our volunteers. Whether leading major initiatives or lending support in small but meaningful ways, your service makes ASHT stronger. I also extend my heartfelt appreciation to our dedicated management staff at AH for their expertise, commitment, and countless hours behind the scenes. Their steady presence ensures our work moves forward with excellence.

I am especially grateful to my Board of Directors for their support, wisdom, and partnership. Serving with them has reminded me daily of the power of shared leadership, and I am thankful for their dedication to advancing our mission.

I also want to congratulate our newly elected Board members who will continue this legacy of leadership and bring fresh ideas and energy to the important work ahead.

Looking ahead, I am excited to welcome you to our 48th Annual Meeting in Salt Lake City this October, where we will gather under the theme, "Blaze a New Trail: Embracing our Future, Committing to Sustainability." It feels especially meaningful to return to the West, where the mountains will frame a program designed around the three pillars of sustainability I spoke of in my incoming message: environmental stewardship, professional growth and resilience, and organizational health. I extend my gratitude to our Annual Meeting Committee Chair, Cara Smith, for her commitment to bringing my meeting vision to life. I am thankful for and excited about the esteemed invited speakers who have accepted my invitation to join us, as well as all of the contributing speakers who will be joining us this year. From pre-conference sessions to concurrent programming, from scientific presentations to posters, your hard work and preparation make this meeting the vibrant exchange of knowledge that it is. I am eager to learn from each of you, and I hope all attendees will also join me for connection and fun at our Summit & Sip – "Après-Ski" Social Night, where we will enjoy warm fires, warm conversations, and warm refreshments together. Above all, it will be my great pleasure at this meeting to pass the gavel to Danielle Sparks, our incoming president, whose stellar leadership and collaborative spirit will guide ASHT into another year of growth, innovation, and service.

This year has been a living reminder that our strength lies not in individual achievements but in what we accomplish together. Thank you for entrusting me with the privilege of serving as your president. It has been an honor to walk this path with you, and I am filled with gratitude for the opportunity to serve, learn, and lead alongside such an extraordinary community.

Education

The ASHT Education Division has steadfastly committed to growing the specialty 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 and audio platforms. The division has 30 motivated, passionate volunteers with diverse backgrounds and interests, which allows the division to continue to expand and grow the society's offerings.

Hand Therapy Review Course

Organized and hosted four in-person Hand Therapy Review Courses – Pomona, CA; Oakbrook, IL; Baltimore, MD; and Dallas, TX (**89 attendees**). The virtual course remains popular and has drawn **1,602 participants** since its inception in 2020.

Hands-on Orthotics

Held 15 in-person Hands-on Orthotics courses (**242 attendees**). The virtual orthotics course — which offers an introductory, intermediate and advanced option — attracted **247 participants**.

Traveling Course

The division launched a new traveling course, Casting Motion to Mobilize Stiffness, and hosted six courses (**72 attendees**). The division is developing a new course, Essentials in Distal Upper Limb Rehabilitation for the General Practitioner. Look for this course to be offered in 2026.

Upper Extremity Institute

The division will launch a new semester of the Upper Extremity Institute in October 2025, running through June 2026, featuring nine online sessions. The revamped course will target the seasoned clinician. The format includes case studies with more complex injuries and problem-solving scenarios. Each session consists of a moderated live question-and-answer session. This offering remains free for members.



Test Prep For The Cht Exam, 4th Ed.

The *Test Prep for the CHT Exam: Study Outline & Clinical Reference, 4th Edition* remains an excellent study tool for the CHT Exam and a valuable clinical reference. This edition features current evidence, color photos and improved study questions with answers and rationale. All chapters are in printed form and the practice exam is entirely online. Since its release in October 2021, **1,500 copies** have been sold.

Pediatric Courses

The Pediatric Case Review series facilitates interactive diagnosis-specific online discussions. The division hosted five sessions with **355 participants**. The Foundations in Pediatric Hand and Upper Extremity Rehabilitation course features 24 on-demand sessions, including topics such as polydactyly, clasped and trigger thumb, arthrogryposis, juvenile rheumatoid diagnoses, pediatric chronic pain management, and much more (**100 participants**). Additionally, ASHT will hold its second Pediatric Specialty Day at the 2025 Annual Meeting.

Webinars

Organized and hosted 17 live webinars (**1,471 participants**). ASHT collaborated with the Practice and Research Division, 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 (**1,292 participants**).

Outreach Division

In 2024, the Outreach Division was established to manage non-CEU educational offerings that formerly fell under the Education Division. In 2025, to further coordinate ASHT's offerings, Outreach absorbed ASHT's Technology & Communication Committee. The Outreach Division volunteers are dedicated to developing products to engage members and non-members, fostering student-member engagement, creating mentorship and professional growth opportunities, and promoting hand and upper extremity rehabilitation across the healthcare community and to the public at large.



Hands In Motion Podcast

Hosted by two engaging ASHT members, the **Hands in Motion** podcast releases one to two episodes each month. The podcast features interviews and discussions with leaders in the field of hand and upper extremity care, covering topics such as treatment trends, practice patterns, current evidence, and society news. Since its debut in 2021, Hands in Motion has aired **85 episodes**, accumulated more than **100,000 downloads** and grown to nearly **1,300 subscribers**. This year's standout episodes explored topics including rehabbing the female athlete, addressing substance use disorder, and international engagement in hand therapy. The podcast remains the go-to place for hearing first-hand what's happening within ASHT and the broader therapy community.

Mentoring Program

With a total of **214 pairings**, including **21 new pairs** in 2025, the Mentoring Program remains a successful and valued benefit for ASHT members. This committee works directly with participants to facilitate timely pairings and provide ongoing support throughout the year. Members benefit from a comprehensive suite of ASHT resources, including a mentoring handbook, self-assessment tools and contract templates to guide the mentorship relationship.

Student Offerings

Student engagement remains a high priority, recognizing the essential role students play in the future of our specialty. The Student Offerings Committee hosted an expanded and well-attended Student Meet-up at the 2024 Annual Meeting and is building on that success for another meet-up in Salt Lake City! The committee also welcomed a new student, now a new grad volunteer. With this “boots on the ground perspective,” the committee is expecting to launch a new student engagement vlog in Fall 2025 to further connect with our future therapists! The committee monitors and updates the Student Center resources on the ASHT website, including the Clinical Educator Tip Sheet.

Patient and Clinician Resources

This committee rebranded and expanded in 2025, keeping our volunteers busy and providing our community with abundant resources. The Patient Education Resources library continues to be one of the most accessed page on the ASHT website. There were **8,954 page visits** (1.24% of all website traffic; ninth most-accessed page on the website), and **10,911 resource downloads** (45.7% of all downloads on the ASHT site). The top five most downloaded resources over the last year were trigger finger, carpal tunnel syndrome, ergonomics/joint protection, CMC arthritis and DeQuervain's tendinopathy.

New resource topics include cyclist's palsy and returning to yoga following injury. New Spanish-language resources include PIP finger dislocation injuries, shoulder impingement, olecranon fracture and TFCC injuries.

Working with staff and the digital media team, the committee launched two new videos over the last year. The first, launched in January 2025, was a safety and injury prevention video, Managing Postpartum Hand and Upper Extremity Pain. The video covered do's and don'ts related to childcare tasks (feeding, diapering, changing, bathing) and tips for safely using equipment, such as strollers, diaper bags and car seats. Across all ASHT social media platforms, the video has yielded **nearly 4,000 views**.

The second video, launched during Hand Therapy Week and on World Bicycle Day, focused on cyclist's palsy, breaks down the symptoms and causes of the condition. The video highlights treatment options and explains how working with a hand therapist can help a patient get back on the road safely

and comfortably. The video also covers bike setup and body position recommendations to set cyclists up for success. In just a few months, the video has yielded **nearly 2,500 views** across all ASHT social media platforms.

This dedicated group also contributed three articles for the *ASHT Times'* Clinical Corner and in partnership with the American Society for Surgery of the Hand (ASSH), the committee provided four education articles to the public-facing HandCare blog, further expanding ASHT's outreach and impact.

Supporting CHT Prep

Outreach's Clinical Queries Committee continues to assist members by posting test prep questions on the society's new app, ASHT Connect, and publish questions in the *ASHT Times*. In another cross-professional collaboration, ASHT contributes to the American Association for Hand Surgery (AAHS) popular weekly quiz postings on social media. The Weekly AAHSk question is posted to test your knowledge and highlight research from the hand care community. ASHT provides one therapy-focused question a month, helping clinicians stay sharp while highlighting relevant therapy-based research. Over the last year, ASHT-generated questions have yielded **more than 44,000 views** on Instagram alone!

Social Media

A major new initiative in 2025 was the launch of the Social Media Committee. This team brought fresh, dynamic posts to ASHT's social media platforms. Amongst the year's highlights are Volunteer Shout Outs, recognizing exceptional member contributions, insightful clinician tips, and creative video tours of hand therapy clinics. During Hand Therapy Week, the committee organized fun and interactive daily challenges that sparked widespread participation, celebrating our profession. Thank you to everyone who shared pictures of their fun putty art, humorous Chat GPT-generated images, and mighty grip strength competitions! Looking ahead, the committee is starting a "Come With Me..." series inviting members to share their experience attending an ASHT education event. ASHT encourages everyone to follow along on Instagram, Facebook and LinkedIn, and to tag ASHT in posts so we can see and share in your hand and upper extremity therapy journey!

Practice Division

ASHT remains dedicated to developing resources and support material for day-to-day practice issues. The Practice Division comprises two 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 ASHT Connect questions about regulatory, reimbursement and general practice issues.

Advocacy Committee

- Reviewed legislation introduced in both the US 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 AOTA and APTA on legislative issues impacting hand and upper extremity therapy
- Reviewed and updated ASHT website resources related to advocacy and reimbursement issues, including: occupational and physical therapist CHTs Treating the Same Patient FAQ, Proper Use of the Re-Evaluation Code (under Practice Toolbox), Advocacy FAQ entitled "How does ASHT advocate for you?," Orthotics Related FAQ, Tips for Communicating With Your Congressional Representative document, Contacting Your Congressional Representative: A Step-By-Step Guide document, and Billing and Coding FAQ (to be published on the website this fall)
- Developed a new ASHT position paper on dry needling

Practice Management Committee

- Developed and delivered a webinar exploring Medicare updates for the 2025 calendar year
- Developed and delivered a new webinar, "Practice-Related Resources for Hand and Upper Extremity Specialists: Key Elements to Developing and Operating a Private Practice - Part 1" in July 2025
- Planning and developing "Practice-Related Resources for Hand and Upper Extremity Specialists: Key Elements to Developing and Operating a Private Practice - Part 2" to be presented in September 2025
- Created, reviewed and expanded resources on the ASHT website for practice management, which are highlighted monthly in the ASHT Connect app Practice Division posting
- Reviewed and updated ASHT position papers in collaboration with the ASHT Research Division
- Completed the Practice Management/Productivity survey with ASHT Research Division; posted results for members to access
- Monitored 2025 Centers for Medicare & Medicaid Services Physician Fee Schedule changes and the impact they may have on hand and upper extremity therapy practice



Research Division

ASHT is committed to being a recognized leader in advancing the science and practice of hand and upper extremity therapy. Through the work of the Research Division, ASHT supports evidence-based clinical practice and research focused on advancing the profession. Over the past year, the society engaged in several initiatives to build and support science that informs the specialty of hand and upper extremity therapy.

- Created a research community that hosts in-person and online meetings for hand therapy researchers of all experience levels to discuss research interests and needs, offer or request mentorship and hear what is happening in current hand therapy research. **Six** virtual meetings and **two** in-person meetings (IFSSH-IFSHT Triennial Congress and ASHT Annual Meeting) have been hosted to date.
- Initiated a modified Delphi consensus project on a common hand therapy diagnosis with a committee of members from the Research Division and three ASHT members/non-division members who requested research mentorship via the division's research community.
- Hosted the monthly Journal Club, the official online forum for the *Journal of Hand Therapy* (**385 participants**). Each month, a volunteer researcher, academic or clinician in the field leads the Journal Club discussion and engages with attendees in a discussion of the selected journal article.
- Hosted six Student-led Journal Club sessions (**100 participants**). This offering is designed to involve and educate students on appraising the current literature on the hand and upper extremity. The journal discussion is facilitated by students under the supervision of a faculty member or ASHT member.
- Facilitated, critically reviewed and distributed **eight** research surveys to ASHT membership
- Collaborated with the ASHT Education Division and will be offering a free webinar entitled "Partnerships in Clinical Research: Strategies for Collaborating," presented by Sarah Doerrer, PhD, OTR/L, CHT, Jenny Dorich, PhD, MBA, OTR/L, CHT, and Natalie Sipes, OTD, OTR/L, on December 3, 2025.
- Published monthly Research Updates on the ASHT website. These summaries of original published research papers serve to increase awareness of emerging evidence and relevant research from peer-reviewed journals in the field of hand and upper extremity rehabilitation.
- Continued activities to bring awareness of the *Journal of Hand Therapy* by contributing a highlight of a *JHT* article for each issue of the *ASHT Times* and a monthly highlight of a *JHT* article for a social media collaboration with *JHT* to highlight upcoming articles prior to publication (posted to X/Twitter and shared on LinkedIn, Facebook and Instagram.).
- Completed a comprehensive update and revised list of telehealth references for the Practice Division's position statement on telehealth
- Began a comprehensive, organized review of ASHT's current *Clinical Assessment Recommendations* to allow for suggestions on chapter updates and overall improvements of this resource
- Further revised an electronic grading platform for e-poster and scientific session reviewers to increase ease of use based on feedback from the 2024 Annual Meeting
- Collaborated with the American Hand Therapy Foundation in the grant review process for the Tri-Alliance Grant
- Acted as a reviewer during the development and launch of the Hand in Hand Research Grant created via a collaboration of ASHT, the American Occupational Therapy Foundation, and the American Hand Therapy Foundation
- Recorded a Hands in Motion podcast episode on the ASHT research community as a collaboration with the Outreach Division
- Worked with the Practice Division to begin an outcome measure resource for ASHT members
- Updated the research portion of ASHT's website to better capture the work of and member opportunities from the Research Division
- Assisted with monitoring and promoting the Research Community on the ASHT Connect app
- Graded all scientific session submissions for the 2025 Annual Meeting and slotted the scientific oral presentations, scientific poster presentations, critically appraised paper posters, and critically appraised topic posters for ASHT's 2025 Annual Meeting
- Awarded three research awards at the 2024 Annual Meeting:
 - » **Best Paper:** Katherine J. Loomis MA, OTR/L, CHT - "Paving the way for large-scale hand therapy research: A researcher network analysis"
 - » **Best Poster:** Logan Pewitt OTD, OTR/L, CHT - "Goniometric biofeedback device development"
 - » **First-Time Researcher:** McKenzie Osborne, OTD, OTR/L - "A survey study of practice patterns with pediatric hand therapy patients"

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.

- Organized and hosted three Virtual Education Series (**85 participants across 20 countries**) that included topics covering the shoulder, elbow, and extensor mechanism. ASHT is collaborating with Health Volunteers Overseas, where the educational presentations are being housed for ongoing access by therapists in Ghana and Bahrain.
- Delivered a two-day “Foundations in Hand Therapy” course in Bogota, Colombia (**60 participants**). The course was hosted in partnership with Asociación Colombiana de Terapeutas de la Mano y del Miembro Superior (ASCOTEMA) and attended by occupational and physical therapists from across Colombia. The first day of instruction featured an in-depth lecture series covering a range of topics in upper extremity rehabilitation. Presentations focused on the evaluation and treatment of flexor and extensor tendon injuries, tendon and nerve transfers, management of the stiff hand and finger, neural sensory assessment and intervention, healthcare literacy, and the integration of emerging rehabilitation technologies/applications. The second day shifted from lecture to hands-on practice, with a focus on orthotic fabrication. Participants were guided through the construction of four different types of orthoses commonly used in the treatment of hand injuries and post-surgical management: dorsal blocking orthosis, radial nerve palsy orthosis, relative motion orthosis for flexion and extension, and finally a static progressive orthosis for wrist flexion and extension.



- Investigating international speaking opportunities to foster stronger hand therapy communities among our international colleagues.
- The American Association for Hand Surgery (AAHS) in partnership with ASHT, established the International Reverse Therapy Fellowship in 2019. The selected Fellow receives \$10,000 from AAHS to be used toward a two-week visit to North America to train with two AAHS and ASHT membership therapist institutions. The fellowship also allows for travel to the AAHS and ASHT Annual Meetings.
 - » ASHT welcomes Belen Luengo Saavedra (Chile) as the 2025 recipient.
 - » Host Institutions:
 - Hospital for Special Surgery | New York, NY
 - Member Host: Philadelphia Hand to Shoulder Center | Philadelphia, PA
- Facilitated and generated discussion within the ASHT International Community Forum on the ASHT Connect mobile app, providing networking opportunities with therapists globally on diverse topics, including education, research, and clinical treatment.
- The committee has been diligently working to expand our global network and establish relationships with therapists in developing countries. Over the past year, we have maintained regular communications with therapists in Bahrain, Colombia, Ghana, Kenya, Mexico, Romania, and Ukraine to assess their requirements and provide necessary resources and support.
- Hosting the International Invited Lecturer Luncheon at the 2025 ASHT Annual Meeting. We are honored to welcome Aviva Wolff, EdD, OTR, CHT, as our esteemed speaker. Her lecture, titled "Healing Hands in the Middle East: Training Therapists to Treat Upper Extremity Combat Trauma," promises to be an enlightening and informative experience. Dr. Wolff's unwavering commitment to disseminating knowledge through her philanthropic endeavors has earned her a reputation for infectious enthusiasm, and we look forward to hearing and learning more about her experiences.
- Promoted member awareness of global hand care issues through regular *ASHT Times* submissions. The current series, "Hand Therapy Around the World," examines hand and upper extremity therapy in various countries to underscore the diverse implementation of hand therapy globally: encompassing challenges, recent advancements, and future requirements.
- Provided educational support to hand therapists in Ghana and Bahrain as part of the International Federation of Societies for Hand Therapy (IFSHT) Member-to-Member Mentoring Program. This initiative aimed to strengthen and foster collaborative relationships between our countries.
- Collaborated with IFSHT to facilitate member awareness of IFSHT events and offerings. ASHT, ASSH and ASSH were pleased to be the host societies of the 2025 IFSSH-IFSHT Triennial Congress. This year, these organizations had the opportunity to provide scholarships to 10 international therapists, enabling awardees to travel to Washington, DC, and participate in this educational and networking experience.

The International Committee has been diligently working to expand our global network and establish relationships with therapists in developing countries.

Diversity, Equity & Inclusion Committee

The ASHT Diversity, Equity & Inclusion Committee continues its commitment to fostering inclusivity, equity, and belonging within our organization and the field of hand and upper extremity rehabilitation. This year, the committee has made significant progress toward advancing ASHT's DEI strategic plan, enhancing member engagement, and building a sustainable framework that supports ongoing learning and action.



- Hosted a Book Club event **(40 participants)**
 - » The spring event featured the book *Against Technoableism – Rethinking Who Needs Improvement* by Ashley Shew. The book explored how the cross-disability community inspires us to reimagine inclusive narratives, build accessible futures and work toward an equitable world free from “technoableism.” The author joined members to discuss her book and shared common tropes and misconceptions about disabled lives and offered different themes about technology that emerge when paying closer attention to what disabled people are actually saying about their experiences.
 - » The next society-at-large Book Club event is scheduled for November 12, 2025, and will feature the book *A Guide to Culturally Competent Healthcare* by Larry Purnell, PhD, RN, FAAN.
- The Education Subcommittee has developed a framework of resources designed to support ASHT members in engaging with DEI learning and initiatives. This online resource center will serve as a central hub for:
 - » Educational resources and trainings related to DEI
 - » Practical tools to guide inclusive practice in clinical and professional settings
 - » Member contributions highlighting DEI-related initiatives, allowing for shared learning across the organization
- The Communications Subcommittee has focused on strengthening internal and external engagement strategies. Key accomplishments include:
 - » Annual publication schedule for DEI content, aligning with organizational priorities
 - » Guidance on messaging related to religious and cultural observances



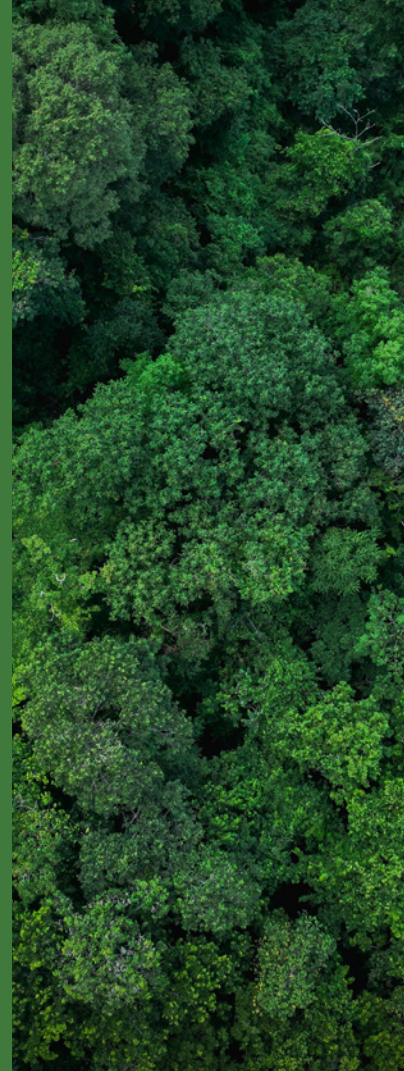
- » Development of a communication template to facilitate outreach and collaboration with strategic partners, supporting both current and future DEI engagement opportunities
- The *ASHT Times* Subcommittee continues to highlight the voices and scholarship of underrepresented members and allies. Published an article by Sharniece Pierce, OTD, OTR/L, CLT-UE, CEAS, CAFS, CSC, CPT, MFDc, CKTP, AIB-VR/CON, LSVT BIG Certified, inspired by her poster “Bridging the Gap: Addressing Systemic Barriers to Diversity in Upper Extremity Rehabilitation,” presented at the ASHT 2024 Annual Meeting. In her article, Dr. Pierce underscores the need for collaboration among professional organizations, educators, and clinicians to develop sustainable strategies that increase representation of underrepresented minorities. She also challenges us to redefine excellence in upper extremity rehabilitation through the lens of equity.

- The Metrics Subcommittee has focused on evaluating progress and accountability. Current initiatives include:
 - » Collection and analysis of CHT ethnicity data across the U.S. and internationally, with plans to partner with HTCC for broader insights
 - » Review of the ASHT DEI Strategy Plan to assess organizational alignment with stated goals and objectives
 - » Recommendations for improvement to strengthen ASHT’s DEI impact
 - » Ongoing data collection and organization of DEI Book Club programming, Annual Meeting attendance, and future ASHT initiatives
- The Governance Subcommittee is actively working to embed DEI principles into organizational leadership and advocacy. Current focus areas include:
 - » Analyze the impact of cultural diversity on leadership styles and team dynamics, and apply inclusive strategies to promote equity in decision-making
 - » Demonstrate the ability to recognize and address cultural biases in leadership roles, fostering inclusive environments that support diverse perspectives
 - » Policy and legislative review to identify and address issues impacting DEI within hand and upper extremity therapy
 - » Increased use of ASHT Connect to generate discussion and engagement around DEI-related governance and policy issues that impact practice

The DEI Committee remains dedicated to advancing diversity, equity, and inclusion across ASHT’s membership, leadership, education, and clinical practice. Through the efforts of our subcommittees, we are laying the foundation for sustainable change while creating meaningful opportunities for members to learn, engage, and contribute. Together, we move forward with a shared vision: building a more inclusive profession that reflects and serves the diverse communities we represent.

Leadership Development Committee

The mission of the ASHT Leadership Development Committee is to provide education, mentoring and networking opportunities that develop the leadership skills of ASHT members, thereby encouraging and supporting future leaders in hand and upper extremity therapy. Through the annual Leadership Development Program, committee events and outreach, ASHT promotes life-long learning and growth to meet leadership challenges and changing leadership dynamics within academia, healthcare and the hand care community.



Over the past year, the Leadership Development Committee:

- Welcomed five new committee members, growing the committee from seven to 12 members
- Graduated the second cohort of ASHT's Leadership Development Program (**15 participants**), which aims to foster and enable present and upcoming leaders in the specialty. At the conclusion of the program, participants obtained the skills needed to lead with integrity, compassion and innovation. This is an AOTA-approved provider program whereby participants earn 12 CE hours by completing all program modules.
 - » Participants completed six modules on leadership topics over six months.
 - » Participants received 1:1 mentoring from committee members throughout the program.
 - » At the end of each module, the participants and committee met via Zoom to reflect on learning from that month through discussions and presentations.
 - » This year, the committee created the opportunity for participants to present their clinical posters in person at the ASHT Annual Meeting. "Empowered to Lead: Shaping the Future of Hand Therapy" will provide conference attendees with the opportunity to join the Leadership Development Committee and program participants during lunch, as they share their final program projects.
- Hosted the first Leadership Development Book Club, highlighting *The Five Dysfunctions of a Team* by Patrick Lencioni.
- Participated in building the Leadership community forum in the ASHT Connect mobile app through weekly postings and discussions on leadership topics and research
- Committee members will present "Collaborative Leadership for Sustainable Growth in Hand Therapy" at the ASHT Annual Meeting. The topic addressed current shifts in leadership that are leading to evidence-based improvements in patient care and the benefits of a collaborative model for growing and sustaining leadership within hand and upper extremity therapy practice.

Journal of Hand Therapy



A Letter from the Editor-in-Chief

Journal of Hand Therapy

Going green... Changes to hand therapy activities to be better stewards of a sustainable environment

JOY C. MACDERMID, PT, PHD, FCAHS, FRSC

As health professionals, we embrace a concept of health that considers that the impact of health is mediated by personal factors and environmental factors. We think about the environment as both the social and physical environment. While much attention has been directed to psychosocial factors that affect immediate health outcomes, a holistic population health perspective is often absent from hand therapy, and the health of future generations is less commonly discussed. However, hand therapists have recently demonstrated increased interest in thinking about how we become better stewards of a sustainable environment, acknowledging that the planet has limited resources and that sustainability can be beneficial for both current patients and humans of the future.

Recently, an international survey ¹ found that most hand therapists were familiar with the issue of climate change

(91%), and 89% expressed genuine concern. A positive finding was that 93% of hand therapists were engaging in personal or work activities to achieve a more sustainable lifestyle. Examples of the types of professional considerations undertaken by therapists included taking environmental considerations into account when prescribing assistive devices or splints (61%), using virtual therapy sessions as a strategy to diminish the carbon footprint associated with clinical operations (31%) and adopting waste management and recycling practices within clinical environments (83%). Some therapists (44%) discussed the environmental impacts of therapy interventions with patients. However, approximately (46%) half of hand therapists doubted their ability to significantly reduce environmental impact, and suggested a need for more awareness and education in the field. When categorizing the strategies, they fell into a variety



of categories, including recycling initiatives, waste reduction, digital and electronic adoption, resource repurposing and reuse of materials, and energy conservation measures.

Given the increasing emphasis on reducing our environmental footprint, the *Journal of Hand Therapy* (JHT) has considered digital and electronic adoption as a reoccurring issue. Early on, when the emergence of electronic formats for journals started to emerge, we decided against moving forward with electronic-only versions of JHT. At that time, we based this decision on surveys of the ASHT membership regarding their use of the journal in their clinics and private time, as well as their format preferences. ASHT has repeated these inquiries on multiple occasions and found that the trend toward preferring electronic-only communication has changed, suggesting that now might be the right time to move away from print, considering member preferences, production costs, and green initiatives.

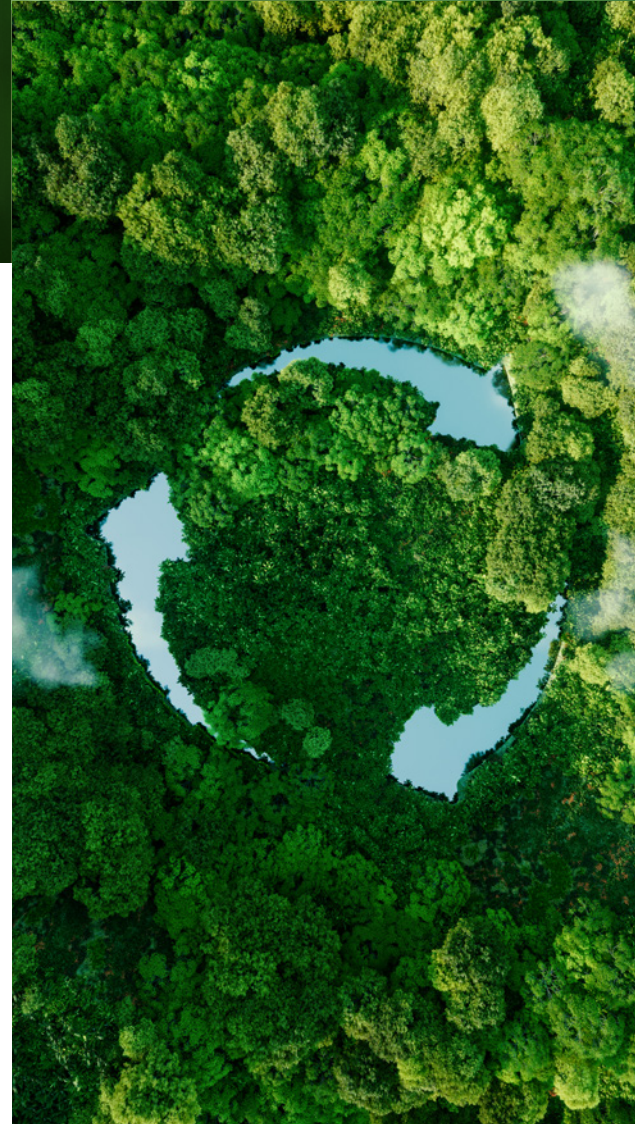
We recognize that there may always be instances where a print version is needed, and we will ensure that this capability remains as an option. However, we no longer think it is

the green choice to assume that all members want a print version. From a sustainability perspective, every printed journal requires the use of natural resources to create the paper, print the issues, and deliver them around the world using flight and other forms of travel. Every journal delivered where the recipient would be happy with an electronic version is wasted energy. The availability of tablets and smart devices means that accessibility for content is usually faster and easier on electronic devices than through print journals, and people have increasingly adopted these technologies as routine practice. Therefore, we will be transitioning to an electronic version of the journal in 2026.

It seems an ideal time to consider what other ways JHT might conserve Earth resources. Traditionally, each year the journal had an in-person meeting with full attendance of the editorial board. In more recent years, we have modified the annual board meeting to be in a mixed format of in-person and virtual attendance. What we have observed is an increasing number of our board members have attended virtually. We believe this is attributable to trends to reduce travel climate/cost reasons, and an increasing international membership



We will improve
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of our board. Reconsidering how we run board meetings will allow us to reduce costs and environmental impact while increasing the opportunity for diverse people to participate. We continue to see the value in-person interactions that occur at conferences and will continue to provide opportunities for those engagements at conference. It is important for board members to have time to interact with researchers in sessions and meetings at conference. We will improve inclusivity and support members adopting green travel choices by offering virtual methods of interaction.

Researchers are starting to think about sustainability practices in the conduct and communication of research. JHT has responded to the changing times and will continue to monitor how we can best serve the hand therapy community.

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Journal of Hand Therapy

The *Journal of Hand Therapy* continues to serve as the recognized source of cutting-edge scientific and clinical articles for advancing the field of hand and upper extremity rehabilitation. Regularly published features include scientific/clinical articles, case reports, practice forums, research reports and departments, including book reviews and literature abstracts.

Manuscript Flow

Submissions, Editorial Outcomes and Published Counts

	Calendar Year 2024	2025 Year-to-Date (as of August 1)
Submitted Manuscripts	322 (up 30 percent)	195 (up 3 percent)
Accepted Manuscripts	67 (down 38 percent)	80 (up 196 percent)
Rejected Manuscripts	180 (up 3 percent)	128 (up 17 percent)
Rejection Rate		
Desk	57% (up 9 percent)	48% (down 17 percent)
Standard	16% (up 2 percent)	14% (down 1 percent)
Withdrawn or Removed	15 (down 12 percent)	6 (no change)
Published Manuscripts	110 (down 7 percent)	21 (down 67 percent)

Manuscript Speed

Median Editorial Speed for Accepted and Rejected Articles

	Calendar Year 2024	2025 Year-to-Date (as of August 1)
Submission to First Desk Decision	21 days (no change)	10 days (down 66 percent)
Submission to First Standard Decision	66 days (down 28 percent)	74 days (up 21 percent)
Submission to Standard Editorial Outcome	156 days (down 19 percent)	164 days (down 2 percent)

Median Editorial and Publication Speeds for Published Articles

	Calendar Year 2024	2025 Year-to-Date (as of August 1)
Submission to First Decision	92 days (up 10 percent)	68 days (down 33 percent)
Submission to Editorial Outcome	210 days (down 5 percent)	156 days (down 37 percent)
Submission to First Publication Online	296 days (up 12 percent)	248 days (down 19 percent)
Submission to Published Version of Record	544 days (down 32 percent)	407 days (down 27 percent)
Submission to Final Publication	557 days (down 32 percent)	425 days (down 25 percent)

Citation Impact

- **Impact Factor:** Developed by Clarivate Analytics and available in the Journal Citation Reports, this metric measures the average number of citations received by papers published in the journal during the previous two years.
- **CiteScore:** Calculated by Elsevier and available in the Scopus database, this metric measures the average number of citations received per peer-reviewed document published in the journal during the previous four years.

Journal Comparison Clarivate Impact Factor

Title	Publisher	2021	2022	2023	2024
<i>Hand Clinics</i>	Elsevier	1.5	1.1	0.9	1.1
<i>Hand Therapy</i>	Sage	0.0	1.0	0.9	0.6
<i>Journal of Hand Surgery</i>	Elsevier	2.3	1.9	2.1	2.1
<i>Journal of Hand Therapy</i>	Elsevier	1.9	2.0	2.1	1.8

Journal Comparison Scopus CiteScore

Title	Publisher	2021	2022	2023	2024
<i>Hand Clinics</i>	Elsevier	2.2	2.6	2.0	2.4
<i>Hand Therapy</i>	Sage	1.7	1.9	1.6	1.7
<i>Journal of Hand Surgery</i>	Elsevier	3.3	3.6	3.2	3.3
<i>Journal of Hand Therapy</i>	Elsevier	2.5	3.1	3.5	3.1

Category

The Journal of Hand Therapy is included in three SCIE (Science Citation Index Expanded) categories:

Index	Category	Journal of Hand Therapy Rank	Total Journals	Quartile
SCIE	Orthopedics	69	139	Q2
SCIE	Rehabilitation	65	174	Q2
SCIE	Surgery	134	312	Q2

Top Cited Articles 2025 YTD, Published 2023-2024 (Scopus)

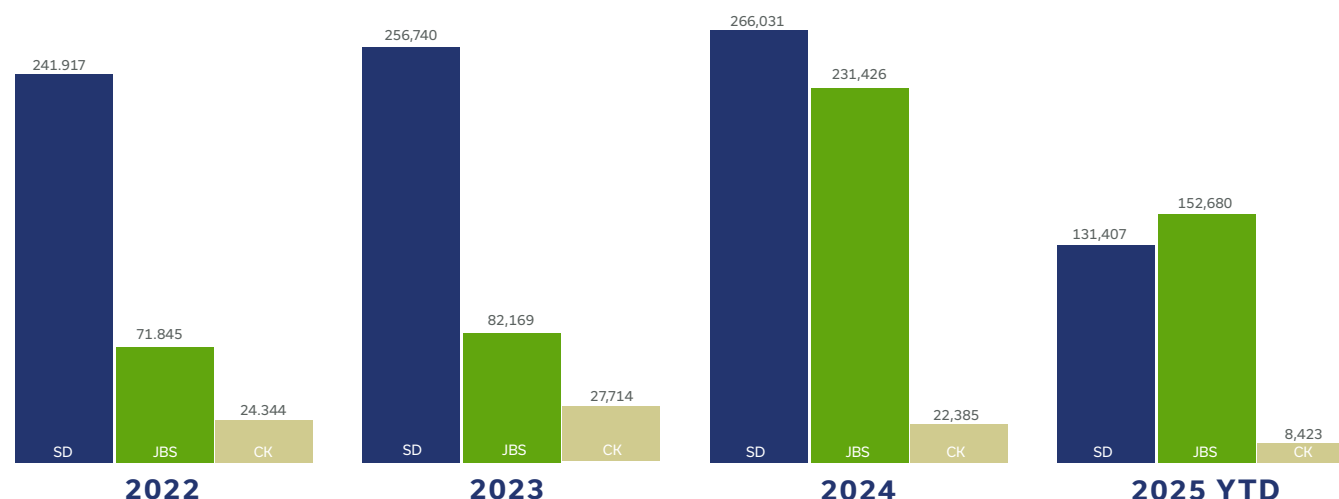
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Full Text Usage per Platform

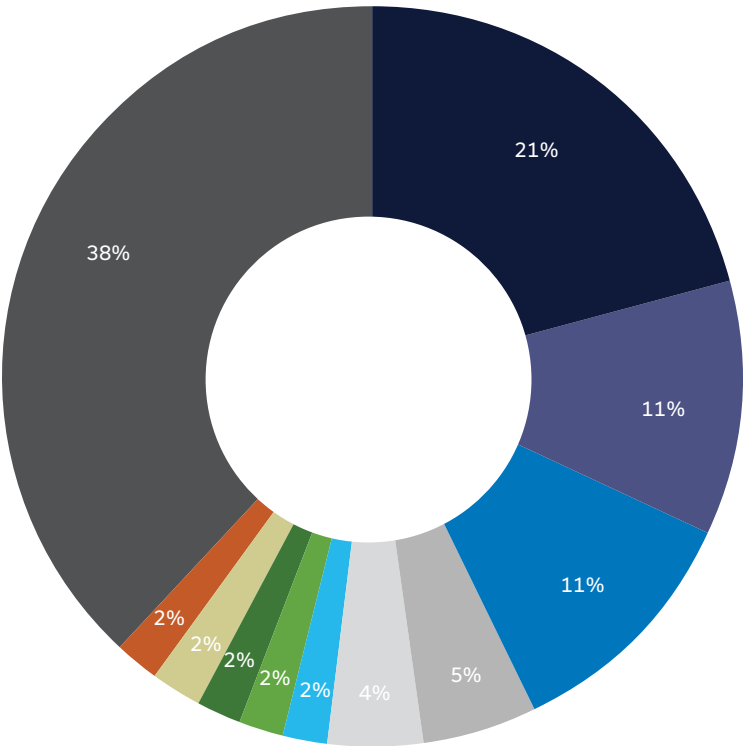
Platform	2022	2023	2024	2025 YTD
Science Direct	241,917	256,740	266,031	131,407
Journal Branded Solutions	71,845	82,169	231,426	152,680
Clinical Key	24,344	24,714	22,385	8,423



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ScienceDirect Usage: Top 10 Countries and Regions, 2024



COUNTRY	REQUEST FOR ARTICLES
UNITED STATES	55,216
AUSTRALIA	30,028
UNITED KINGDOM	28,710
CANADA	12,677
TURKEY	11,955
CHINA	6,332
ITALY	5,018
REPUBLIC OF KOREA	4,928
SPAIN	4,285
NEW ZEALAND	4,269
REST OF WORLD	102,613
GRAND TOTAL	266,031

Top Articles by Social Media Count, Published All Time

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Journal of Hand Therapy X/Twitter Update

Through its presence on X/Twitter ([@JrnlHandTherapy](https://twitter.com/JrnlHandTherapy)), the *Journal of Hand Therapy* contributes to the promotion of scholarly research and education in hand and upper extremity therapy.

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's](https://twitter.com/JrnlHandTherapy) following **has increased 5.62%**, gaining 49 new followers. We invite you to follow our account and join the discussion!

Financial Summary

FY 2024 Audit Results: Statement of Financial Position

As of December 31, 2024, ASHT had total assets of \$1,943,700 and total liabilities of \$895,722 for total net assets of \$1,047,978. Net assets decreased from December 31, 2023, by \$161,183. The detail is outlined below.

ASSETS	2024	2023
Cash	\$ 760,955	\$ 407,720
Accounts receivable	34,342	22,815
Prepaid expenses and other assets	78,446	73,293
Investments	1,013,640	1,355,169
Website development costs, net of accumulated depreciation	56,317	29,195
Total assets	\$1,943,700	\$1,888,192

LIABILITIES	2024	2023
Accounts payable and accrued expenses	\$ 555,228	\$ 334,265
Deferred revenue		
Membership dues and subscriptions	286,469	334,265
Annual Meeting and education	54,025	76,442
Total liabilities	895,722	679,031

NET ASSETS	2024	2023
Without donor restrictions	\$ 992,545	\$ 1,152,632
With donor restrictions	55,433	56,529
Total net assets	1,047,978	1,209,161
Total liabilities and net assets	\$1,943,700	\$1,888,192

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.

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Stephanie Sobolewski

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Rebecca Saunders, PT, CHT
Amy Todd, MS, OTR/L, CHT
Kimberly Masker, OTD, OTR/L, CHT, Board Liaison

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Laura L. Carlos, OTR/L, CHT, CEAS I
Robert McClellan, OTR/L, CHT, COMT-UL
Megan Meisenheimer, PT, DPT, OTR/L, CHT
Lisa Owen, OTD, OTR/L, CLT, CHT
Cara Smith, PT, DPT, CHT
Gary S. Solomon, MBA, MS, OTR/L, CHT
Stephanie D. Strouse, OTD, OTR/L, CHT
Alexandra Elizabeth Vertus, MS, OTR/L, CHT
Cynthia Watkins, PT, CHT
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Lindsey Rolinski, PT, DPT, OTR/L, CHT

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Kerry Demers, OTR/L, CHT
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Cecilia Fierro, OTD, OTR
Tabitha Lina Franceschini
Jared Gabrelcik, OTD, OTR/L
Leigh Haas, OT, CHT
Kim Knight, OTR/L, CHT
Mary Kaitlyn Salter Lawson, OTR/L, CHT
Rochelle Lindow, OTR/L, CHT
Lauren Perlmutter Mione, OTR/L, CHT
Emma Petkofsky Schiff, MSOT, OTR/L, CHT
Sharniece Pierce, OTD, OTR/L, CLT-UE, CEAS, CSC
David Plutschack OTD, OTR/L, BCPR, CLT, CEASII
Rebekah Pogwizd, CHT, OTR/L, MSOT
Cara Smith, PT, DPT, CHT
Virginia Wolfe, OTD, OTR/L, CHT
Jill Yanick, OTR/L, CHT
Eli Yovits, OTR/L, CHT
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Sara Brito, PhD, MOT, MEd, Bsc, CHT
Bridget Burke, OTL, CHT
Laura Coleman, PT, DPT, CHT
Jennifer DeYoung, MOT, OTR/L, CHT
Ann Marie Feretti, EdD, OTR/L, CHT, Federal & State Regulations Chair
Sandra Kay Fletchall, OTR/L, MPA, CHT, FAOTA
Jemerie Hopkins, MS, OTR, CHT
Brooke Ochoa, OTR/L, Advocacy Chair
Amber Opitz, OTR/L, CHT, CLT
Stacy Oster, MS, OTR/L, CHT
B. Seth Powers, OTR/L, CHT
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Amanda Michelle West, OTR/L, CHT
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Ricardo G. Altahif, Jr., OTD, OTR, CHT
Priya Bakshi, OTD, OTR, CHT, Journal Club Chair

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Nancy Byl, BS, MPH, PT, PhD, FAPTA
April Bryant, MS, OTR/L, CHT
Jenny Dorich, PhD, MBA, OTR/L
Sophie Goloff, OTR/L
Chelsea Gonzalez, OTD, OTR/L, CHT
Melanie Hubbuck, MS
Lisa Kozden, MOT, OTR/L, CHT, COMT
Katherine Loomis, MA, OTR/L, CHT
Tauni Malmgren, OTD, OTR/L
Rose McAndrew, OTD, OTR/L, CHT
Renee McDade, OT, CHT, Student-Led Journal Club Chair
Taylor Pendergast, OTR/L, CHT
Alyssa Lynn Phillips, CScD, MOT, OTR/L
Victoria Priganc, PhD, OTR, CHT
Ashley Prokopiak, MOT, OTR/L, CHT
Kara M. Ross, OTD, MPH, OTR/L, CHT
Patricia (Trish) Siegel, OTD, OTR/L, CHT
Brocha Z. Stern, PhD, OTR, CHT
Danielle Sparks, DHS, MOT, OTR, CHT, Board Liaison

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Robert McClellan, OTR/L, CHT, COMT-UL
Cindy Ivy, M.ED, OTD, CHT
Phyllis R. Ross, OTD, OTR/L, CHT, CLT, CAPS
Stephanie D. Strouse, OTD, OTR/L, CHT
Heather Weesner, OTR/L, CHT
Tauni Malmgren, OTD, OTR/L
Katherine Spanos, MS, OTR/L, CLT
Alexandra Nguyen, OTR, MOT, CHT

Pediatric Task Force

Kimberly A. Masker, OTD, OTR/L, CHT, Task Force Chair
Jenny Dorich, PhD, MBA, OTR/L, CHT, Committee Chair
Karen B. Ayala, MS, OTR, CHT
Stacy Baker, MOT, OTR/L, CHT
Cryslan Daughtry, OTS
Chelsea Gonzalez, OTD, OTR/L, CHT
Amanda Holland, OTR/L
Emily S. Ho, PhD, MEd, OT Reg
Brittany Lyalls Self, OTR, CHT
Meagan Pehnke, MS, OTR/L, CHT, CLT
Cara Smith, PT, DPT, CHT
Lindsey Williams, OT, CHT

Tip of the Week Contributors

Kathleen Albert OTR/L, CHT
Kendyl Brock Hunter, OTR/L, CHT
Sarah Foster OTR/L, CHT
Donald Howard, MBA, MS, OTR/L, CLT
Alan Kaplan OTR/L, CHT
Kim Kraft PT, DPT, CHT
Kimberly A. Masker, OTD, OTR/L, CHT
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Bob Phillips, OTR/L, CHT, COMT
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Adam Westenhofer, OTR/L, CHT
Aviva L. Wolff, EdD, OT, CHT
Jennifer Wood, OT/L, CHT
Jill Yanick, OTR/L, CHT



ASHTimes

ASHT members look forward to receiving updates on current trends, clinical practice, higher education, continuing education activities and advocacy initiatives through the society's flagship publication, *ASHTimes*. To better understand how members engage with the magazine, we track a range of readership metrics. These measures give insight into overall readership, the popularity of specific articles and the ways readers interact with this digital publication. Together, they help the editorial team refine content and ensure that the magazine continues to provide value, both as a whole publication and through individual features.

ASHT Times Readership Metrics

October 1, 2024 – August 30, 2025

1,260
ISSUE VIEWS

This measures the number of times the magazine was opened or accessed. This metric provides an overall sense of readership, indicating how many members are engaging with the magazine as a whole.

22,217
PAGE VIEWS

Beyond issue-level engagement, page views capture the total number of times an individual page or article was loaded, including repeat views by the same reader. Page views are important because they indicate which articles resonate the most with members.

7,175
UNIQUE PAGE VIEWS

To better understand true reach, unique page views count each visitor only once per session, even if they return to the same page multiple times. This reflects distinct interest in specific content and gives a clearer picture of reader engagement.

354
PAGES PRINTED

Some members find content valuable enough to save, share or reference offline. Pages printed tracks the number of pages readers chose to print, underscoring which articles hold lasting relevance.

1,471
PAGE ZOOMS

This metric shows how often readers enlarged a page to view it more closely. It highlights where members are engaging with detailed content, such as images, charts, or fine print and points to which pages may hold particular value.

Top 10 Articles

- 1 **The Certified Hand Therapist in ARMS Part 2**
(Volume 32, Issue 2, Summer 2025)
Alta Fried, OTR/L, CHT, Omar Sarahan, MS, Ajul Shah, MD and Anirudh Kulkarni, BS
- 2 **International Committee Spotlight Collaboration is Key: Interview with Josué Daniel Vargas Aguilar**
(Volume 32, Issue 1, Spring 2025)
Mary Collier Barnes, MOT, CHT, CIDN
- 3 **Play: The Occupation of Childhood**
(Volume 31, Issue 3, Winter 2024)
Josh MacDonald, MS, OTR/L, CHT
- 4 **The Amputation Rehabilitation Medicine and Surgery (ARMS) Clinic: Our Model and Mission PART 1**
(Volume 32, Issue 1, Spring 2025)
Alta Fried, OTR/L, CHT, Omar Sarahan, MS, Ajul Shah, MD and Anirudh Kulkarni, BS
- 5 **Explore the Potential of Hand Therapy to the Fullest: An Indian Perspective**
(Volume 32, Issue 1, Spring 2025)
Yogita Shendge, MOTH, LLB
- 6 **Practice Division Update Practice Productivity Survey**
(Volume 32, Issue 2, Summer 2025)
Angela Stephens, DHS, OTR/L, CHT and Brooke Ochoa, OTR/L, CHT
- 7 **Joint Position Sense Testing at the Wrist and its Correlations with Kinesiophobia and Pain Intensity in Individuals Who have Sustained a Distal Radius Fracture: A Cross-Sectional Study**
(Volume 31, Issue 3, Winter 2024)
Tauni Malmgren, OTD, OTR/L
- 8 **Student Spotlight Capstone Interview: Courtney Dougherty ('24) University of Florida Alum Focuses on Upper Extremity Health and Rehabilitation in Musicians**
(Volume 32, Issue 2, Summer 2025)
Krystal Brewington, OTD, OTR/L, CPAM, CHT and Emmanuel Acheampong, OTS
Contributor: Emma Petkofsky
- 9 **Clinical Corner Cyclist's Palsy**
(Volume 32, Issue 1, Spring 2025)
Kerry Demers, OTR/L, CHT
- 10 **Recentring Occupation-Based Interventions in Hand and Upper Extremity Rehabilitation**
(Volume 32, Issue 2, Summer 2025)
Adrian Bueno, MOT, OTR, CHT



Social Media

ASHT’s social media following and engagement surged over the last year, with an **13.5-percent increase in total followers year over year**, and a **9.7-percent overall increase since January 2025**.



This growth was due in large part to ASHT’s Instagram account, which reached and surpassed 5,000 followers in the two years since launching. The account has continued its steady growth, with a 71-percent increase year over year, and a **43-percent increase in followers since January 2025**.

The most popular posts of the last year across all platforms included the **Tip of the Week** series, **Annual Meeting** content, clinical spotlights, **podcast** episode previews, volunteer shoutouts and **Hand Therapy Week** celebrations.

ASHT’s Facebook page celebrated a milestone in 2025, surpassing **10,000 followers**. The society also now has a presence on emerging platforms **Threads** and **Bluesky**, so please follow us there -- **@handtherapyASHT!**

Total ASHT Social Media Followers

				
YEAR	FACEBOOK	INSTAGRAM	LINKEDIN	YOUTUBE
2023	9,317	1,987	6,847	295
2024	9,578	4,177	7,056	619
2025	10,011	5,969	7,249	655

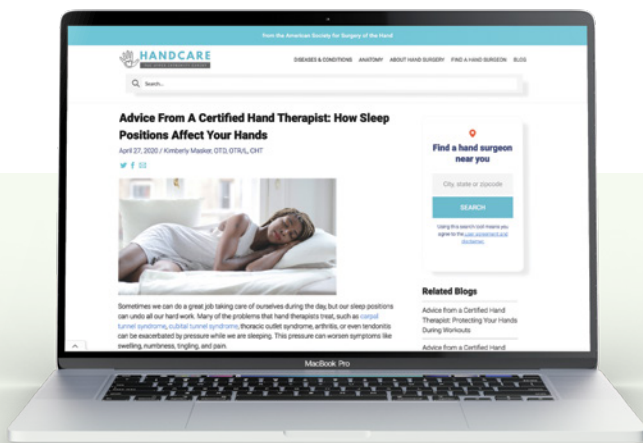
**As of August 20, 2025. All other totals are as of December 31 of the respective year.*

HandCare.org

For the last 10 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 Outreach Division 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.

Between October 2024 and August 2025, the HandCare.org blog received nearly 960,000 overall views. According to ASSH's metrics, ASHT-generated content accounted for about 7.7% of traffic on the HandCare.org blog.



One of ASHT's contributions – **How Sleep Positions Affect Your Hands** – was ninth among the HandCare.org blog's top **25 most-read posts** with more than **23,800 views**.

Other popular ASHT blog topics included:

Bite Injuries to Hand and Arm
<https://www.asssh.org/handcare/blog/advice-from-a-certified-hand-therapist-why-bite-injuries-to-the-hand-and-arm-are-serious>

How to Manage a Bruised Hand
<https://www.asssh.org/handcare/blog/advice-from-a-certified-hand-therapist-how-to-manage-a-bruised-hand>

Exercising Without Wrist Pain
<https://www.asssh.org/handcare/blog/advice-from-a-certified-hand-therapist-exercising-without-wrist-pain>

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

Mallet Finger
<https://www.asssh.org/handcare/blog/advice-from-a-certified-hand-therapist-mallet-finger>

Modification to Pencil Grip for Handwriting
<https://www.asssh.org/handcare/blog/advice-from-a-certified-hand-therapist-modifications-to-pencil-grip-for-handwriting>

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

Cold Weather Tips for Raynaud's
<https://www.asssh.org/handcare/blog/advice-from-a-certified-hand-therapist-cold-weather-tips-for-raynauds>

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

ASHT Connect

In 2024, ASHT launched **ASHT Connect**, our official mobile app designed to strengthen connections and enhance access to resources within the hand and upper extremity therapy community. The app debuted with a “beta launch” at the 2024 Annual Meeting in St. Louis, where attendees were the first to explore its features, before rolling out the app to the full membership in November 2024.



Since launch, **491 members have joined the app**, engaging in meaningful ways that demonstrate its value as a digital community hub. Members have opened the **News Feed more than 4,500 times**, generating nearly **2,000 post views and over 400 likes**. The **Community Forums have been opened more than 5,000 times**, with members actively reading, sharing expertise and networking with peers. The Events module has also become a popular feature, with more than **1,100 views** since launch.

While adoption continues to grow, these early usage numbers show strong engagement among members who have downloaded the app. ASHT Connect is already proving to be a dynamic space to **stay connected, exchange knowledge and access society resources anytime, anywhere.**

If you haven't yet, we encourage you to **download ASHT Connect today** through the App Store or Google Play and experience the future of our professional community at your fingertips!



HAND THERAPY WEEK



American Society
of Hand Therapists®

— JUNE 2–8, 2025 —

SPONSORED BY

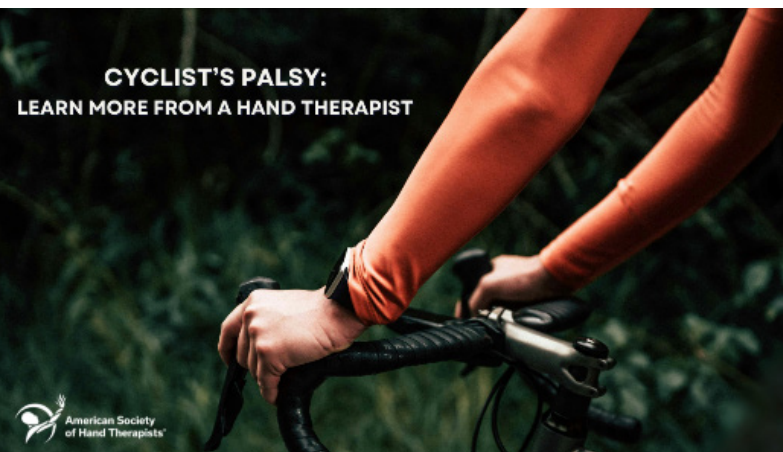


ASHT experienced another incredibly successful Hand Therapy Week this year, due in part to creative daily challenges, the release of a new diagnosis-based video, dedicated volunteer efforts and a highly engaged audience both among the membership and social media.

New Video Release:

Cyclist's Palsy

Working with ASHT's digital media team, the Outreach Division created a new diagnosis-based video focused on cyclist's palsy, breaking down the symptoms and causes of the condition. The video — launched during Hand Therapy Week and on World Bicycle Day — highlighted treatment options and explained how working with a hand therapist can help a patient get back on the road safely and comfortably. The video also covered bike setup and body position recommendations to set cyclists up for success. Since its release, the cyclist's palsy video has yielded **nearly 2,500 views** across all ASHT social media platforms.



The Hand Therapy Week page on the ASHT website earned **3.86%** of website traffic, behind only the homepage and Find a Therapist Directory in number of page views during that period. ASHT also redesigned the Hand Therapy Week logo for the first time in more than a decade, demonstrating a more modern feel and incorporating the society logo for further society recognition.

Daily Challenges

The Outreach Division again developed daily challenges in an effort to increase engagement and provide more ways to celebrate Hand Therapy Week. The challenges were promoted in advance of Hand Therapy Week, then launched daily on social media. This year's challenges had consistent popularity throughout the week, with many clinics/accounts participating every day and some even creating their own challenges with their staff.



Additional Resources/Promotion

ASHT 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.

The popular Patient Education Resources and Spanish translations were again 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.

This year, ASHT released **two new resources** (cyclist's palsy, return to yoga following injury) and **four Spanish-translated resources** (finger dislocation injuries PIP, shoulder impingement, olecranon fracture and TFCC injuries).

The Patient Education Resource page was accessed **535 times** during Hand Therapy Week, making up 1.97% of website traffic and ranking fourth among page views. This increase in traffic is likely due to additional promotion and engagement on social media channels. The Find a Therapist directory landed second among page views, which could mean increased promotion of the specialty led members of the public to the ASHT website to search for a hand therapist in their area.

ASHT Contests

The ASHT Photo Contest once again displayed the creativity of our members, with 15 different entries capturing the beauty of patient care, art installations and more.



First place:

Laurie Thurber, OT, CHT ("I've got the world in my hand")

Second place:

Chelsea Gonzalez, OTD, OTR/L, CHT ("Newest little hand therapist")

Third place:

Randy Beckman, OTR/ CHT ("Sharing a moment with Ben Franklin")

ASHT once again ran a giveaway in partnership with Össur + Naked Prosthetics on Instagram. Participants simply needed to follow ASHT, Össur and Naked Prosthetics on Instagram, like the giveaway content post and tag three friends in the comments. This again helped both accounts gain visibility and followers, generating a lot of buzz throughout the week. Congratulations to Hillary Klingel on being our randomly selected winner, receiving an ASHT gift certificate and a Loop & Tie prize from Össur + Naked Prosthetics!



#HTW2025 Social Media Engagement

The most popular posts across all channels were the Hand Therapy Week kickoff post, Patient Education Resources, daily challenge announcements, the cyclist's palsy video and the photo contest voting.



Instagram

ASHT's Instagram account total reach during the week was 10.9K with nearly 73K views, up about 73% from typical traffic on the page. Content posted to ASHT's stories received 33.5K views, up nearly 500% from typical traffic! ASHT also gained **223 new followers** throughout the week (40+ more than Hand Therapy Week 2024).



Facebook

ASHT's Facebook page total reach during the week was 27.8K – up from 6.5K in 2024 – earning 97.5K views, up 85% from typical traffic on the page. The page also picked up 93 new followers over the course of the week (nearly 80 more than in 2024)!



YouTube

ASHT's YouTube channel saw an increase in engagement with the release of the cyclist's palsy video, accounting for 13.4% of the channels traffic during Hand Therapy Week. ASHT's other upper extremity safety and injury prevention series videos saw a resurgence, as many therapists and business pages shared them throughout the week. Specifically, the CMC/thumb arthritis and desk ergonomics videos were popular, accounting for 8.9% and 8.2% of the channel's traffic during that period, respectively.



American Hand Therapy Foundation

GARY S. SOLOMON, MBA, MS, OTR/L, CHT, CHAIR

The American Hand Therapy Foundation's mission is to improve patient outcomes by promoting evidence-based practice through funding clinical and scientific research and education.

The American Hand Therapy Foundation is proud to continue to support impactful research and education opportunities through our grants and scholarships.

The **AHTF Board of Directors** works tirelessly to review and award grants and scholarships, raise funds, and guide AHTF toward fully attaining our mission. We continue to evolve with the changing environment and look for new methods to support the hand therapy professional specialty.

Grants and Scholarships 2025

In 2025, we are excited to introduce the **Hand in Hand Research Grant**, a \$50,000 funding opportunity made possible through a new partnership between AOTF, ASHT, and AHTF! The application window opened in August 2025 and runs through November 3.

Please join us in congratulating our newest grant and educational scholarship recipients!

- **Burkhalter New Investigator Grant**
Jennifer Dodson, OTD, OTR/L, CHT: "Development and Validation of a Novel Patient-Reported Outcome Measure for Brachial Plexus Injuries"
- **Tri-Alliance Grant Honoring ASHT Founders**
Saurabh Mehta, PT, PhD, GCS: "Feasibility and Acceptability of Implementing Clinical Practice Guidelines using a Smartphone App: A Randomized Trial"
- **The Janet Albrecht Memorial Scholarship**
Victoria Delgado, OTR/L, ATRI-C
- **AHTF (Orthotics) Education Scholarship**
Anna Gray, PT
- **AHTF-AFSH Collaborative Grant**
TBA! Applications currently under review

AHTF was also honored to partner with ASHT and HTCC in 2025 to underwrite travel and tuition costs for 10 international attendees for the IFSSH-IFSHT Triennial Congress in March.



This year, the 2021 American Hand Therapy Foundation research priorities survey was published in the *Journal of Hand Therapy*, authored by April C. Cowan, OTR, OTD, CHT, Marsha B. Lawrence, PT, DPT, CHT, Elaine E. Fess, OTD, MS, OTR, FAOTA, CHT, and Caroline W. Stegnik-Jansen, PT, PhD, CHT for the AHTF Board of Directors. We look forward to having their incredible efforts continue to guide research priorities.

Each year, AHTF offers multiple grants and scholarships and invites qualified applications. A list of AHTF's funding opportunities 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 funding opportunities to your colleagues who participate in research.

Donors and Sponsors

We recognize ASHT's ongoing and unwavering support of the Foundation. AHTF and ASHT continue to work closely together to support each other's goals.

The Foundation benefits tremendously from an extraordinary \$100,000 donation made in 2022 from **North Coast Medical, Inc., Mark E. Biehl, President and CEO**. With this contribution, North Coast generously underwrites the AHTF annual fundraiser, **Happy Hour with a Scholar**, the **Evelyn Mackin Travel Grant for Education and Research** and is the official underwriter of our [website](#). Thank you, North Coast Medical!

AHTF is pleased to underwrite the **American Society of Hand Therapists' Scientific Sessions** at the Annual Meeting through a generous donation from **Jim and Beverly King**. Thank you, Jim and Beverly, for your continuous support!

Fundraising 2025

We are grateful for all of the participants in our **Virtual Run/Walk for Hand Therapy** who helped us reach our fundraising goals.

We are also excited to welcome Julianne W. Howell, PT, MS, CHT as our invited scholar for our **Happy Hour with a Scholar** program at the ASHT Annual Meeting.

The Foundation is grateful to all who have applied for grants, served on the board of directors, donated to fund AHTF grants, and volunteered their time to support the Foundation's mission and our collective professional future.

We appreciate the support of everyone who contributed by applying for one of our grants, volunteering, and/or making a financial donation to the Foundation this year. We are only able to continue this magnificent work with your help. Learn more about our funding opportunities and how to make an impact through contributions at our [website](#).



Academy of Hand & Upper Extremity Physical Therapy

JANE FEDORCZYK, PT, PHD, CHT, FAPTA, CHAIR

The Academy of Hand & Upper Extremity Physical Therapy is one of 18 specialty components within the American Physical Therapy Association (APTA). In 2026, the Academy will celebrate its 45th anniversary. Our membership is acquired from the APTA membership of physical therapy professionals and students. Although APTA membership dropped 5% over the past five years, our membership has remained steady at between 2,200 and 2,500 members. The leadership team is composed of physical therapy professionals, including Certified Hand Therapists committed to advancing the hand therapy specialty by advocating for interprofessional practice and scholarship. The Academy focuses on increasing awareness of our specialized practice amongst students, as well as offering education emphasizing global upper extremity management across diverse patient populations. Anyone interested in learning more about APTA Hand & Upper Extremity should visit handpt.org.

APTA Hand & Upper Extremity sponsors educational programming and research presentations during the annual APTA Combined Sections Meeting (CSM) that will

be held February 12-14, 2026 in Anaheim. The Academy is sponsoring 34 hours of continuing education related to hand and upper extremity rehabilitation. Like prior meetings, in-person attendees will be able to access sessions on the virtual platform. This flagship APTA conference gathers between 15,000 and 20,000 professionals and students annually, featuring a large exhibit hall. You do not have to be an APTA member to attend, so for more information please go to <https://csm.apta.org/>.

The Academy continues to offer both a fall and spring webinar series on topics relevant to current practice for upper extremity rehabilitation inclusive of unique populations. Our academy members receive a membership discount, adding value to their membership dues. 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 occupational therapists. For more information, please visit handpt.org or contact info@handpt.org. We





also offer a webinar series for PT students and early-career professionals to learn more about career development in hand and upper extremity practice.

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 first CPG on non-operative management of carpal tunnel syndrome was published in 2019 and the update will be available in the last quarter of 2025. You will find this revision at orthopt.org and handpt.org.

If you want to learn more about the Academy or engage in Academy events including APTA CSM, please reach out to Jane Fedorczyk, PT, PhD, CHT, FAPTA at president@handpt.org to discuss the benefits of joining and support our specialty practice within the physical therapy community.

The leadership team is composed of physical therapy professionals, including Certified Hand Therapists committed to advancing the hand therapy specialty by advocating for interprofessional practice and scholarship.



Hand Therapy Certification Commission

A Year of Growth and Innovation for the Certified Hand Therapist Community

HTCC Mission

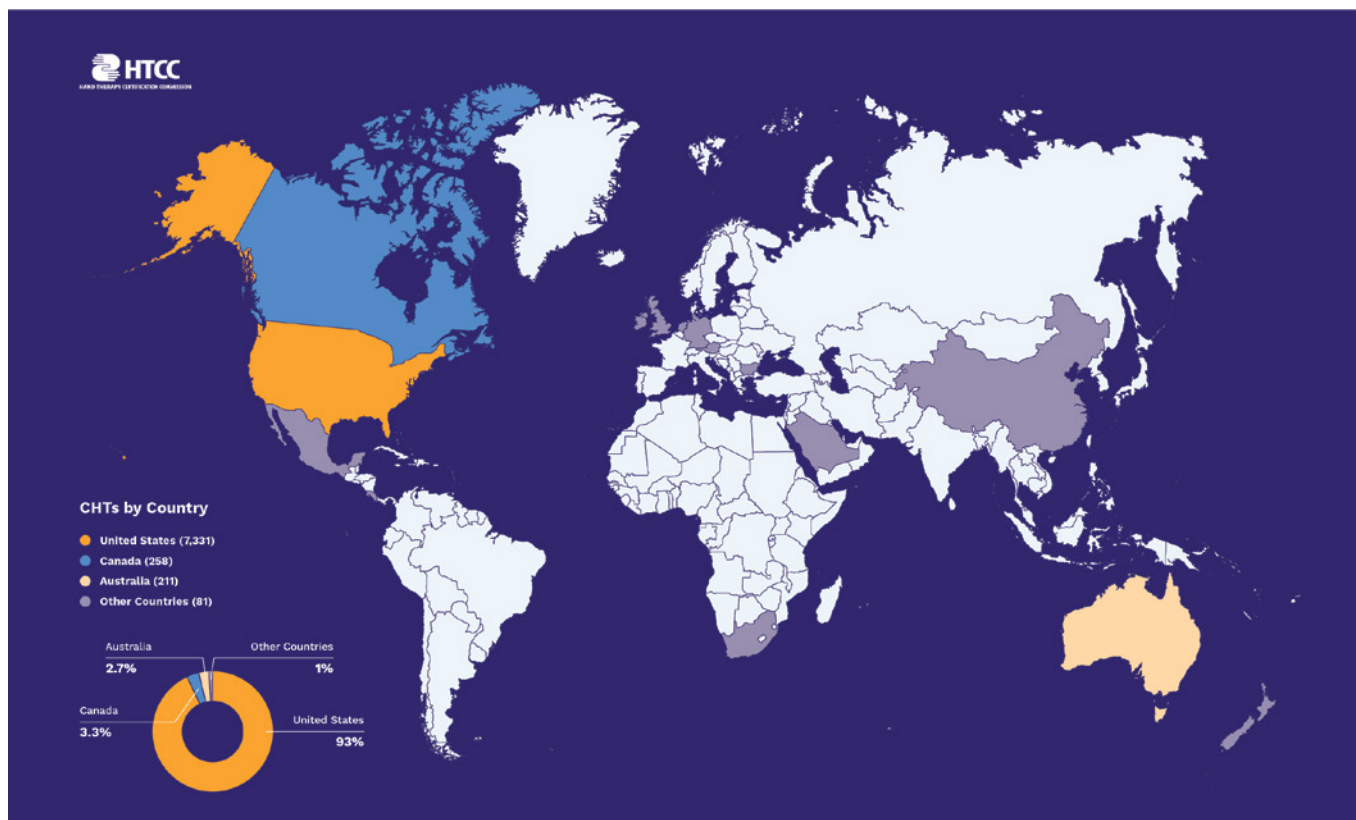
The mission of the Hand Therapy Certification Commission is to support a high level of competence in hand therapy practice and to advance the specialty through a formal credentialing process.

HTCC Vision

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

CHT Community Snapshot

The global community of Certified Hand Therapists (CHTs) continues to grow and thrive. There are currently over 7,800 CHTs worldwide. The majority of our certified professionals are in the United States (7,331), with strong representation in Canada (258) and a growing presence in 365 countries outside of North America. Professionally, 87% of CHTs are occupational therapists, 12% are physical therapists and less than 1% hold both credentials.



2024 and 2025 Hand Therapy Certification Examination Highlights

HTCC is pleased to welcome 342 new CHTs to our community. These individuals successfully passed the hand therapy certification examination. For the Fall 2024 exam, the pass rate for first-time test takers was 66%, while the overall pass rate was 58%. In the Spring 2025 exam, the pass rate for first-time test takers was 65%, with an overall pass rate of 57%. These results are consistent with the exam's historical performance, which has maintained an average overall pass rate of 60% over the past decade. This consistent rigor and quality are hallmarks of our examination process.

Recertification Highlights

The commitment of our certified professionals to ongoing excellence is evident in our consistently high recertification rates. HTCC has maintained an average recertification rate of 88% since 2014, demonstrating a strong dedication to continued professional development. The recertification rate for 2024 was 85%.



Practice Analysis

To ensure the CHT examination remains current and relevant, HTCC is conducting its seventh Practice Analysis Survey of Hand Therapy Practice this year. This important process, conducted every five years, ensures the examination accurately reflects the knowledge and skills required of CHTs in today's clinical landscape. We have partnered with ACT, a research consulting company, to facilitate the 2025 study.

In May, the Practice Analysis Task Force, a diverse group of CHTs representing various practice settings, years of experience, and geographic locations, convened to review the scope of hand therapy practice and develop the survey. The full survey will be launched in October and will be open to all CHTs through mid-November. **We strongly encourage all CHTs to participate in this important survey.** The results will be published in 2026 and will guide the future development of the certification examination.

Board and Committee Recognition

HTCC would like to acknowledge and thank our dedicated **board of directors and staff** for their tireless work and commitment to our mission.

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Karol Young, OTD, OTR/L, CHT
Physician Member: Roy Meals, MD
Public Member: Jan Newsom, JD

HTCC Staff

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

Item Writer Training and Review

To maintain the quality and integrity of the CHT exam, HTCC hosted an online item writer's training in the spring of 2025. Twenty-eight CHTs attended a virtual workshop led by HTCC's test developer from our testing company, PSI. They were instructed on the best practices for writing new exam questions. Following the training, 143 new items were submitted and subsequently reviewed by a team of 14 subject matter experts at an in-person meeting in Orlando, Florida. HTCC extends its sincere gratitude to all who contributed to this essential process.



HTCC's Website Redesign and Marketing Campaign

HTCC Partners with Willow Marketing

To enhance our outreach and grow the number of Certified Hand Therapists, HTCC has partnered with Willow Marketing, a full-service marketing firm specializing in associations and certification organizations. This strategic collaboration will focus on a brand refresh, a **modernized website**, and the development of a comprehensive social media strategy. Willow Marketing will also assist us in creating targeted email marketing campaigns to better engage with both current and prospective CHTs. Our primary goal with this partnership is to increase the number of new CHTs while maintaining a high recertification rate, ensuring the continued strength and growth of our community.

Outreach Initiatives

In our ongoing effort to connect with the broader hand therapy and rehabilitation community, HTCC exhibited at several key events in 2024 and 2025, including the APTA Combined Sections Meeting, the IFSSH-IFSHT Triennial Congress, the American Occupational Therapy Association Annual Conference and the ASHT Annual Meeting.

HTCC continues to host highly popular CHT Exam preparation panels at both the Philadelphia Hand Symposium and ASHT Annual Meetings. These panels feature newly certified hand therapists who share valuable insights and study strategies, providing a unique and helpful resource for future candidates.



International Federation of Societies for Hand Therapy

Providing global networking and educational opportunities to develop and enhance the practice of hand therapy.

STACEY DOYON, OTR, CHT • PRESIDENT 2025-2028

IFSHT is an all-volunteer association with no paid management. Every effort is made to keep the executive committee (EXCO) and committee chairs as internationally diverse as possible, representing as many countries as possible. Any therapist of a full member association can be on the EXCO or hold a chairperson position.

2025-2028 Executive Committee

President, Stacey Doyon (United States)

President-elect, Francesco Romagnoli (Italy)

Secretary-General, Marie Eason Klatt (Canada)

Treasurer, Elizabeth Ward (Australia)

Information Officer, Danial Harte (Ireland)

Past President, Peggy Boineau (United States)

The EXCO's initial focus has been on transitional activities and learning our new roles. The EXCO meets every six to eight weeks throughout the triennial period. We also have one in-person meeting during our term in office, in addition to our meeting at the IFSHT Triennial Congress.

2025-2028 Committee Chairs

Education Co-chair: Shovan Saha (India)

Education Co-chair: Carine Rambaud (Switzerland)

Bylaws: Susan Hannah (Canada)

Financial Review Committee: Missy Thurlow (USA)

Publications: Cynthia Srikesavan (United Kingdom)

The education and publications committees have begun to meet regularly and have strong committees this year. The

financial review committee meets two to three times per year, and the bylaws committee meets as needed. If you would like to volunteer for a committee, please visit our [website](#) to find job descriptions and to apply.

2024-2025

This past year has been a busy one for IFSHT as we prepared for the **13th IFSHT Triennial Congress** in collaboration with IFSSH. With ASHT as our host and so many volunteers locally and internationally, we had a very successful meeting that met our international travelers' expectations.

This past year involved grant applications, award decisions, coordination of the council meeting, working with the co-chairs on programming and the chairs of the silent auction. IFSHT is forever grateful to ASHT for all that they did to make this congress a success.

Future Congresses

- The 14th IFSHT Triennial Congress will be held in Singapore, Singapore, October 23-27, 2028. This event again is being held in conjunction with IFSSH.
- During the council meeting, the delegates also approved the 2031 meeting. It will be held in Rio de Janeiro, Brazil, in conjunction with IFSSH. The dates are to be determined.

Awards and Grants

2025 IFSHT Triennial Congress Awards

- Lifetime Achievement: This award recognizes any person, alive or posthumous, who has made an outstanding contribution to hand therapy internationally. The applications are vetted and scored by a diverse ad hoc committee.
 - » There were seven recipients representing the following countries: Australia (three), Canada, the Netherlands, the United Kingdom, and the United States. Please visit our [website](#) to see the recipients.
- Cristina Alegri Award for Innovation in Hand Therapy: This award was created in memory of Cristina Alegri, an occupational therapist from Buenos Aires, Argentina. Cristina is credited by many in South America for her innovations and contributions to the practice of hand therapy. A diverse ad hoc committee was established to review applications. We received six applications featuring a variety of innovative ideas.
 - » The winner of this year's 2025 Cristina Alegri innovation award went to Torunn Nessa (Norway) for "Relearning Sensibility in Hands." Her program can be found [here](#).

2025 IFSHT Triennial Congress Grants

- Evelyn Mackin Congress Grant: This grant provides all travel expenses, registration and a per diem for incidental expenses while attending the Congress. Funding is provided through private donations and the generosity of IFSSH and IFSHT member associations.
 - » We had a record number of applicants and provided funding for nine individuals. Unfortunately, two were not able to attend due to VISA issues and one due to war in their country. The six recipients were Nupur Binte Lil (Bangladesh), Quyen Pham (Vietnam), Cathy Pius (Papua New Guinea), Robert Sowa (Ghana), Hailu Seifu Tsegaye (Ethiopia) and Kinely Tshering (Bhutan). To see past recipients, please visit our [website](#).
- IFSHT-IFSSH Triennial Congress Grant: This grant provides partial funding for therapists to attend the meeting. This grant is for both speakers and

congress attendees. Funds raised through the Silent Auction at the prior Congress are used for the current Congress grant recipients. Other funding includes donations from private individuals, IFSHT member organizations and IFSSH.

- » We received 31 applications. Many could not accept the funding due to the limited amount we were providing. Ultimately, IFSHT provided partial funding to 12 speakers and three therapists.
- » The year's Silent Auction raised \$11,750. Thank you to Gretchen Bachman, Cindy Ivy, Gene Terry, and ASHT for making this year's auction so successful.

Membership

IFSHT has grown to 63 member countries representing 11,000 therapists worldwide.

- Membership categories include Full, Associate and Corresponding. Through ASHT's membership in IFSHT, ASHT's members are a part of IFSHT. Please visit our [website](#) and set up a user account to receive ongoing updates and information.
- New members this past year include Kuwait and Costa Rica.
- The IFSHT website can be used to locate a therapist in any of our member countries. Click [here](#) to explore a country abroad.
- Each member appoints a delegate to IFSHT to ensure communication with the member societies.
 - » IFSHT held an in-person Delegate Council meeting at the 2025 Triennial Congress in Washington, DC. Those who were unable to attend the meeting were able to join virtually. We reviewed IFSHT accomplishments over the past three years, voted on bylaws amendments and the next triennium budget.
 - » The Delegate Council also meets virtually one time during the triennial term. Updates are provided on IFSHT and are often used as a brainstorming session on how to improve IFSHT offerings.

Education

- Over the past year, the Education Committee has reviewed the website to make sure information is accurate and up to date.
 - » This includes apps
 - » Postgraduate programs (changed format to include language and degree/certificate provided)
 - » Educational offerings (both society and private offerings)
 - » Visit a clinic - allowing you to visit clinics around the world
 - » The website has been updated to include a section for videos. A criteria form for video selection is being completed.
- Approved three traveling grants
- Completed a splinting survey. The information received was tabulated and presented at the 2025 IFSHT Triennial Congress by Shovan Saha (Education co-chair).
- The committee is exploring new options to link therapists with educational opportunities

Publications and Social Media

- **R.E.A.C.H.** newsletter (Research, Education, Achievement, Clinicians in Hand and Upper limb therapy) is published three times a year. You can find past newsletters [here](#).
- **IFSSH EZINE** welcomes a hand therapy article, which the IFSHT publications committee organizes. Volunteer submissions are welcome. You can find the full newsletter [here](#). Click [here](#) to access the IFSHT submitted articles.
- Facebook posts are published once per month, increasing to every week, three to five months before the Triennial Congress.
- Volunteer submissions and ideas are welcome for all publications and social media. Please reach out to our information officer at informationofficer@ifsht.org.

Sponsorship

- Our corporate sponsorship program welcomes sponsors from commercial organizations that 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.
- IFSHT is grateful for the ongoing support of our gold sponsor, T-Tape, and our silver sponsor, 3-Point Products.
- If you would like to learn about sponsorship opportunities, please reach out to president@ifsht.org.

2028 Congress

- Two co-chairs have been appointed. Singapore has chosen Zhiqing Chen, and IFSHT has chosen Susan de Klerk (South Africa) from six applicants.
- The co-chairs are exploring potential members for the scientific review committee.

Website

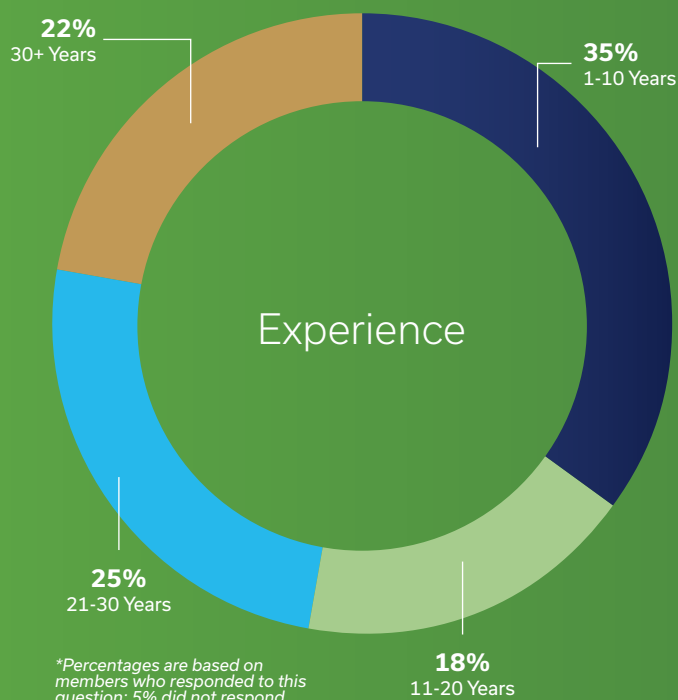
- Offering a variety of information from apps, articles, links to clinics to visit, post-graduate programs, educational opportunities, hand therapy resources, and more.
- Over the past year, we have attracted 10,998 active users and 37,012 new users.
- Users span 79 countries. The top five countries by usage include the United States, the United Kingdom, Australia, Canada and Argentina.
- Please explore our [website](#) and become a frequent visitor.

Over the next three years, IFSHT will continue to focus on expanding our educational links and offerings, organizational efficiencies, and donations/fundraising for our grants to further our mission and goals.

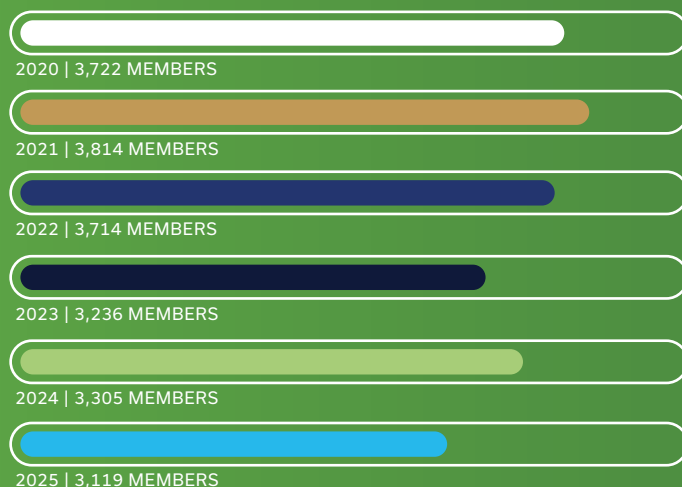
ASHT Membership By the Numbers

Years of Hand and Upper Extremity Therapy Experience

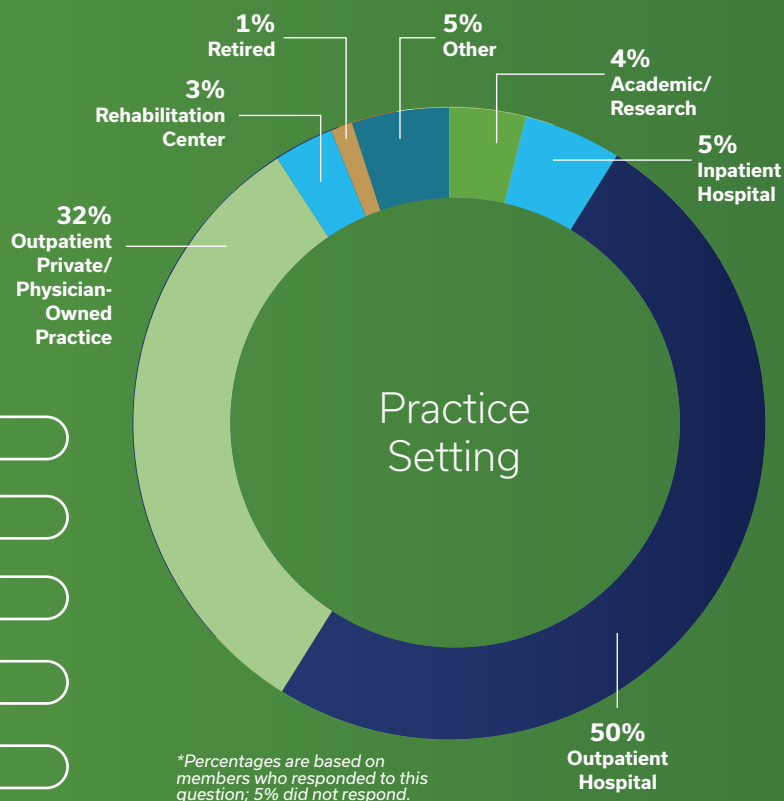
ASHT membership reflects a vibrant mix of therapists across the full spectrum of career stages. Just over one-third of members (35%) are in their first decade of practice, bringing fresh ideas and energy to the specialty. Fewer than 1 in 5 (18%) fall into the 11-20-year range, representing a smaller but important group of mid-career professionals. About one-quarter (25%) have been practicing for 21-30 years, contributing seasoned experience. And nearly one in four members (22%) have over 30 years of experience, offering a wealth of perspective and mentorship.



Total ASHT Membership



ASHT welcomed 357 new members in 2025, re-captured 267 lapsed members and reported a 74-percent member retention rate. The ASHT Board of Directors, leadership volunteers and staff remain focused on growing 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.





Incoming President's Message

DANIELLE SPARKS, DHS, MOT, OTR, CHT

Dear members,

Thank you for allowing me to serve in the role of president this year. I look forward to working with our board to elevate, grow, and support the truly special hand therapy community that comprises ASHT.

I want to extend my deep gratitude to Kim Masker for her outstanding leadership this past year. She has been a steady and strong leader whose focus on sustainability has driven our initiatives for this year at all levels. Sustainability is more than an environmental consciousness – it's a mentality focused on preservation and ensuring longevity. Kim's work integrating sustainability practices has benefited our members and our organization, with particularly unique efforts showcased at our Annual Meeting this year. These efforts provide an effective foundation for leading our organization forward.

Building on the sustainability foundation, I want to introduce this

year's theme: "Atomic Advocacy."

This concept aligns perfectly with sustainability principles by ensuring future generations have a solid, relevant profession in which to participate. Atomic advocacy means using small, targeted actions in everything we do to impact our profession as a whole. In Kim's incoming message last year, she states, "Our path must be guided by principles that are as sustainable as they are transformative and that provide us sustenance for the journey. It is a vital strategy for ensuring long-term efficacy and resilience of our practices and the overall healthcare landscape." This path is paved with advocacy.

I want to call each ASHT member to think small when it comes to advocacy. Your personal mindset, your self-recognition, the way you speak about patient care you provide to patients and colleagues, the words you use to document patient successes – all the small things that create your everyday routine is atomic advocacy. This foundational intrinsic shift has a ripple

effect throughout hand therapy. While large-scale advocacy matters greatly, when the big-picture approaches to advocacy seem daunting, every one of us can contribute to the larger community through atomic thinking. ASHT as an organization and its direct contributors make waves on the big scale, but every hand therapist can collectively contribute to the organization through small efforts, precision, and tenacity.

I am deeply honored to serve as ASHT president this year, with hopes of inspiring impact and fostering togetherness through advocacy. I look forward to seeing how we continue to grow, improve, and build our community. Please know I am here to support both you and hand therapy as a specialty. I welcome your thoughts on how I can best provide that support.

With gratitude and excitement for the year ahead,

Danielle Sparks
2025-2026 ASHT President

Sustainability is more than an environmental consciousness – it's a mentality focused on preservation and ensuring longevity.

Supporter Acknowledgement

ASHT gratefully acknowledges the individuals and organizations whose 2024-2025* contributions further the mission of our organization and the work of the hand and upper extremity therapy specialty. Without you, our work would not be possible.

**August 21, 2024 – August 22, 2025*

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ASHT Annual Meeting

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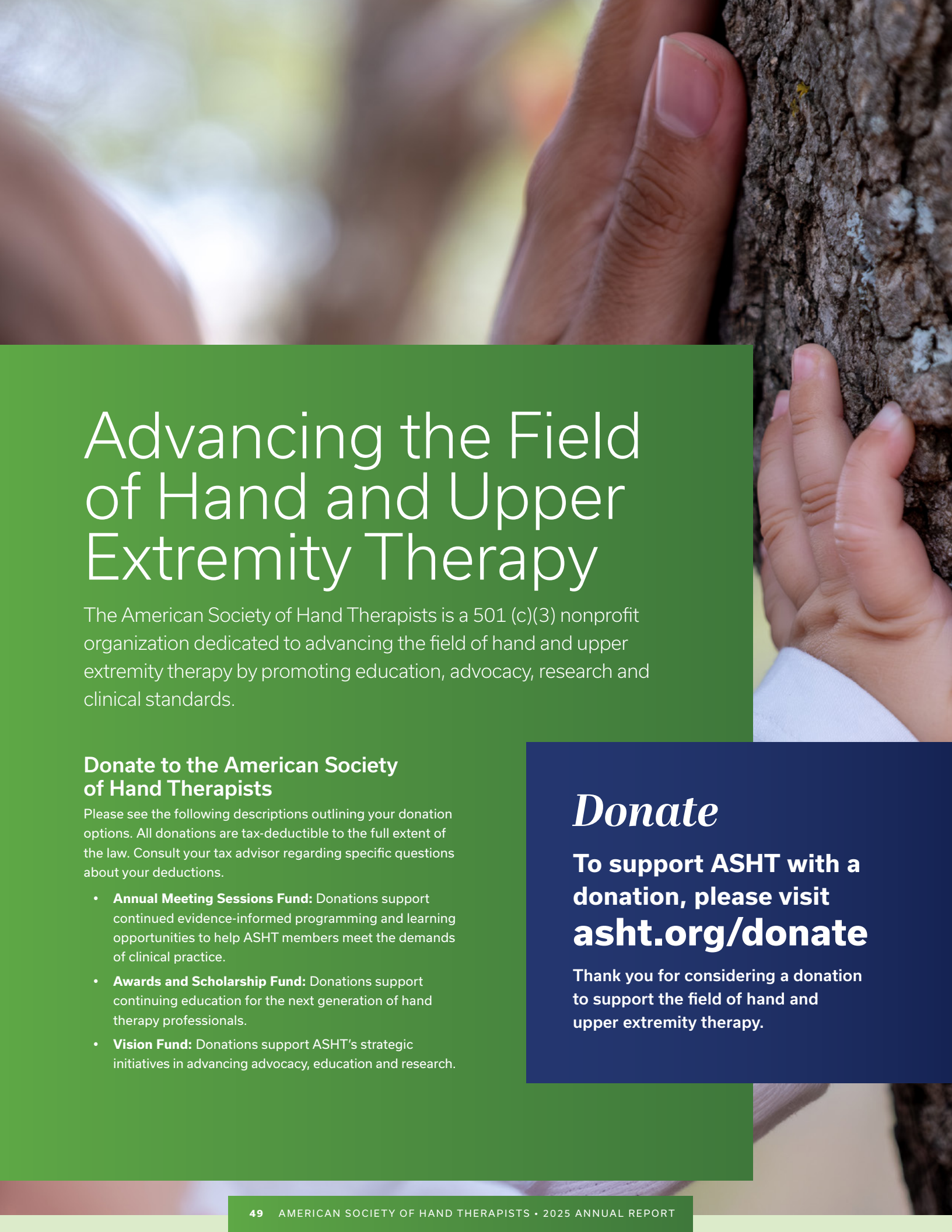
Össur + Naked Prosthetics

Hands in Motion Sponsor

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A close-up photograph of a hand with a white cast splint and a child's hand touching a tree trunk. The background is a soft-focus outdoor scene with green foliage.

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**

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

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