



Hand Therapy Review Course

March 27-29, 2026

Dallas, Texas

Faculty Profiles



Janis Henricksen, PT, DPT, ScD, COMT, CEEAA

Janis Henricksen is an Assistant Professor of Physical Therapy at Texas Woman's University (Dallas Campus), where she teaches in foundational and clinical physical therapy courses and serves as the Assistant Director of Clinical Education. With over two decades of clinical experience, Dr. Henricksen has served as a physical therapist across a wide range of settings, including acute care, inpatient rehabilitation, wound care, and outpatient rehabilitation. Dr. Henricksen earned her Doctor of Science in Physical Therapy from Texas Tech University Health Sciences Center, a transitional Doctor of Physical Therapy from Texas Tech University Health Sciences Center, and her Master of Science in Physical Therapy from Texas Woman's University. Her relevant academic work is rooted in musculoskeletal management, having published research on deep neck flexor activity and spinal manipulation. She is a Certified Exercise Expert for Aging Adults and holds a Certification in Orthopedic Manual Therapy from the International Academy of Orthopedic Medicine.



Jarrod Maddox, OTR, OTD, CHT

Jarrod Maddox is an occupational therapist and certified hand therapist with over 14 years of clinical expertise at Baylor Scott and White Health. Dr. Maddox serves as an adjunct professor for the doctoral programs at both Texas Tech University Health Sciences Center and Baylor University. He has presented on the biopsychosocial model of pain at the 2023 American Society of Hand Therapists (ASHT) Annual Conference. Dr. Maddox earned his post-professional Doctorate in Occupational Therapy in 2022 and remains committed to bridging the gap between complex clinical practice and evidence-based academia.

Emily Middleton, PT, DPT, OCS, SCS



Emily Middleton is an Assistant Professor in the Department of Physical Therapy at UTSW Medical Center in Dallas, TX. She is a board certified Orthopedic and Sports specialist and graduated from Orthopedic Residency at UTSW in 2013. She attended the Doctor of Physical Therapy program at UT Southwestern and graduated in 2011. Her current roles include Director of School of Health Professions Physical Therapy clinics and Director of the post-professional Sports and Orthopedic residency programs. She teaches extremity musculoskeletal patient management in the UTSW DPT curriculum. Her clinical interests are complex hip pathology, concussion and sports medicine. She serves as a member of the Candidacy Review Council through ABPTRFE for Residency and Fellowship accreditation.

Nathan Short, PhD, OTR/L, CHT, FAOTA



Nathan (Nate) Short is an occupational therapist and Certified Hand Therapist with 15 years of experience who currently teaches at Abilene Christian University and practices at West Texas Rehab. He is the author of *Functional Anatomy for Occupational Therapy* and its companion text, *OT Guide to Goniometry & MMT*. His clinical and research interests include scapular assessment, dry needling, and cross-cultural practice. Outside of teaching/practice, he enjoys traveling with his family, biking, and reading.



Emily Skoza Brackenridge, MS, OTR/L, CHT

Emily Skoza Brackenridge graduated from Washington University with a degree in occupational therapy and obtained her CHT in 2015. She has a strong passion for hand therapy and has worked in a variety of outpatient settings with a focus on upper extremity rehabilitation. Her expertise encompasses orthoses fabrication, post operative care, pain management and wellness. She has presented through AOTA, ASHT, TSHT and for regional special interest groups. Emily enjoys promoting her profession and volunteering. She has participated in medical aid trips and served on the education division, annual meeting committee and the board of ASHT.



Cara Smith, PT, DPT, CHT, MSHA

Cara Smith graduated from the University of Texas Southwestern Medical Center with a Master of Physical Therapy in 2007. She completed the Evelyn J. Mackin Hand Therapy Fellowship in 2010 and became a Certified Hand Therapist in 2013. In 2020, she earned her Doctor of Physical Therapy from Arcadia University. Cara is the Hand Therapy Program Coordinator at Cook Children's Medical Center in Fort Worth, Texas. The majority of her clinical practice has been in pediatric orthopedics, working alongside orthopedic surgeons in multidisciplinary clinics taking care of children with congenital and acquired conditions, as well as traumatic injuries.