



**Jessica Belkowski, MS, OTR/L, CHT, C/PAM**

Jessica Belkowski is an occupational therapist and hand therapist with nearly a decade of experience in upper extremity rehabilitation. She is passionate about empowering patients and therapists with the education necessary to understand the reasons and research behind therapy interventions. Jessica graduated with her Master of Science from Thomas Jefferson University in 2018 and is currently studying there for her clinical doctorate, where her work has a focus in hypermobility and Ehlers-Danlos Syndrome. She lives and practices in a small town north of Philadelphia, Pennsylvania, with her husband and five children, and loves to read and spend time outside.



**Sarah Doerrerr, PhD, OTR/L, CHT, CLT**

Sarah Doerrerr graduated with her Master's Degree in Occupational Therapy in 2001 from Misericordia University and her PhD in Occupational Therapy in 2019 from Nova Southeastern University. She is currently an assistant professor at George Washington University and worked in clinical practice for 22 years. Dr. Doerrerr serves on the research division of the American Society of Hand Therapists and is the incoming Research Division Chair. She also serves as the Education Chair for the Capital Hand Therapy Association. Dr. Doerrerr has had multiple publications in the Journal of Hand Therapy and has published two book chapters. She is a reviewer for the Journal of Hand Therapy, Archives of Physical Medicine and Rehabilitation, and OT Journal of Research.



**Rose McAndrew, OTD, OTR/L, CHT**

Rose McAndrew is an Assistant Professor and the Program Director of the Occupational Therapy Assistant Program at St. Louis Community College. She earned her CHT credential in 2009. Dr. McAndrew's hand therapy career spans over two decades and includes diverse practice settings including direct patient care, research, and teaching.



**Alyssa Phillips, CScd, MOT, OTR/L**

Alyssa Phillips graduated from Saint Francis University with a Masters in Occupational Therapy. She later completed a Doctorate in Clinical Science from the University of Pittsburgh, focusing on adolescent pain management. While her clinical experience includes hand therapy, pain management, and industrial rehabilitation, Alyssa is currently a Clinical Education Coordinator and Assistant Professor at Pacific University.



**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.



**Stephanie Strouse, OTD, OTR/L, CHT**

Stephanie Strouse is a Doctor of Occupational Therapy and Certified Hand Therapist with over 30 years of clinical experience in the outpatient setting. Stephanie Strouse is a seasoned expert in upper extremity rehabilitation and industrial ergonomics. Her career is defined by a deep commitment to functional recovery and injury prevention across diverse environments with a focus on the upper extremity. Beyond the clinic, Stephanie is a prominent leader in the hand therapy community. She has volunteered with the American Society of Hand Therapists for over a decade, currently serving on the Board of Directors and as co-host of the Hands in Motion podcast. A believer in holistic wellness, she is a certified Yoga and Zentangle instructor who enjoys hiking and the outdoors.



**Jim Wagner, OTD, OTR/L, CHT, COMT, CSCS**

Jim Wagner has over 30 years of clinical experience working in the upper extremity orthopedic setting. He received his Post Professional Clinical Doctorate from Rocky Mountain University of Health Professions with a specialty in hand therapy. Jim is currently the team leader of the Guthrie Hand Center and is an adjunct professor at an accredited occupational therapy program. Jim has been involved in competitive powerlifting and bodybuilding for 37 years and has been in 30 competitions. He has traveled extensively, teaching on topics such as kinesiology taping, instrument assisted soft tissue mobility, orthotic fabrication, manual therapy, and blood flow restriction training. Jim is a member of the American Society of Hand Therapists and National Strength and Conditioning Association. He has written several publications and co-authored a chapter in Occupational Therapy for Physical Dysfunction 8<sup>th</sup> edition. He also serves on the ASHT Education Division.