ASHT Hand Therapy Review Course
September 19-21, 2025 Curtis National Hand Center
Baltimore, MD

Friday, September 19th *Foundational Science of the Upper Extremity: An Anatomy and Kinesiology Review*

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

Time	Topic	Faculty
7:30 – 8:00 am	Registration	
8:00 – 8:15 am	Introductions	Rachel Pigott, MPH, OTR/L, CHT
8:15 – 9:45 am	Brachial Plexus and Innervation of the Upper Extremity	Jill Yanick, pp-OTD, OTR/L, CHT
9:45 – 10:45 am	Peripheral Nerve Injuries	Jill Yanick, pp-OTD, OTR/L, CHT
10:45 -11:05 am	Break	
11:05 – 12:30	Anatomy and Kinesiology of the Hand	Jill Yanick, pp-OTD, OTR/L, CHT
12:30 – 1:10 pm	Lunch	
1:10 – 2:40 pm	Anatomy and Kinesiology of the Forearm and Wrist	Jill Yanick, pp-OTD, OTR/L, CHT
2:40 - 3:10 pm	Principles of Soft Tissue Healing	Jennifer Nicholas OTD, OTR/L, CHT
3:10 – 3:25 pm	Break	
3:25 – 5:30 pm	Guided Cadaver Dissection and Review of Anatomy	Kenneth Means, MD Rebecca Saunders, PT, CHT Rachel Pigott, MPH, OTR/L, CHT

Saturday, September 20 and Sunday September 21 *Comprehensive Survey of Hand Therapy Review Course*

Session Description:
This course is designed to provide a comprehensive review of the evaluation and intervention processes pursued for typical diagnoses in upper extremity rehabilitation. Advanced clinicians will describe fundamental concepts, clinical reasoning, and evidence to provide a multi-faceted approach to the hand therapy process. Adjunctive methods for intervention will be analyzed to facilitate outcomes and expert panels will be offered throughout the

weekend to allow a high level of attendee-faculty interaction via case discussion. Each attendee will have a total of 30 minutes in the cadaver lab either Saturday or Sunday. Groups will spend time reviewing each of the two prosections and answering study questions with an instructor (one instructor per prosection).

Saturday, September 20

Time	Topic	Faculty
7:30 – 8:00 am	Registration	
8:00 – 9:30 am	Anatomy and Kinesiology of the Elbow and Shoulder	Romina Astifidis, PT, CHT
9:30 –10:30 am	Shoulder Diagnosis and Treatment	Romina Astifidis, PT, CHT
10:30-10:45 am	Break	
10:45 -11:45 am	Elbow Diagnosis and Treatment	Romina Astifidis, PT, CHT
11:45 – 1:15 pm	Lunch / Rotating Cadaver Lab*	Rebecca Saunders, PT, CHT Romina Astifidis, PT, CHT Rachel Pigott MPH, OTR/L, CHT Jill Yanick pp-OTD, OTR/L, CHT
1:15 – 2:15 pm	Wrist Biomechanics and Instabilities	Rachel Pigott MPH, OTR/L, CHT
2:15 – 2:45 pm	Ulnar Sided Wrist Pain and Salvage Procedures	Rachel Pigott MPH, OTR/L, CHT
2:45 – 3:00 pm	Break	
3:00 - 4:00 pm	Evaluation of the UE	Jyo Supnekar OTR/L, OTD, CHT, COMT, CLT
4:00 – 5:00 pm	The use of Physical Agent Modalities in Hand Therapy	Romina Astifidis, PT, CHT
5:00 – 5:30 pm	Questions and Answers	Rachel Pigott MPH, OTR/L, CHT

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

Sunday, September 21

Time	Topic	Faculty
7:30 – 8:00 am	Registration	
8:00 – 8:30 am	Dupuytren's, Infections and other Common Conditions Treated by the Hand Therapist	Linda Coll Hogg OTR/L, CHT
8:30 – 9:30 am	Flexor Tendon Rehabilitation	Rebecca Saunders, PT, CHT
9:30 -10:30 am	Extensor Tendon Rehabilitation	Rebecca Saunders, PT, CHT
10:30-10:45 am	Break	
10:45-11:45 am	Ligamentous Injuries of the Hand and Tendinopathies	Linda Coll Hogg OTR/L, CHT
11:45 – 1:15 pm	Lunch/Rotating Cadaver Lab	Rebecca Saunders, PT, CHT Romina Astifidis, PT, CHT Linda Coll Hogg OTR/L, CHT
1:15 – 2:15 pm	Wrist and Hand Fractures	Lauren Davis OTR/L, CHT

2:15 - 3:15 pm	Arthritis and Reconstructive Procedures	Lauren Davis OTR/L, CHT
3:15 – 3:30 pm	Break	
3:30 - 4:30 pm	Tendon/Nerve Transfers	Rebecca Saunders PT/CHT
4:30 - 5:30 pm	Management of Traumatic Hand Injuries	Linda Coll Hogg OTR/L, CHT

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

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

- Create a personal learning plan to address at least three areas of personal weakness in their own practice of hand therapy.
- Explain the three key factors of the relationship between bony anatomy and joint stability for a patient with a "terrible triad" injury to the elbow.
- Explain at least one diagnosis and its biomechanical contributors that could lead to swan neck deformity of a finger.
- Discuss the potential risk of SLAC, given two case scenarios of specific non-healing scaphoid fractures.
- Explain the relationship of capsuloligamentous integrity of the glenohumeral joint to shoulder stability.
- Design a treatment plan for a patient with a mutilating trauma of the hand.
- Compare the effects of three modes of heat transmission on upper extremity tissue extensibility.
- Identify the effects of continuous ultrasound on tendon adherence in a patient with a flexor tendon repair.
- Design a desensitization program for a patient with hypersensitivity after digit tip amputation.
- Revise a protocol for a patient with a metacarpal fracture with a complication of a concurrent extensor tendon adhesion.
- Design an appropriate post-operative plan of care for a patient post thumb CMC arthroplasty.
- Interpret the results of three special tests for subacromial impingement.

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

Attendees will be made aware of any affiliation or relevant financial interest that may affect the development, management, presentation or evaluation of the CE activity and will be printed in the final program and projected in slide format before each presentation. Individuals who refuse to disclose relevant financial relationships will be

disqualified from being a contributor, and cannot have control of, or responsibility for, the development, management, presentation or evaluation of the CE activity.

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

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