



**Hand Therapy Review Course
September 25-27, 2026
Baltimore, Maryland**



Romina Astifidis, MPT, CHT

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



Louisa Creamer, MSOT/L, CHT, RYT 200

Louisa Creamer is an occupational therapist and Certified Hand Therapist. She has been a member of the team at MedStar Curtis National Hand Center at Union Memorial for more than 20 years. She enjoys the center's collaborative culture, close partnerships with surgeons, and the opportunity to work with a diverse range of patients. Her clinical interests include anatomy, trauma, orthosis fabrication. She is committed to continuous learning and the advancement of her skills across all aspects of hand therapy.



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

Lauren Davis attending Towson University where she received bachelor's and master's degrees in occupational therapy in 2005. In 2007, she completed an upper extremity upper quadrant certificate from Drexel University. Lauren became a Certified Hand Therapist in 2010. Lauren has authored chapters in *Hand and Upper Extremity Rehabilitation: A Practical Guide*, 4th edition and is currently the clinical coordinator at MedStar Health at The Curtis National Hand Center. She specializes in overuse injuries and tendinopathies, post-fracture management, shoulder rehabilitation, custom orthosis fabrication, and tendon and nerve injuries and repairs.



Princess Filippi, OTD, OTR/L, CHT

Princess Filippi is an occupational therapist and Certified Hand Therapist with 30 years of clinical experience. She provides outpatient specialty care at Johns Hopkins, contributing to the hand allotransplantation program, the amputee and prosthetic program, and serving on the faculty of the Johns Hopkins Hand Fellowship. She is also a part-time instructor in the Department of Physical Medicine and Rehabilitation. Princess earned a bachelor of science in occupational therapy from the University of the Philippines, a graduate certificate in Upper Extremity Rehabilitation from Texas Woman's University, and a post-professional doctorate in occupational therapy from Chatham University. A recognized clinical specialist and educator, she has presented her work at state, national, and international conferences.



Linda Hogg, OT, CHT

Linda Hogg is an occupational therapist and Certified Hand Therapist with more than 38 years of clinical experience in burn rehabilitation and hand therapy. She served as Coordinator of Burn Rehabilitation at the Johns Hopkins Burn Center for 30 years, where she led innovative rehabilitation programs, multidisciplinary initiatives, research and clinical education. Linda is currently the Clinical Coordinator at the MedStar Curtis National Hand Center and MedStar Work Rehabilitation Services, where she developed the Hand Mentorship Program and is dedicated to mentoring the next generation of therapists. She is a co-author of *Hand and Upper Extremity Rehabilitation: A Practical Guide* (4th Edition) and has presented nationally and internationally, including leading a multidisciplinary team to Taiwan to provide education following the Formosa Fun Coast mass burn disaster.



Kenneth R. Means, Jr., MD

Dr. Kenneth Means, Jr. is the Vice Chief and Clinical Research Consultant at the Curtis National Center at MedStar Union Memorial Hospital. Dr. Means is a fellowship trained, board-certified orthopaedic surgeon, and holds the Certificate of Added Qualification for Surgery of the Hand from the American Board of Orthopaedic Surgery. He is the hand/upper extremity consultant for multiple sports teams, including the Baltimore Ravens, Baltimore Orioles, Towson University, Morgan State University, Stevenson University, and many other local and regional schools.



Rachel Pigott, MPH, OTR/L, CHT

Rachel Pigott works as an occupational therapist and serves as the Director of the Hand Therapy Fellowship at Johns Hopkins. In 1999, she received her bachelor's in occupational therapy from Towson State University and in 2016 she completed her Master's in Public Health at The University of Massachusetts Amherst. Rachel is both a certified hand therapist and certified lymphedema therapist. She has served on a volunteer basis with the American Society of Hand Therapists since 2009 and currently serves on the ASHT DEI Committee, ASHT Independent Finance Committee, and as the ASHT Annual Meeting Chair. Rachel is also a past president of ASHT. Rachel's preferred pronouns are she/her/hers. She has presented on various topics in hand and upper extremity rehabilitation including arthritis, wrist instability, fractures, trauma, patient centered care, orthotics, anatomy of the wrist, gender affirming care for the upper body, and lymphedema management and prevention related to breast cancer related lymphedema.



Rebecca J. Saunders, PT, CHT

Rebecca Saunders is the clinical specialist for research and staff development at The Curtis National Hand Center at Medstar Union Memorial Hospital in Baltimore, Maryland. She has 39 years of experience treating hand and upper extremity injuries at a Level I trauma center. Rebecca has presented research and lectured on various topics locally, nationally, and internationally for hand therapy and hand surgery meetings. She is a contributing author and editor of the fourth edition of Hand and Upper Extremity Rehabilitation: A Practical Guide. Her special interests include complex hand injuries, tendon injuries, tendon transfers, the extensor mechanism, nerve injuries, and clinical outcomes research. She currently serves on the ASHT International Committee and is an Affiliate Director on the board of AAHS.



Jyo Supnekar, OTD, OTR/L, CHT, COMT-UE, CLT

Jyo Supnekar is a Clinical Specialist at Johns Hopkins. She graduated in 1986 from the University of Mumbai, India, with a Master's degree in occupational therapy. She has practiced in the United States since 1989 and has worked at a Certified Hand Therapist since 1998. She has a Post-Professional Doctorate in Occupational Therapy and a Certification in Orthopedic Manual Therapy. She holds an NDT certification for adult hemiplegia, a lymphedema certification, and a certificate in advanced study of hand and upper quarter rehabilitation from Drexel University. From 2017-2023, Jyo established and directed the hand therapy fellowship at Johns Hopkins. She has been an educator for fieldwork students and hand therapy fellows for numerous years. She has presented nationally and internationally. She serves as a board member for the AOTA Fellowship Programs Review Committee and is an instructor for the Johns Hopkins School of Medicine.



Jill Yanick, pp-OTD, OTR/L, CHT

Jill Yanick is an Assistant Professor in the Division of Occupational Therapy at Shenandoah University and maintains clinical hours at ProFlex Physical Therapy in Waldorf, Maryland. Her service within the American Society of Hand Therapists (ASHT) includes serving as the outgoing mentoring committee lead for the Outreach Division. Additionally, Jill has been a faculty member for the Hand Therapy Review Course in Baltimore and Chicago, and a lecturer for the ASHT Upper Extremity Institute. Jill's contributions to professional education include content for the ASHT Times and the Hands in Motion podcast. She has also presented on clinical topics, including blood flow restriction training, pain science, and wrist evaluation. In her free time, Jill enjoys watching her daughters play softball, reading, and traveling anywhere with a beach.