

2019

**ANNUAL
REPORT**

The image features four hands, two at the top and two at the bottom, positioned to form a house-like shape. A thick, bright green line is drawn over the hands, tracing the outline of the house. The top two hands form the roof, and the bottom two hands form the base. The background is a light, neutral color.

Collaborating

**FOR BETTER
OUTCOMES**

ASHT

AMERICAN SOCIETY OF HAND THERAPISTS™





ASHT

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About ASHT

Founded in 1977, ASHT is an organization of hand therapy professionals dedicated to advancing the field of hand and upper extremity rehabilitation by promoting education, advocacy, research and clinical standards. ASHT members include occupational and physical therapists, advanced practice practitioners, surgeons, researchers and administrators.

Membership

ASHT is a growing society that welcomed 407 new members in 2019, re-captured 168 lapsed members and reported an 83% member retention rate overall.

The ASHT board of directors, leadership volunteers 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

Linda Klein, OTR, CHT

It has been my honor to serve as ASHT president for the past year, working alongside amazing volunteers and staff that have made this year successful in so many ways. ASHT has worked diligently to support the hand and upper extremity therapy community, identifying and developing new and useful benefits for members, and for this I offer all volunteers and staff a huge thank you!

ASHT recognizes the need to embrace and support members at all levels of their careers, from students and young therapists to those with decades of experience. Last year, ASHT began to offer a discounted membership rate for the first year of student membership and 115 students made the decision to join the organization! Our goal is for students to recognize the value ASHT offers and continue to support ASHT with their ongoing membership, as they are the future of the hand therapy specialty.

This past year, ASHT launched the Upper Extremity Institute, an online, free to ASHT members, study group for novice therapists, as well as change of career therapists. The course has attracted a huge following, with 984 registrants!

To meet the continuing education needs across levels of experience, you will find varying educational opportunities including webinars, live and online courses, Journal Club chats, as well as the annual meeting.

In support of members interested in professional growth, ASHT recently implemented an e-Community for emerging leaders, which has seen positive, energetic activity. The ASHT Board of Directors will also host a luncheon at the annual meeting to review volunteer opportunities within ASHT and discuss effective communication strategies utilized by effective leaders.

The Education Division continues to expand the number of course offerings and is working to update the *Test Prep for the CHT Exam*. Significantly more members are participating in the Research Division's Journal Club chats to enhance their understanding of relevant research articles. As the Research Division works to expand *Clinical Assessment Recommendations, 3rd ed.* stay tuned for additional chapters as they are added.

The Practice Division continued to keep members informed of current issues and legislation impacting access to and the delivery of rehabilitation services. ASHT will host a Virtual Capitol Hill Day in conjunction with this year's annual meeting in Washington, D.C. This will enable all members, whether at home or in attendance at the conference to participate. I encourage you to visit the ASHT Legislative Action Center, an important member benefit, to raise your voice.

As we encourage members to find time to get involved with ASHT, the process of volunteering has been automated with the launch of the Online Volunteer Portal. Members can now view available volunteer positions and apply directly from the ASHT website. For those who would like to volunteer but don't think they have adequate time, there are short, bite-size microvolunteering opportunities available.

This year also saw the IFSSH/IFSHT Triennial Congress take place in Berlin, Germany. As ASHT strives to have a global impact on the development of hand therapy, I was excited to meet therapists from around the world as I served as the ASHT Delegate to IFSSH/IFSHT. Congratulations to Evelyn Mackin and Judy Colditz, who among others were honored with the IFSHT Lifetime Achievement Awards for their contributions to hand therapy internationally, and to Judy Bell-Krotosky, who posthumously received the Cristina Alegri Award for Innovation in Hand Therapy. Plans are underway for the 2025 Triennial Congress, as ASHT and ASSH placed a successful bid to host the Congress during that year in Washington, D.C.

ASHT continues to have an ongoing global outreach through the Companion Clinic Program and International Visitors Program, thanks to the efforts of the international committee. Positive feedback regarding the impact the International Visitors Program has made in developing countries makes it even more exciting to announce that there are plans underway to make the program a sustainable annual event.

Thank you to each and every member, volunteer and staff for your support of this amazing organization, whose growth will serve to secure the future of hand therapy and allow us to continue to have an impact in our clients' lives by obtaining the best outcomes.



Year in Review

Calendar cycle 2018-2019 was characterized by significant activities within each of the three pillars of ASHT's mission: Education, Research and Practice.

Education

ASHT's Education Division continued to build on its commitment to growing the hand therapy specialty for members and non-members alike. The society's educational portfolio has expanded through live meetings, online education and publications. ASHT's activities included:

HAND THERAPY REVIEW COURSE

- Organized and hosted four courses **(288 attendees)**. Our second year in Atlanta included the addition of the popular cadaver lab component.

HANDS ON ORTHOTICS

- Organized and hosted a record 13 workshops **(195 attendees)**. This course continues to grow in popularity and is ASHT's most requested face-to-face course. ASHT will again host a Hands On Orthotics pre-conference course at the annual meeting, with this year's focus on simplifying static progressive orthoses.

TRAVELING COURSE

- Organized and hosted five courses **(76 attendees)**. Education on Tour, which debuted in the fall of 2018 continues to grow in popularity, with an expanded list of requests for 2020. Before year end, ASHT will announce a third addition to the roster of traveling course topics.

UPPER EXTREMITY INSTITUTE

- Organized and hosted nine live online sessions **(984 attendees)**. This course is an online study tool designed for novice therapists as well as change of career therapists. The program is free to ASHT members and runs monthly September through May.

WEBINARS

- Organized and hosted 12 live webinars **(1,141 participants)**. ASHT collaborated with the Research and Practice Divisions and our physician-partner organizations (AAHS, AAOS and ASSH) and industry suppliers to deliver a variety of topics.

TEST PREP FOR THE CHT EXAM, 3RD ED.

- This publication continues to be a best-seller in the ASHT online store and a valuable resource for referencing relevant anatomy, surgical procedures, treatment guidelines, progression and orthotic regimens for the various diagnoses that therapists treat on a daily basis. Stay tuned for chapter updates.

PATIENT EDUCATION RESOURCES

- Completed and published three new Patient Education Resources. This series of resources is intended for therapists to use as a convenient tool for patient care. The flyers provide information on common diagnoses, answer frequently asked questions and educate patients on the role a hand therapist plays in their treatment. Newly released topics include:
 - » Raynaud's disease
 - » Complex Regional Pain Syndrome
 - » Tendon Transfers
 - » Arthritis (in Spanish) coming soon
 - » Distal Radius Fracture (in Spanish) coming soon
 - » Trigger Finger (in Spanish) coming soon

VIDEO SERIES

- Launched a [video series](#) to offer even more at-home continuing education opportunities. The first in the series – “CMC Arthroplasty: Post-op Expectations, Evaluation, Treatment and Outcomes” is a series of three 10-minute videos that takes you through the initial evaluation process, continues with the fabrication of a volar forearm-based

CMC thumb spica orthosis which will be utilized for the time period designated by the surgeon and demonstrates the reassessment process and the advancement of the post-operative rehabilitation program.

MENTORING PROGRAM

- Encouraged and promoted networking and professional development through ASHT's Mentoring Program. Created online resources, including a mentoring handbook, self-assessment tools, videos and a contract template. Facilitated discussions and introductions via the mentoring e-Community page to help mentors and mentees find one another.

RAPID FIRE LEARNING

- Provided content for the Test Your Knowledge column in the *ASHT Times*

ONLINE DISCUSSIONS

- Generated and facilitated discussion on the ASHT e-Community specific to the hand therapy certification exam and provided a place for course attendees to ask questions, share experiences and post testimonials or suggestions and for attendees to ask presenters questions after each educational activity.

STUDENTS

- Developing new offerings for ASHT student members, including a competency assessment exam and a hand therapy club guidebook.





YEAR IN REVIEW

Practice

ASHT remains dedicated to developing resources and support material for day-to-day practice issues. The Practice Division comprises three committees working to keep members informed about legislation, regulation and industry trends affecting the delivery and reimbursement of hand therapy services. To further the goals of advocating for the hand therapy specialty, ASHT has hired and regularly collaborates with a legislative consultant. Practice Division volunteers researched and responded to email and phone inquiries, and fielded e-Community questions about regulatory, reimbursement and general practice issues. The society's Practice Division activities included:

ADVOCACY COMMITTEE

- Developed and published an Advocacy Toolbox on the ASHT website
- Reviewed legislation introduced into both the U.S. House of Representatives and Senate for potential impact on the delivery of hand therapy services
- Identified and developed content for the [ASHT Legislative Action Center](#)
- Tracked developments in the evolving debate over pain management, telehealth and research legislation
- Represented ASHT by presenting at AOTA's Specialty Conference on Adult Rehabilitation
- Represented ASHT at the APTA Federal Forum and AOTA Capitol Hill Day
- Contributed to regional and geographical distribution to develop the ASHT State Representative Initiative
- Created new micro-volunteering opportunities for members to contribute as state liaisons

FEDERAL AND STATE REGULATIONS COMMITTEE

- Followed proposed payment updates and regulatory changes issued by the Centers for Medicare and Medicaid Services (CMS)
- Researched and responded to email and phone inquiries
- Researched and advocated for ASHT on issues concerning:
 - » Orthotics and Prosthetics
 - » Medicare Therapy Cap Repeal
 - » Pain Management Best Practices Inter-Agency Task Force Act
 - » Medicare Physician Fee Schedule
 - » Funding to support rehabilitation research
- Represented ASHT at the AOTA Annual Meeting and APTA Combined Sections Meeting

PRACTICE MANAGEMENT COMMITTEE

- Reviewed and updated the CMS orthotics code list and coding information on the ASHT website (L Code Dictionary)
- Developed and distributed a survey to gather information on practice and productivity patterns and reimbursement issues
- Updated and reorganized the online practice toolbox resources, including:
 - » FAQ checklist for opening a new hand therapy practice
 - » FAQ on the use of technology for running a practice
 - » Marketing and communications toolbox

Research

Research is critical to ensure the viability and advancement of hand and upper extremity therapy. ASHT is committed to supporting a generation of evidence-informed research to promote hand therapy clinical practice. The society disseminated and promoted research on hand and upper extremity conditions to members through the following activities:

- Organized and hosted monthly Journal Club chats, the official online forum for the *Journal of Hand Therapy* **(635 participants)**
- Awarded four research awards for the 2018 Annual Meeting:
 - » Best Scientific Paper, Corey McGee, PhD, OTR/L, CHT, “Age and gender stratified adult myometric reference values of intrinsic hand strength”
 - » Best Scientific Poster, Corey McGee, PhD, OTR/L, CHT, “Predicting responsiveness to a dynamic stability program for thumb CMC pain: Phase I”
 - » First-Time Researcher Award, Jamie McGaha, OTD, OTR/L, CHT, “Outcome analysis for non-operative management of thumb carpometacarpal osteoarthritis: A pilot study”
 - » *Journal of Hand Therapy* First-Time Writer’s Award, Burcu Dilek, PhD, PT, “Effectiveness of the graded motor imagery to improve hand function in patients with distal radius fracture: A randomized controlled trial”
- Awarded the ASHT Founders Grant for Research in Hand Therapy:
 - » Nicholas Heebner, PhD, ATC, Tim Uhl, PT, PhD, Jenny Dorich, OTR/L, MBA, CHT and Nicole Cascia, PhD, ATC, for their project titled “Biomechanical validation of push-up and pull-up progression program”
- Facilitated, vetted and distributed five research surveys to ASHT membership
- Published Research Updates series to increase awareness of emerging issues in the field of hand and upper extremity rehabilitation. Distributed monthly summaries of an original published research paper.
- Developing four new online chapters for the *Clinical Assessment Recommendations, 3rd edition*



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 forum, research reports and departments which include book reviews and literature abstracts.

Content Overview

SUBMITTED ARTICLES

Calendar Year: Jan '18 – Dec '18
224 (4% over prior year)

Last 12 months: Jul '18 – June '19
117 (50% under prior year)

ACCEPTED ARTICLES

Calendar Year: Jan '18 – Dec '18
66 (43% under prior year)

Last 12 months: Jul '18 – June '19
30 (68% under prior year)

REJECTION RATE

Calendar Year: Jan '18 – Dec '18
Desk – 41% (11% over prior year)
Standard – 29% (8% over prior year)
Total – 70% (19% over prior year)

Last 12 months: Jul '18 – June '19
Desk – 51% (11% over prior year)
Standard – 22% (7% under prior year)
Total – 73% (4% over prior year)

PUBLISHED ARTICLES

Calendar Year: Jan '18 – Dec '18
64 (8% over prior year)

Last 12 months: Jul '18 – June '19
31 (53% under prior year)

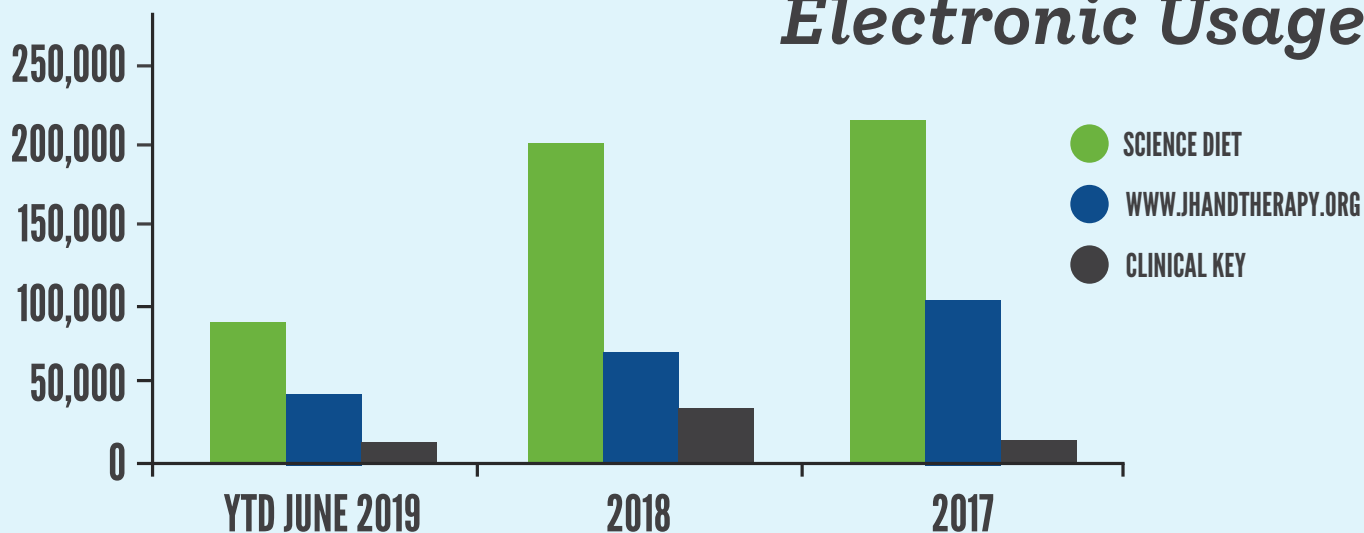
Reach and Usage

Impact Factor: 1.532 (up from 1.04 in 2017)

Top 10 most cited articles, 2018 (Published All Time)

1. Validation of the Patient-rated Tennis Elbow Evaluation Questionnaire – Rompe J.D., Overend T.J., MacDermid J.C.
2. Upper extremity function in stroke subjects: Relationships between the international classification of functioning, disability, and health domains – Faria-Fortini I., Michaelsen S.M., Cassiano J.G., Teixeira-Salmela L.F.
3. Assessment of upper extremity impairment, function, and activity after stroke: Foundations for clinical decision making – Lang C.E., Bland M.D., Bailey R.R., Schaefer S.Y., Birkenmeier R.L.
4. Applying principles of motor learning and control to upper extremity rehabilitation – Muratori L.M., Lamberg E.M., Quinn L., Duff S.V.
5. Epidemiology of distal radius fractures and factors predicting risk and prognosis – MacIntyre N.J., Dewan N.
6. Measuring dexterity in children using the Nine-hole Peg Test – Poole J.L., Burtner P.A., Torres T.A., McMullen C.K., Markham A., Marcum M.L., Anderson J.B., Qualls C.
7. A Narrative Review of Dexterity Assessments – Yancosek K.E., Howell D.
8. Threshold Detection and Semmes-Weinstein Monofilaments – Bell-Krotoski J.A., Fess E.E., Figarola J.H., Hiltz D.
9. Responsiveness of the Disability of the Arm, Shoulder, and Hand (DASH) and Patient-Rated Wrist/Hand Evaluation (PRWHE) in Evaluating Change after Hand Therapy – MacDermid J.C., Tottenham V.
10. Fifty years of somatosensory research: From the Semmes-Weinstein Monofilaments to the Weinstein Enhanced Sensory Test – Weinstein S.

Electronic Usage



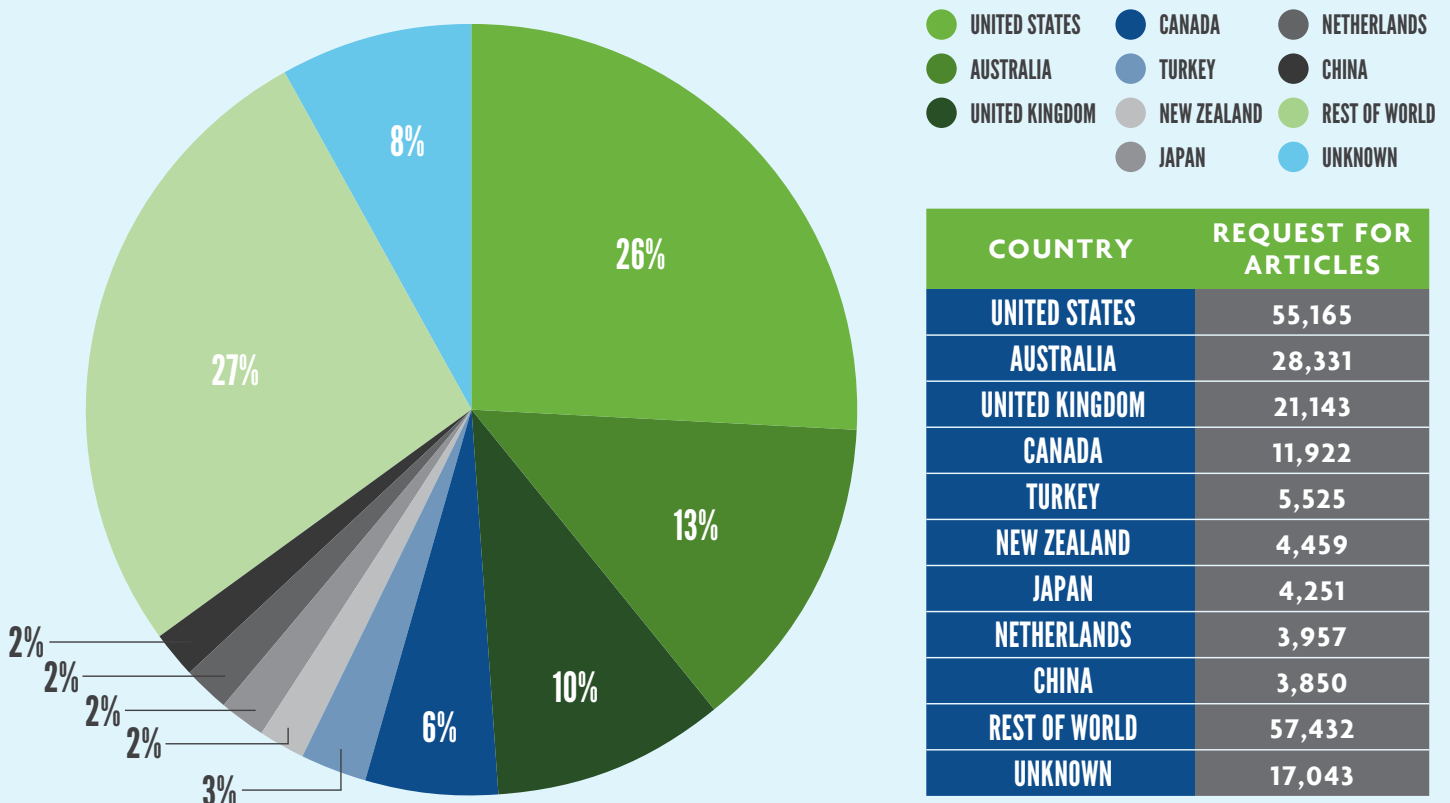
ARTICLE DOWNLOADS

PLATFORM	YTD 2019	2018	2017
SCIENCEDIRECT	77,401	213,078	201,624
WWW.JHANDTHERAPY.ORG	48,121	102,006	66,366
CLINICAL KEY	17,498	30,292	21,416

Top 10 most downloaded articles from ScienceDirect, 2019 YTD (Published All Time)

1. Effectiveness of edema management techniques for subacute hand edema: A systematic review – Miller L.K., Jerosch-Herold C., Shepstone L.
2. Comparison of effects of eccentric training, eccentric-concentric training, and eccentric-concentric training combined with isometric contraction in the treatment of lateral elbow tendinopathy – Stasinopoulos D., Stasinopoulos I.
3. Osteoarthritis and rheumatoid arthritis: Conservative therapeutic management – Beasley J.
4. Hand therapy interventions, outcomes, and diagnoses evaluated over the last 10 years: A mapping review linking research to practice – Takata S.C., Wade E.T., Roll S.C.
5. The effects of KinesioTape on the treatment of lateral epicondylitis – Shakeri H., Soleimanifar M., Arab A.M., Hamneshin Behbahani S.
6. Multidirectional instability of the glenohumeral joint: Etiology, classification, assessment, and management – Warby S.A., Watson L., Ford J.J., Hahne A.J., Pizzari T.
7. Flexor tendon rehabilitation in the 21st century: A systematic review – Neiduski R.L., Powell R.K.
8. Integration of occupation based intervention in hand injury rehabilitation: A Randomized Controlled Trial – Che Daud A.Z., Yau M.K., Barnett F., Judd J., Jones R.E., Muhammad Nawawi R.F.
9. The interaction between pain and movement – Merkle S.L., Sluka K.A., Frey-Law L.A.
10. Epidemiology of distal radius fractures and factors predicting risk and prognosis – MacIntyre N.J., Dewan N.

Top 10 Countries Downloading JHT Articles, 2018 (ScienceDirect)



COUNTRY	REQUEST FOR ARTICLES
UNITED STATES	55,165
AUSTRALIA	28,331
UNITED KINGDOM	21,143
CANADA	11,922
TURKEY	5,525
NEW ZEALAND	4,459
JAPAN	4,251
NETHERLANDS	3,957
CHINA	3,850
REST OF WORLD	57,432
UNKNOWN	17,043

Membership Engagement

As the leading voice for the hand therapy community, ASHT strives to provide education, innovation and practice guidance for its members. These goals can only be reached through active involvement by members. Here are some of the ways ASHT is working to increase membership participation in the society.

ONLINE VOLUNTEER PORTAL

In response to concerns voiced by members about limited volunteer options, the ASHT board of directors tasked committees and Divisions with creating more opportunities for member participation. Additionally, ASHT launched a new online volunteer portal. This platform allows members to register their interest, expertise, and availability and allows ASHT leadership to match members with the skill sets needed for moving initiatives forward. Both long and short-term commitment options are available including micro-volunteering projects.

TIP OF THE WEEK

This new program was developed from member feedback requesting quick practice ideas to simplify daily patient care. The initial biweekly post “Tip of the Week” was featured July 17, 2018 on ASHT’s Facebook page. Since then, members and non-members have shared innovative treatment ideas and solutions, including photos and videos showcasing tremendous creativity. These tips have been shared by followers on other social media platforms, extending ASHT’s reach.

e-COMMUNITY

The ASHT e-Community is the place for members to collaborate with fellow ASHT members, identify resources, share ideas, ask questions about challenging cases and discuss general topics of interest.

REGIONAL HAND THERAPY INTEREST GROUPS

The ASHT community outreach program is designed to promote new relationships and to build upon existing relationships with all local and regional hand therapy groups. ASHT’s vision is to provide quarterly updates that are pertinent to the existence and growth of hand therapy within these smaller groups, through sharing of information. ASHT also welcomes the opportunity to purchase a vendor table when smaller regional groups hold meetings where vendors are invited to participate.

Ultimately, ASHT would like to develop channels for sharing resources and information throughout the entire country. Reciprocally, ASHT posts announcements of upcoming meetings and educational offerings from all interested groups in the *ASHT Times*. The section in the *ASHT Times*, called “What’s Happening?,” will continue to be a platform for communication with these groups. All interested local and regional hand therapy groups are welcome and invited to participate.





Leadership Development

Development of future leaders within ASHT is a key organizational goal for increasing the presence and sustainability of hand therapy in healthcare.

This year, ASHT implemented a variety of initiatives, providing members with resources and opportunities to achieve their professional goals:

- e-Community Discussion Group: The Emerging Leaders e-Community was created for ASHT members to learn more about leadership within ASHT at all levels, share volunteer opportunities and facilitate conversation among members in order to further their careers as leaders in the hand therapy community.
- Online Volunteer Portal: Purposeful promotion of the new online volunteer platform, engaging members to apply and pursue volunteer and leadership positions within ASHT
- Leadership Luncheon: Inaugural opportunity at the 2019 ASHT Annual Meeting for members to network, learn how to navigate and engage in volunteer opportunities within ASHT and identify effective communication strategies utilized by effective leaders.
- LEAD Forum: The ASHT LEAD (Leadership Education and Discovery) Forum provides members an interactive opportunity to discuss leadership development, education and resources, and gain additional confidence and strategies for success in their own professional and personal settings. LEAD Forum activities include the ASHT Virtual Book Club and TED Talk discussions.
- Board Intern: Continued implementation of the board intern position. This opportunity introduces members to the process of board governance, nonprofit budget development and ASHT activities. The position also helps the intern develop leadership skills that could evolve to future participation as a committee chair, division director or board member.

Financial Summary

FY 2018 Audit Results: Statement of Financial Position

As of December 31, 2018, ASHT had total assets of \$1,916,004 and total liabilities of \$609,580 for total net assets of \$1,306,424. Net assets increased from December 31, 2017 by \$25,474. The detail is outlined below.

ASSETS		2018	2017
CASH	\$	545,565	\$ 580,961
ACCOUNTS RECEIVABLE		47,659	22,385
PREPAID EXPENSES/OTHER ASSETS		85,291	75,707
INVESTMENTS		1,171,845	990,381
WEBSITE DEVELOPMENT/AMORITIZATION		65,644	92,807
TOTAL ASSETS		1,916,004	1,762,241

LIABILITIES		2018	2017
ACCOUNTS PAYABLE/ACCRUED EXPENSES	\$	36,554	\$ 39,093
DEFERRED REVENUE		573,026	442,198
TOTAL LIABILITIES		609,580	481,291

NET ASSETS		2018	2017
WITHOUT DONOR RESTRICTIONS	\$	1,253,264	\$ 1,228,486
WITH DONOR RESTRICTIONS		53,160	52,464
TOTAL NET ASSETS		1,306,424	1,280,950
TOTAL LIABILITIES AND NET ASSETS		1,916,004	1,762,241



Volunteer Recognition

Volunteers are essential to all nonprofit organizations, and the individuals named here have chosen to dedicate their time to ASHT.

Volunteer service contributes to the core products, programs and services offered to ASHT membership. Their passion for hand 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 may or may not know their contributions have made a difference to their fellow members, to a professional colleague in the allied health community or to a patient with an upper extremity condition, but they have served willingly and passionately.

Annual Meeting Committee

Tambra Marik, OTD, OTR/L, CHT – *Chair*
Kimberly McVeigh, CHT, OT, MBA – *Vice Chair*
Linda J. Klein, OTR, CHT – *Board Liaison*
Nora Barrett, MS, OTR/L, CHT
Diane Coker, PT, DPT, CHT
Cindy Clare Ivy, M.ED, OTD, CHT
Kimberly G. Kraft, PT, DPT, CHT
Alexandria M. MacKenzie, OTR/L, CHT
Kimberly A. Masker, OTD, OTR/L, CHT
Rebecca Saunders, PT, CHT
Pamela Tutten, OTD, CHT

ASHT Times

Bryan Carlson, MS, OTR/L, CHT – *Editor*
Kimberly G. Kraft, PT, DPT, CHT – *Editor*
Dianna Lunsford, OTD, M.ED, OTR/L, CHT – *Editor*
Gwen Morris, OTD, OTR/L, CHT, CLT – *Editor*

Awards Committee

Tara N. Ruppert, OTD, OTR/L, CHT – *Chair*
Kris Valdes, OTD, OTR, CHT – *Board Liaison*
Gretchen Bachman, OTD, OTR/L, MBA, CEAS, CHT
Jenifer M. Haines, MS, OTR/L, CHT
Jarod F. Mann, OTR/L, CHT
Mary L. Mundrane-Zweiacher, MPT, ATC, CHT

Education Division

Kimberly A. Masker, OTD, OTR/L, CHT – *Director*
Mo Herman, MA, OTR/L, CHT – *Board Liaison*
Romina Astifidis, MS, PT, CHT – *Patient Education Committee Chair*
Stacy Baker, MOT, OTR/L, CHT
Mary C. Barnes, MOT, CHT
Kailey Bedford, MOT, OTR/L, CHT
Ashley Beers, PT, DPT, OCS
Laura Conway, OTR/L, CHT
Kerry Demers, OTR/L, CHT
Alessia DiGennaro Kerner, OTR/L, CHT
Hannah Gift, OTR/L, CHT, COMT UE, CEAS
Cindy Glaenger, PT, CHT
Barbara L. Haines, OTR/L, CHT
Susanne Higgins, OTD, OTR/L, CHT
Lauren Holland, MS, OTR/L, CHT, CEAS
Laurie Humiston, MS, OTR/L, CHT
Kimberly G. Kraft, PT, DPT, CHT

Rose McAndrew, MS, OTR/L, CHT
Robert McClellan, OTR/L, CHT
Jenna Millman, MS, OTR/L, CHT
Jodi Moore, OTD, OT/L, CHT
Rebecca Saunders, PT, CHT
Emily Skoza Brackenridge, MSOT, OTR/L, CHT
Cara Smith, PT, CHT
Karol Spraggs-Young, OTD, OTR/L, CHT
Brocha Stern, MOT, OTR/L, CHT
Stephanie Strouse, OTD, OTR/L, CHT
Jill Yanick, OTR/L, CHT

Finance Committee

Diane Coker, PT, DPT, CHT – *Secretary/Treasurer*
Octavian Goga
Marvin Reinglass, CPA/PFS
William Walsh, MBA, MHA, OTR/L, CHT
Brett Zane

Ex-officio members

Linda J. Klein, OTR, CHT – *President*
Mo Herman, MA, OTR/L, CHT – *President-elect*
Kendyl Brock Hunter, OTR/L, CHT – *Secretary/Treasurer-elect*

International Committee

Courtney Retzer Vargo, OTD, OTR/L, CHT – *Chair*
Linda J. Klein, OTR, CHT – *Board Liaison, IFSHT Delegate*
Barbara Almond, OTR, CHT
Michele Auch, OTR/L, CHT
Mary C. Barnes, MOT, CHT
Lydia Hohman, OTR/L, CHT
Emi Ito, OTR/L, BCPR, CHT, CLT, CEAS
Dianna Lunsford, OTD, M.ED, OTR/L, CHT
Rebecca Saunderson, PT, CHT

Nominations Committee

Kris Valdes, OTD, OTR, CHT – *Chair*
Kimatha Grice, OTD, OTR, CHT
Rhonda K. Powell, OTD, OTR/L, CHT
Tatiana Sierra Smith, MS, OTR/L

Practice Division

Lesley D. Khan-Farooqi, OTD, OTR/L, CHT – *Director*
Ekta Pathare, FACHE, MBA, OTR, CHT – *Vice Director and Advocacy Committee Chair*

Mary Lynn A. Jacobs, MS, OTR/L, CHT – *Practice Management Committee Chair*
Marge Phillips Kregel, OTR/L, CHT – *Federal & State Regulations Committee Chair*
Rachel Pigott, MPH, OTR/L, CHT – *Board Liaison*
Joshua Eppinger, OTR/L, MOT
Danielle Grace Sparks, MOT, OTR, CHT
Cameron Judge, MS, OTR/L, CHT
Heather Hopkins, MA, OTR/L, CHT
Courtney Middleton, OTR/L, CHT, CLT
David R. Myers, Jr., OTR, CHT, MOT
Danielle Nicole Watts, DPT, PT, CHT
Josephine Si Nun Wong, MA, OTR, CHT
Allison Strock Caton, OTR/L, CHT

Research Division

Cindy Clare Ivy, M.ED, OTD, CHT – *Director*
Beverly Bass, OTD, OTR/L, CHT, CLT – *Journal Club Chair*
Mo Herman, MA, OTR/L, CHT – *Board Liaison*
Lori Algar, OTD, OTR/L, CHT
Gretchen Bachman, OTD, OTR/L, MBA, CEAS, CHT
Eugene Boeglin, Jr., DPT, OCS, CHT
Nancy Byl, MPH, PT, PhD, FAPTA
Stephanie Carlson-Ballone, OTD, OTR/L, CHT
Steph Clement, MS, OTR/L, CHT
Diane Coker, PT, DPT, CHT
Sharon Dickmann, PT, DPT, CHT
Sarah Doerrer, PhD, OTR/L, CHT, CLT
Susan Duff, EdD, MPT, OTR/L, CHT
Erika Lewis, PT, EdD, MS, CHT
Kim McClintick, OTD, OTR/L, CHT, CLT
Corey McGee, PhD, OTR/L, CHT
Nancy Naughton, OTD, OTR/L, CHT
Virginia O'Brien, OTD, OTR/L, CHT
April O'Connell, OT/L, CHT
Gwen Weinstock-Zlotnick, PhD, OTR/L, CHT

Technology & Communications Committee

Adam M. Holbrook, OTR/L, CHT – *Chair*
Stacy A. Baker, MOT, OTR/L, CHT – *Vice Chair*
Kris Valdes, OTD, OTR, CHT – *Board Liaison*
Steph Clement, MS, OTR/L, CHT
Stacy Lynn Hite, PT, DPT, MS, CHT
Sara D. Tchobanoff, MOT, OTR/L, CHT

ASHT Times

Each quarter, ASHT members look forward to receiving an update on ASHT activities, members, current events affecting hand therapy practice and clinical content, all in the society's flagship publication, ASHT Times. Here's a look at some key readership metrics.

ASHT TIMES READERSHIP METRICS SEPTEMBER 1, 2018 THROUGH SEPTEMBER 18, 2019

UNIQUE VIEWS:
963

THIS IS THE NUMBER OF INDIVIDUALS WHO VIEWED THE PUBLICATION. EACH READER IS COUNTED JUST ONCE.

ISSUE VIEWS:
2,932
(92% DESKTOP, 7% MOBILE)

THIS IS THE TOTAL NUMBER OF TIMES ISSUES WERE READ, AND INCLUDES RETURNING VISITORS, WHO MAY COME BACK TO THE ISSUE SEVERAL TIMES.

ISSUE DOWNLOADS:
350

THIS IS THE NUMBER OF TIMES FULL ISSUES OF ASHT TIMES WERE DOWNLOADED AS PDFS BY READERS.

PAGES PRINTED:
514

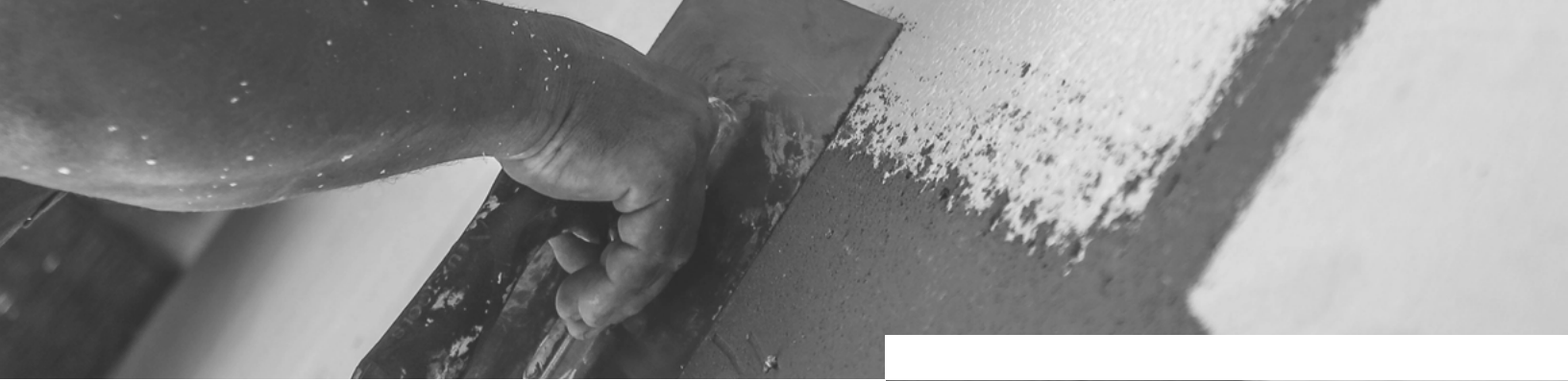
THIS IS THE NUMBER OF PAGES PRINTED FROM THE DIGITAL EDITION.

PAGE VIEWS:
12,296

THIS IS HOW MANY PAGES WERE VIEWED IN ASHT TIMES DURING THE YEAR. PEOPLE MAY READ PAGES OF THE MAGAZINE SEVERAL TIMES, AND THIS HELPS US IDENTIFY WHICH ARTICLES GET THE BEST READERSHIP AND ARE OF MOST INTEREST TO MEMBERS.

TOP 10 ARTICLES

- 1. Creative Pathways for Student Engagement in Hand Therapy**
Nathan Short, OTD, CHT; Courtney Baker, OTD-S; Ethan Fahrney, OTD-S; Choe Griffith, OTD-S; Anna Lynch, OTD-S
- 2. Developing Hand Therapy Fellowship and Residency Programs**
Virginia O'Brien, OTD, OTR/L, CHT
- 3. Lessons Learned Around the World: A Conversation with Dr. Rebecca Neiduksi**
Courtney Retzer Vargo, OTD, OTR/L, CHT
- 4. The Role of Hand Therapy in Surgical Interventions and Pain Management**
Peter Amadio, MD; Nancy Cannon, OTR, CHT; Don LaLonde, MD; Susan Stralka, PT, DPT, MS
- 5. Opioid Use and Federal Regulations: Physicians Balance Prescribing Pain Medication with Tightening Regulations**
Ekta Pathare, FACHE, OTR, MBA, CHT
- 6. Student Perspectives on Competency Required in Hand Therapy**
Scott Povlak, OTD-S; Malgorzata Szelwach, OTD-S
- 7. A Global Effort: Move Together Increases Access to Quality Physical Therapy**
Michele Auch, OTR/L, CHT
- 8. Viewpoint Question: How Do You Explain the Value of Hand Therapy to Those Who are Unfamiliar?**
- 9. Elisabet Hagert and Marc Garcia-Elias: Research Contributors to the Field of Hand Therapy**
Jennifer Ferro, OTS
- 10. Treating Complex Regional Pain Syndrome**
Hannah Gift, OTR/L, CHT, COMT UE, CEAS



Social Media

ASHT's social media following and engagement has continued to grow, with a **17-percent increase in total followers** year over year, and a **9-percent overall increase since January 2019**. The ASHT Facebook page experienced the largest percentage increase, with a **27-percent increase in followers since July 2018**, and a **11-percent increase since January 2018**.

Total ASHT Social Media Followers



YEAR	FACEBOOK	TWITTER	LINKEDIN	PINTEREST
2014	2,043	1,552	1,737	113
2015	2,732	1,921	2,135	133
2016	3,577	2,218	2,278	161
2017	4,170	2,382	2,334	169
2018	5,074	2,688	2,409	177
2019	6,573*	2,952*	2,547*	205*

*As of September 15. All other totals are as of December 31 of the respective year.

While ASHT's LinkedIn private group and Twitter feed have amassed a significant number of members over the last several years, the society's Facebook page has proven to be the most engaging platform for ASHT members and supporters.

The most popular Facebook posts of the last year include a news article on phantom limb pain, Huntington University students

participating in an ASHT Hands On Orthotics course, Tip of the Week (foam-style padded strapping), a human interest story about a life-changing experience with hand therapy that led an Arkansas woman toward a career in occupational therapy, Hand Therapy Week 2019 (including the annual ASHT Photo Contest and new hand safety and injury prevention video related to desk ergonomics) and many of ASHT's contributions to the ASSH's HandCare.org blog.

HandCare.org

In 2015, ASHT 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.

Each month, ASHT's Technology and Communication Committee contributes a piece focused on the value of hand 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 hand therapy with the public.

Between October 2018 and August 2019, the HandCare.org blog received 974,593 overall views. According to ASSH's metrics, ASHT-generated content accounted for about 16% of traffic on the HandCare.org blog.

Four of the blog's top 25 most read posts (#3 cubital tunnel syndrome, #12 wrist pain, #14 trigger finger, #17 mallet finger) were ASHT contributions. "Advice from a Hand Therapist: Cubital Tunnel Syndrome" – which was the third most popular post on the blog in 2018 – was viewed more than 40,000 times.

The top 5 most popular ASHT-contributed posts on the HandCare.org blog:

CUBITAL TUNNEL SYNDROME

<http://blog.handcare.org/blog/2015/07/24/advice-from-a-certified-hand-therapist-on-cubital-tunnel-syndrome/>

WHAT IS A HAND THERAPIST?

<http://blog.handcare.org/blog/handcare/What-is-a-Hand-Therapist>

WRIST PAIN

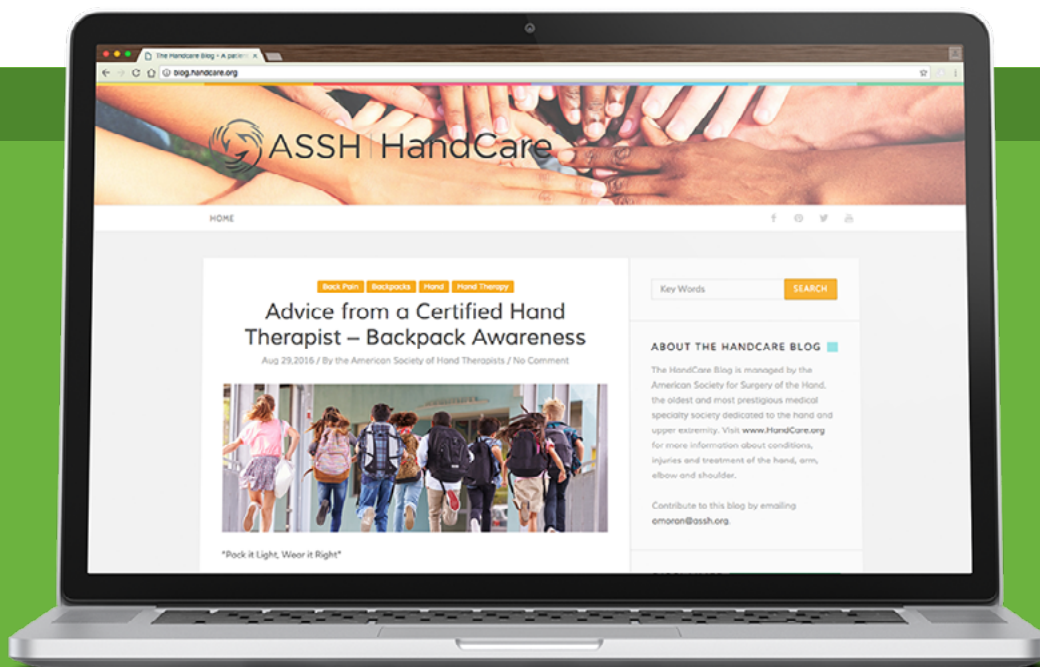
<http://blog.handcare.org/blog/2018/05/02/advice-from-a-certified-hand-therapist-wrist-pain/>

MALLET FINGER

<http://blog.handcare.org/blog/2015/12/26/advice-from-a-certified-hand-therapist-mallet-finger/>

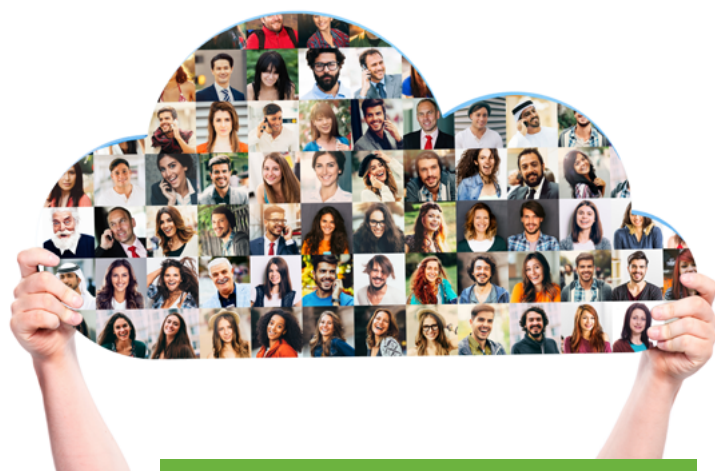
TRIGGER FINGER

<http://blog.handcare.org/blog/2015/11/25/advice-from-a-certified-hand-therapist-trigger-finger/>



e-Community

The ASHT e-Community continues to be the place for members to **connect, collaborate and share knowledge**, and to further the ASHT member experience.



Top 10 e-Community Discussions

RANK	DISCUSSION GROUP	TOPIC
1	EMERGING LEADERS	Welcome and Please Chime In
2	ASHT COMMUNITY	Little League Elbow
3	EMERGING LEADERS	ASHT 7 Day Leadership 'Shout Out' Challenge
4	EMERGING LEADERS	Volunteering and Leadership within ASHT
5	CLINICAL TREATMENT ISSUES	Ultrasound Treatment
6	EMERGING LEADERS	What Does Volunteering for ASHT Mean to You? Part III
7	CLINICAL TREATMENT ISSUES	Radial Deviation Splint Needed
8	CLINICAL TREATMENT ISSUES	Grip/Prehensile Strength Norms, 1st CMC Joint ROM Chart
9	PRACTICE & REIMBURSEMENT	Hot Packs Usage and Manufacturers
10	PRACTICE & REIMBURSEMENT	OT Unethical Issue: Private Practice DME Provider

HAND THERAPY WEEK

JUNE 3-9

2019

SPONSORED BY



Hand Therapy Week 2019

ASHT experienced a successful Hand Therapy Week this year, due in part to the release of another hand safety and injury prevention video, dedicated volunteer efforts and a highly engaged audience both among the membership and social media.

The Hand Therapy Week page on the ASHT website earned nearly 2.5% more traffic during this time than last year. The Hand Therapy Week ideas page landed among the top 10 most-accessed pages on the website for the first time, demonstrating an increased interest in participating in this event and promoting the hand therapy specialty.

HAND SAFETY & INJURY PREVENTION VIDEOS

Working in tandem with AH's digital media team, the Technology & Communication Committee produced the third video in its series of hand safety and injury prevention videos. This video focused



on desk ergonomics, sharing tips for keeping the hand and upper extremity safe and an on-camera CHT sharing information about the specialty.

This video was among the most popular post on ASHT's social media throughout Hand Therapy Week. The video post on Facebook reached 3.3K individuals and had 757 views on Youtube – **more than any other video currently on ASHT's YouTube channel.**

Due to the timeliness of the topic, the gardening safety video – which debuted during Hand Therapy Week 2018 – was reposted during Hand Therapy Week 2019. The video reached 3.7K individuals and was shared 65 times.

ADDITIONAL RESOURCES/PROMOTION

The Patient Education Committee developed three new patient education resources: Raynaud's disease, CRPS and tendon transfers. This series of resources is intended for therapists to use as a convenient tool for patient care. The flyers provide information on common diagnoses, answer frequently asked questions and educate patients on the role a hand therapist plays in their treatment.



HAND THERAPY WEEK 2019

The Patient Education Resource page was accessed 619 times during Hand Therapy Week (nearly 200 more visits to this page than Hand Therapy Week 2018), making up about 2.35% of website traffic and ranking fourth among page views:

RANKING TOTAL PERCENTAGE OF WEBPAGE VIEWS DURING HAND THERAPY WEEK 2019

1. ASHT HOMEPAGE (12.54%)
2. HAND THERAPY WEEK PAGE (7.20%)
3. FIND A THERAPIST DIRECTORY (2.37%)
4. PATIENT EDUCATION RESOURCES (2.35%)
5. EDUCATION – ANNUAL MEETING (1.92%)

In an effort to give therapists and hand therapy supporters simple and creative ways to celebrate Hand Therapy Week, ASHT also provided hand therapy marketing flyers tailored to surgeons, primary care providers and the public.

ASHT PHOTO CONTEST + CELEBRATE & WIN!

The ASHT Photo Contest featured 47 photos from 21 participants, and yielded nearly 1,200 votes.



- 1st place:** Christine Muhleman (“Rosy’s Journey”)
2nd place: Samantha Pritchett (digital amputation finger extenders for softball glove)
3rd place: Shannon Tranmer (four generations of hands)

As part of the Celebrate & Win! Contest, members are invited to submit photos, videos and/or links of their 2019 celebrations to ASHT during and following Hand Therapy Week. Ideas included clinic contests and raffles, pampering for patients and employees, hand-themed baked goods and more.

This year’s exclusive Hand Therapy Week sponsor, Naked Prosthetics, provided gift baskets for winners of both contests.

SOCIAL MEDIA ENGAGEMENT

Facebook

Activity on the ASHT Facebook page surged during Hand Therapy Week 2019. The page’s total reach – number of individuals receiving any activity from the page, including posts to the page, posts by other people, page likes, ads, mentions and check ins – peaked at 6.8K at the start of Hand Therapy Week. The page also picked up 85 new followers over the course of the week.

The ASHT Photo Contest album recorded the highest reach of all posts during Hand Therapy Week (6.8K). Other popular posts included the “Are you ready for Hand Therapy Week?” teaser, Hand Therapy Week kick-off posts, the hand safety and injury prevention videos and posts highlighting grassroots Hand Therapy Week celebrations.

Twitter

During Hand Therapy Week 2019, the ASHT Twitter page earned 12.3K impressions. This period of time marked a year-high for 2019. Top tweets during this period included the Hand Therapy Week kickoff, the photo contest and celebration ideas. Many users were also engaged via the Hand Therapy Week 2019 hashtag, using “#HTW2019” in their messages to connect with ASHT, fellow therapists, supporters and the public.



Allied Organizations Update

American Hand Therapy Foundation

The American Hand Therapy Foundation (AHTF) had an exciting 2018-2019 year of collaboration and growth. AHTF remains the only professional organization with the sole mission of supporting researchers to expand the scientific evidence for hand therapy, in order to enhance the quality of hand and upper extremity rehabilitation and optimize patient outcomes.

In its nearly 30-year history, AHTF has provided hundreds of thousands of dollars in funding for over 100 projects. These projects have impacted our profession and many of your colleagues have been recipients of an AHTF grant or scholarship. The foundation is grateful to all who participate in donating to fund AHTF grants and encourage full participation to help enhance our collective professional future.

- In 2019, AHTF awarded nearly \$40,000 in grant funding to projects to benefit the practice of hand therapy, making this the most significant funding cycle in the history of the foundation. This funding includes a \$30,000 award for the Tri-Alliance Founders Grant funded by AHTF, ASHT and HTCC. Please join AHTF in congratulating the following grant award recipients:
 - » ASHT Founders Award, Aviva Wolff, EdD, OTR, CHT for her project titled “Effects of an education and prevention program on reducing upper extremity injury in musicians”
 - » Judy Bell-Krotoski Grab the Evidence Award, Sandy Takata, OTR/L, OTD for her project titled “Informing a precision medicine approach to post-surgical flexor tendon rehabilitation using sonography”
 - » Burkhalter Young Investigator Grant, Brocha Stern, MOT, OTR, CHT for her project titled “Self-management in adults after distal radius fracture: A mixed methods exploration”

- During the 2019 ASHT Annual Meeting in Washington, D.C., AHTF will host events which provide opportunities to network with colleagues as well as enhance the educational experience, while supporting the foundation
 - » The foundation will continue its annual tradition of the AHTF Silent Auction on October 3, 2019. The auction will feature educational items including publications and continuing education courses.
 - » The foundation is also pleased to sponsor the Invited Scholar Lecture on October 4, 2019. The event’s keynote speaker, Lee Osterman, MD will present “The Magic of the Placebo: The Role of the Placebo in Medicine, Surgery and Therapy.” Advance tickets are available through [AHTF](#) and onsite at the ASHT Annual Meeting

Nothing is more important to our profession (particularly in this day and time) than research that provides guidance to assure the best possible patient care outcomes and validates the benefit for the cost of our professional services. There are three ways each occupational and physical therapist can support this effort: design and carryout a research project, affiliate with researchers to contribute clinical data in support of research or provide funding to support research. Most therapists, for a variety of very practical and valid reasons will opt to support research through their donations of time or money. The American Hand Therapy

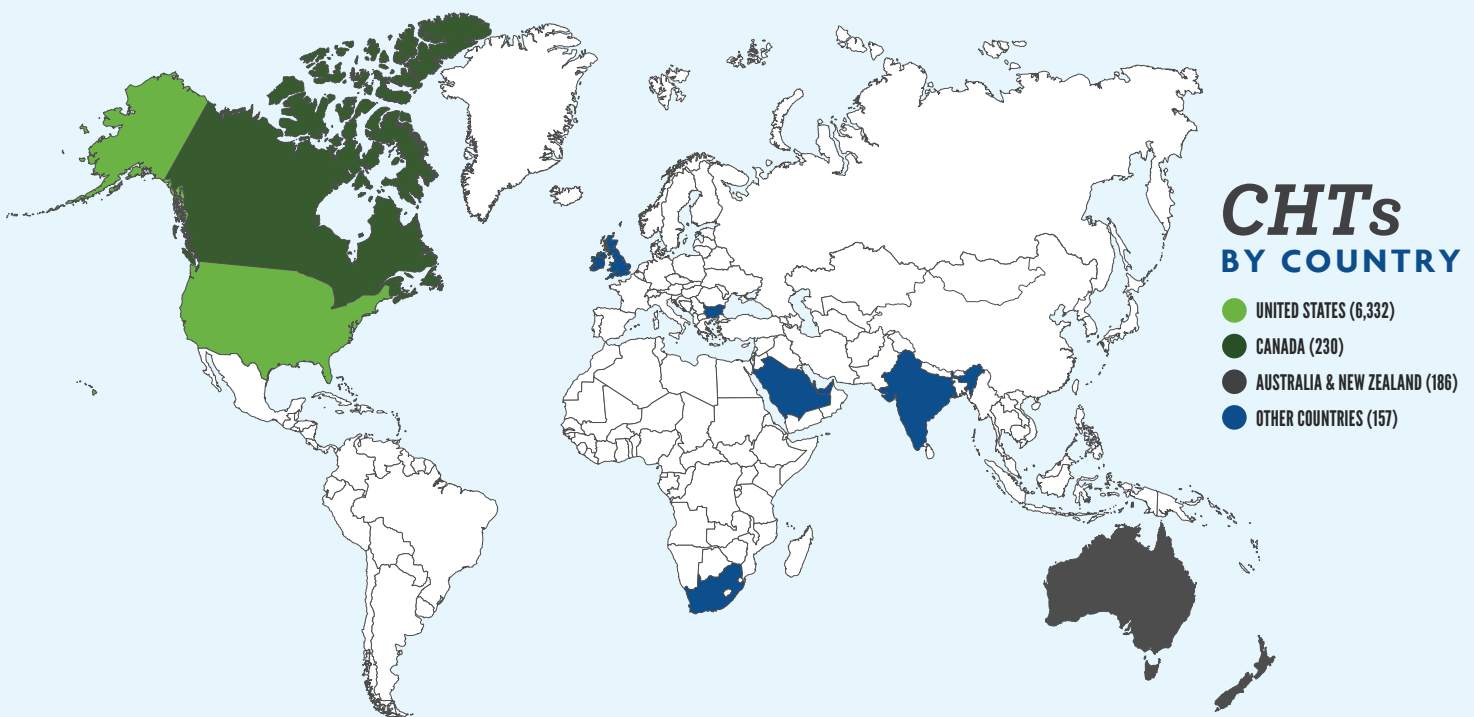
Foundation, whose mission is to improve patient outcomes by promoting evidence-based practice through funding clinical and scientific research and education, is an excellent organization and worthy of your support.

Hand Therapy Certification Commission

The number of Certified Hand Therapists (CHTs) continues to grow. There are currently **6,905 (CHTs) worldwide**, a record number. There are 6,332 in the United States, 230 in Canada and 343 in countries outside of North America (see map below). By profession 86% are occupational therapists, 13% are physical therapists and less than 1% possess a dual OT/PT credential.

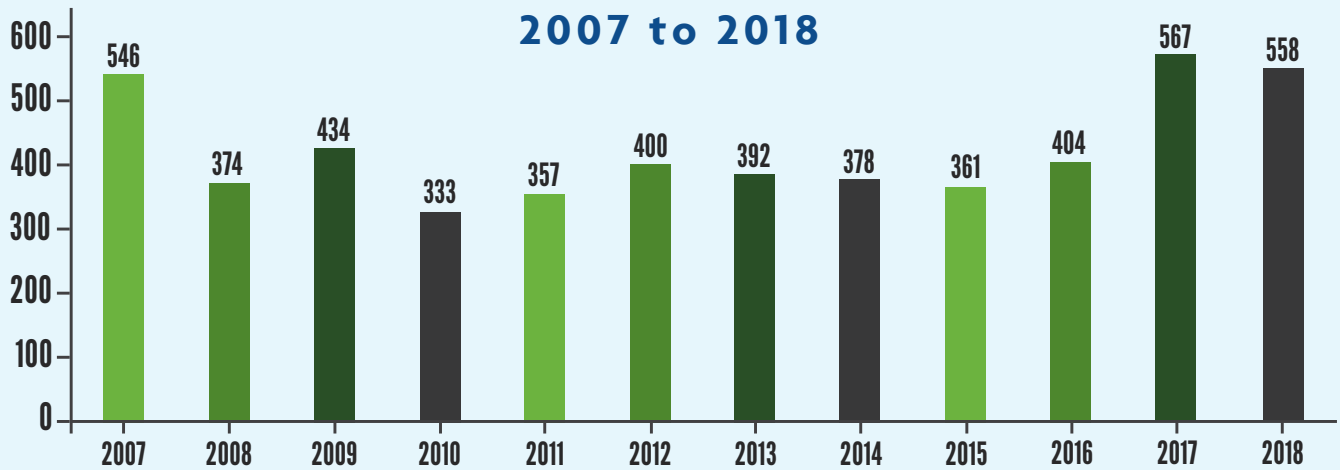
DID
YOU
KNOW?

HTCC staff approved 16,000 professional development hours and nearly 3 million work hours in 2018.



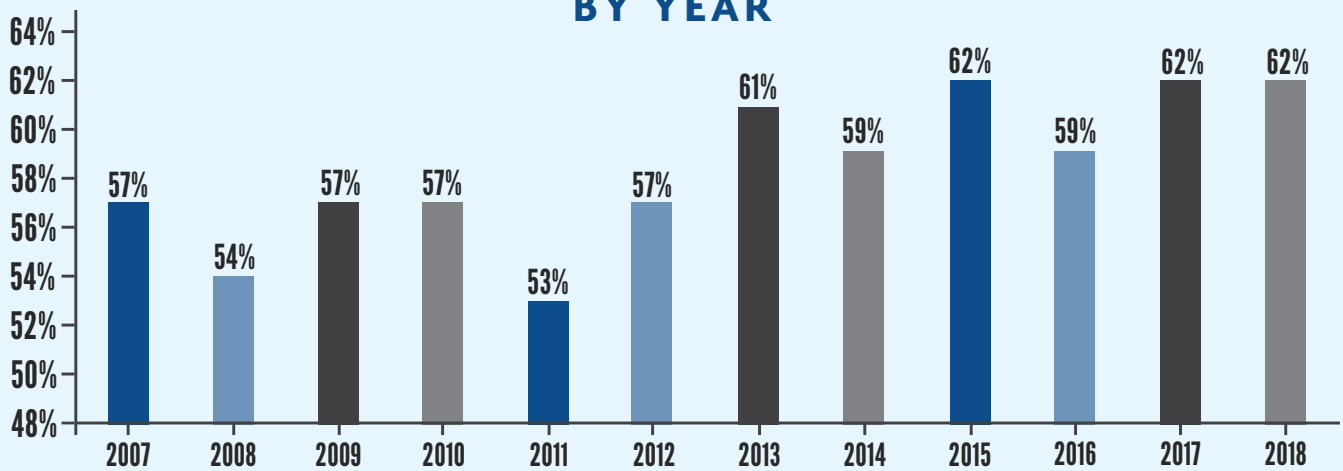
Exam Candidates

2007 to 2018



Pass Rate

BY YEAR



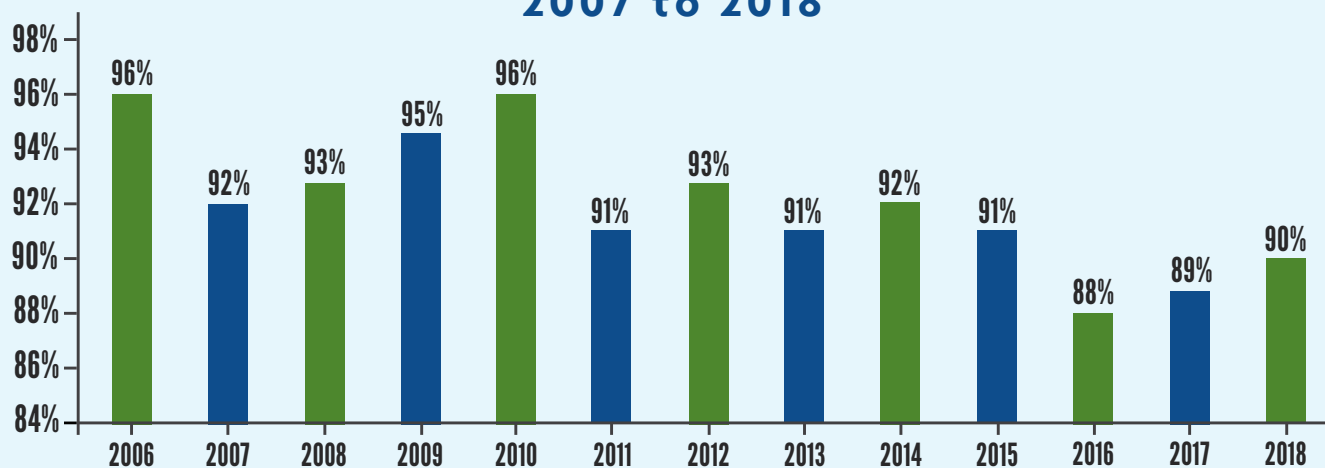
EXAMINATION HIGHLIGHTS

The number of therapists taking the exam in 2018 was the second largest number since 2002. The overall pass rate (percentage of people who passed the examination) was 62%, which was consistent with previous years. The passing rate by year for the CHT examination since 2007 has ranged from 53% to 62% with the average pass rate being 58%. The mean passing rate for the past five years has been 61%. The passing rate for the May 2019 exam was 60%.

**DID
YOU
KNOW?**

There were over 96,000 visits to the “Find a CHT” section on the HTCC website in 2018.

Percent Recertified 2007 to 2018



RECERTIFICATION HIGHLIGHTS

HTCC continues to show a very high recertification rate with over 92% recertifying on average since 2006. The table above shows the recertification rate by year since 2006.

DID YOU KNOW?

HTCC now allows one hour of credit towards recertification in Category G for every year a therapist is a member of their national hand therapy association such as ASHT.

PRACTICE ANALYSIS

HTCC is conducting its sixth *Practice Analysis Survey of Hand Therapy Practice* this year. Practice analysis is a process that HTCC conducts every five years to ensure that each CHT examination accurately reflects the knowledge base required of individuals currently working in the field. HTCC has contracted with a company, Castle Worldwide, to conduct the 2019 study.

In March the Practice Analysis Task Force (PATF) convened to carefully review the hand therapy scope of practice and to develop the practice analysis survey. The PATF is comprised of CHTs who reflect the diversity of hand therapy practice. The task force consists of OTs and PTs who are hand therapy educators and employers as well as hand therapists with varying years of experience and from a variety of practice settings and geographic locations.





ALLIED ORGANIZATIONS UPDATE

The full survey is being launched from September and will be open to all CHTs through mid-October. The results of the survey will be published sometime in 2020. All CHTs are encouraged to complete this important survey.

SALARY SURVEY

HTCC conducted a salary survey in April 2019. This is the eighth salary and benefits survey that HTCC has performed since 2004. The purposes of the survey are to obtain information frequently requested by therapists and employers, to serve as a resource to the hand therapy community by sharing information, and to track ongoing data and trends. A total of 3,111 therapists completed the survey and the results will be published in the fall of 2019 on the HTCC website.

**DID
YOU
KNOW?**

The *CHT* designation, as well as *Certified Hand Therapist* and the “Hands” logo, are trademarked in the US, Canada, Australia and the European Union.

MARKETING

In 2019 HTCC exhibited at the APTA Combined Sections Meeting, the Philadelphia Hand Symposium, the American Occupational Therapy Association Annual Conference and ASHT’s Annual Meeting. HTCC exhibited for the first time in the fall of 2018 at the APTA Student Conclave. HTCC also placed a marketing

advertisement in the Canadian Society of Hand Therapists (CSHT) 2019 conference program and sent brochures and promotional items for the CSHT conference as well as the Australian Hand Therapy Association’s 2019 conference.

HTCC continues to host *CHT Exam Preparation Panels* at both the Philadelphia and ASHT meetings. Panel members consist of newly certified hand therapists who share their study strategies

The Academy of Hand and Upper Extremity Physical Therapy

The Academy of Hand and Upper Extremity Physical Therapy is one of 19 specialty components within the American Physical Therapy Association (APTA). Members of the Academy must be members of the APTA and include physical therapists, physical therapist assistants, and physical therapy students. The Academy does offer a partner program for other therapy and research professionals not eligible for APTA membership. Anyone interested in learning more about the partner program should contact hand@apta.org.

The Academy promotes rehabilitation of the hand and upper extremity within the profession of physical therapy, the medical community, and the general public. The Academy serves to mentor, educate, promote research and respond to the ever changing needs and interests of its membership. The Academy serves to enhance the awareness and interest to the specialty of

hand therapy amongst physical therapy professionals by providing effective mentoring by experienced clinicians, and information about educational opportunities.

The Academy is governed by a board of directors (five members) all of whom are physical therapists, certified hand therapists and members of the ASHT. The current board members include Jane Fedorczyk, PT, PhD, CHT (President), Mia Erickson, PT, EdD, CHT (Vice President), Scott Stevenson, PT, DPT, CHT (Secretary), Leah Michelsen, PT, DPT, CHT (Treasurer), and Emily Altman, PT, DPT, CHT, OCS. Each of these individuals is dedicated to advancing the profession of hand therapy by advocating for interprofessional practice and scholarship. There are 20 members of the Academy serving in leadership roles to support research, education, student initiatives, practice issues, and governance activities. Some of these individuals are also engaged members of the ASHT and HTCC. Over the past two years, the Academy has created improved infrastructure in the leadership team, completed a governance review and bylaws revision, and increased communication with other hand organizations including ASHT and HTCC.

The Academy sponsors educational programming and research presentations, in both platform and poster format, during the annual APTA Combined Sections Meeting typically held in February. Each year the Academy sponsors between 16-24 hours of continuing education related to hand and upper extremity

rehabilitation. Leaders of ASHT and HTCC are invited to attend an open forum with the Academy leaders during the APTA Combined Sections Meeting as well. The same courtesy is extended by ASHT for the President of the Hand PT Academy to attend meetings held during the ASHT Annual Meeting.

Members of the Academy are currently involved in the development of clinical practice guidelines (CPG). In May 2019, a CPG on Hand Pain and Sensory Deficits: Carpal Tunnel Syndrome was published in the Journal of Orthopaedic and Sports Physical Therapy (JOSPT). CPGs on lateral elbow tendinopathy and distal radius fractures are in process and should be available in 2020. CPGs are required to be open access resources to all health professionals. You will be able to access these CPGs via the Academy [website](https://www.orthopt.org/content/practice/clinical-practice-guidelines) or <https://www.orthopt.org/content/practice/clinical-practice-guidelines> as the first three CPGs are a combined effort between the Hand PT Academy and the Academy of Orthopaedic Physical Therapy. Ann Lucado, PT, PhD, CHT, serves as the CPG coordinator and chairs the research committee for the Hand PT Academy. She is developing plans for future CPGs to address more specialized conditions within hand therapy.

The leaders of the Academy of Hand and Upper Extremity Physical Therapy look forward to continued interprofessional activities with leaders of the ASHT, HTCC, and other hand therapy related professional organizations.



International Federation of Societies for Hand Therapy

IFSHT TRIENNIAL CONGRESS – JUNE 2019 – BERLIN

A hugely successful congress was held in Berlin jointly between IFSHT and IFSSH. It was the largest hand congress ever recorded with 4,001 participants, including over 700 therapists. A record-breaking 92 countries were represented. Throughout the week there were up to 10 parallel sessions running all of which were equally accessible to hand therapists and hand surgeons. Topics were extremely broad and included microsurgery, congenital hand anomalies, Dupuytren's, wrist pathologies, fractures, the brain and the hand, nerve pathologies and ways innovation can influence and improve the patient experience. It was excellent to see the podium shared between therapists and surgeons both in the planned joint sessions and throughout the week showcasing the symbiotic relationship between the two professions.

The social program gave additional opportunities for cross country and cross professional liaison in informal settings. The Congress organizing team showed how ambition and organizational skills can be used to deliver an excellent experience.

Future Triennial Congresses

The 2022 International Congress, again shared between IFSHT and IFSSH, will be held in London, UK from 27th June to 1st July. [Sign up now](#) to register your interest. Plans are already underway to make this another memorable learning and networking experience in one of the most iconic cities in the world.

ASSH, AAHS and ASHT won the bid to host the 2025 International Congress in Washington, D.C. More information about this congress will be available following the 2022 meeting.

IFSHT MEMBERSHIP

Membership in IFSHT is available to countries with hand therapy societies (as full members), to those with a small group of therapists working toward development of a hand therapy society (as associate members) and to individuals in developing countries where hand therapy is in its infancy (corresponding members). IFSHT now has 37

full members. All individual members of the full member societies are automatically members of IFSHT and therefore IFSHT represents approximately 10,000 hand therapists worldwide.

IFSHT also has eight associate members and 10 corresponding members. Finally, IFSHT has six regional or surgical groups as "regional liaison organizations." Click [here](#) for further information about our members. If you are heading abroad and would like to meet up with a fellow hand therapist from somewhere else around the world, utilize the "[Visit a Clinic](#)" section of the website to see if there is someone who would love to host you. Of course, you are encouraged to sign up yourself for visiting hand therapists to come to you too. Just for a few hours maybe – to share our passion for hand therapy across the world.

COMMUNICATION

IFSHT continues to communicate regularly with member-country delegates and therapists around the world. IFSHT provides communication and resources for both the delegate and also every member of member countries. Avenues of communication include the following activities:

- *IFSHT Update* is written four times a year and available online in English, Spanish and Japanese. Here you will find major events, IFSHT initiatives, future conferences, etc. It is also published in the *Journal of Hand Therapy* and *Hand Therapy* (the journal of the British and European Societies of Hand Therapists).
- *IFSSH Ezine* is a quarterly magazine produced by IFSSH. There is a therapy article in each publication. [Here](#) you'll find the PDF versions of the back copies of this very informative magazine full of scientific and clinical articles.
- *IFSHT Connections Newsletter* is produced two to three times per year. You can sign up [here](#) to receive this newsletter.
- Facebook – IFSHT is relatively new to using social media. Please add IFSHT to your groups and participate in the conversations.
- The IFSHT website holds an enormous amount of information for hand therapists, including all the above publications, information about member countries, education opportunities and resources, future congresses and awards and grants. If you have a patient heading on holiday or moving countries, this is a great place to find help in sourcing a local hand therapist. All member countries offer the service of attempting to locate someone suitable for you and your patient. If you are thinking of travelling abroad to work, there is also advice regarding the logistics of such a move.



ALLIED ORGANIZATIONS UPDATE

EDUCATION

The IFSHT website hosts lists of useful mobile apps, journals, clinical links and databases. If you know of any new ones that are not listed, please contact Susan DeKlerk, at informationofficer@ifsht.org and let her know. Each country is encouraged to list their annual conference so why not plan a trip to coincide with one? Companies offering hand therapy courses have a place to advertise on the IFSHT website so if you want to see what is available around the world or you wish to advertise, please contact secretarygeneral@ifsht.org

IFSHT AWARDS AND SPONSORSHIP ACTIVITY

This year, at the Triennial Congress in Berlin, IFSHT awarded the first Lifetime Achievement Awards. This prestigious award is open for all member societies to nominate their members who have made a significant contribution to international hand therapy. This year, 13 awards were given. We were delighted to honor two American hand therapists for their international contribution to hand therapy: Judy Colditz and Evelyn Mackin. If you know a hand therapist that you think reaches the criteria set by IFSHT, follow this [link](#) to read the details and then liaise with the President of ASHT to ensure a nomination for the next round of awards in 2022.

There are many other awards and grants available through IFSHT:

- Evelyn Mackin Award: Sponsorship of a therapist(s) from a developing country to attend the Triennial Congress. In 2019, IFSHT fully supported four therapists to attend the congress. Therapists were from Bhutan, Zimbabwe, Estonia and Poland. IFSHT booked and paid for flights, accommodation and full registration.
- IFSSH/IFSHT Triennial Congress Travel Grant: Eighteen applicants received funds to support, registration, accommodation and/or travel. Funds were distributed based on guidelines, specifically for countries with low GDP, for associate members who had not attended the

Congress previously, with funds from the 2016 Silent Auction specifically used to support speakers and poster presenters.

- IFSHT-IFSSH International Hand Therapy Teaching Awards: During this term, grants made available to support therapists teaching hand therapy in less-developed countries have increased to \$1,500 USD. Four applications were received and support offered to:
 - » Jane Fedorczyk (USA) travelled to Rwanda in April 2018 (funds not required)
 - » Jenny Ball (Australia) travelled to Nepal in May 2018
 - » Meryl Glover (UK) travelled to Malawi in October 2018
 - » Shrikant Chinchalkar (Canada) travelled to Sri Lanka in February 2019
 - » If you would like to explore the teaching opportunities around the world, follow this [link](#) and apply for financial support.
- Cristina Alegri Award for Innovation in Hand Therapy was awarded to Judy Bell-Krotoski who was voted by a blinded committee from a group of eight worthy nominations. Click [here](#) for a summary of these nominations.

IFSHT is always delighted to receive donations to all the above and PayPal donation buttons can be found on the appropriate pages of the IFSHT website.

IFSHT 2019–2022

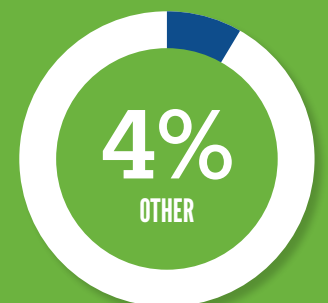
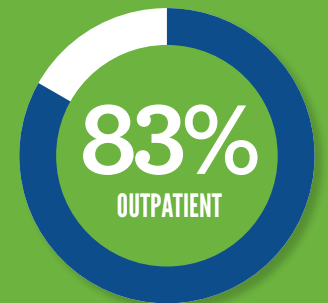
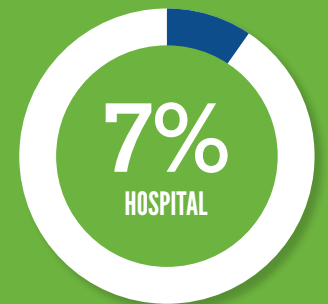
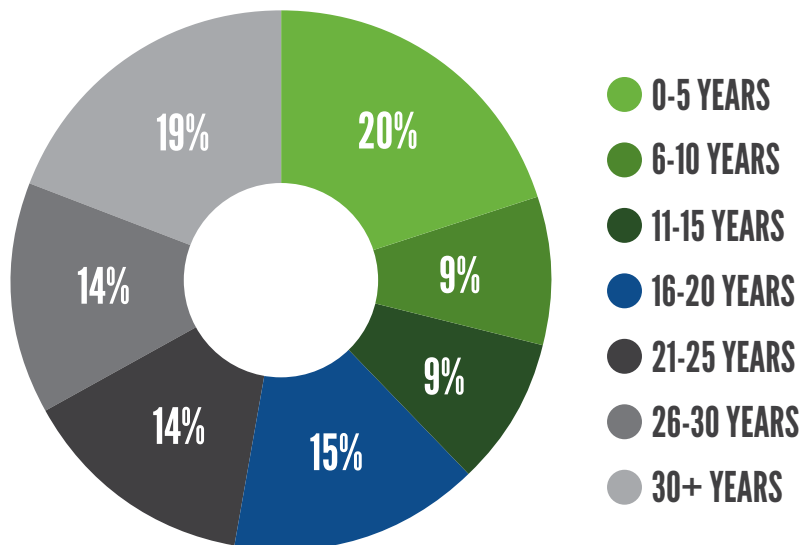
In this next triennium, IFSHT will be working hard to:

- Upgrade the website and move it onto a new platform
- Explore ways to reach the members of member countries more effectively
- Gain funds through a new sponsorship category
- Encourage new members and work with current associate and corresponding members to help them with hand therapy development in their country

ASHT Membership by the Numbers

Years of Hand Therapy Experience

Approximately one third (33%) of ASHT members have practiced hand therapy and upper extremity rehabilitation for 26 years or more. Almost 3 in 10 (29%) members have been in practice between 16 and 25 years, while nearly 1 in 5 (18%) have 6 to 15 years of practice experience. Approximately 1 in 5 (20%) members have practiced five years or fewer.



Total ASHT MEMBERSHIP





Message from the Incoming President

Mojca 'Mo' Herman, MA, OTR/L, CHT

TEAMWORK AND ADVOCACY: THE BIG IMPACT OF SMALL ACTIONS

The American Society of Hand Therapists (ASHT) is currently comprised of nearly 3,500 members dedicated to the excellence of hand and upper extremity therapy. Furthermore, ASHT is recognized nationally and internationally as a leader in advancing the science and practice of our distinguished field.

This recognition was inspired 42 years ago by our founding ASHT members; six visionary physical therapy and occupational therapy leaders. This small group of diverse individuals acted on an idea, a concept that has over the years legitimized our association's existence. The impact has been tremendous for both our organization and our individual expertise in health care.

Continued recognition and influence over the years has been the result of dedicated teamwork. ASHT relies on collaboration from allied organizations and our committed member volunteers to monitor industry trends, promote education, further research, and improve clinical standards. The collaborative teamwork has been essential for ensuring that ASHT continues to be a relevant and recognized leader.

As our profession has evolved, healthcare and legislative challenges have periodically posed threats to our relevance and viability. In turn, our collective ASHT team; educators, researchers, administrators, clinicians, students, and ancillary members have

made conscious efforts to respond to the challenges, advocate the value of our expertise and ensure lasting existence for our recognized specialty.

It is inevitable that ASHT will continue to face obstacles with the rapid changes in healthcare and legislation. But these very hurdles create opportunities for our members to innovate, mentor, publish, educate, and further advocate to ensure future success for our therapists and society. Each and every one of us has the ability to impact our public factors, furthermore differentiate ASHT as *the* leader of hand and upper extremity practice.

I am inspired by what our collective ASHT team of 3,500 members is capable of on behalf of our visionary founders, our chosen field of specialization, and most importantly the patients we serve. Every small individual action foundationally contributes to the society envisioned four decades ago.

We are ALL leaders! I encourage you to ignite the leader within, collaborate with your fellow peers, and feel confident in creating new opportunities for our field. Through teamwork, innovation and advocacy, we can impact the future of hand and upper extremity rehabilitation with purpose.

It is an honor to serve ASHT and its members: a team that I believe in.

Respectfully,
Mo Herman, MA, OTR/L, CHT
2019-2020 ASHT President



Supporter Acknowledgement

ASHT gratefully acknowledges the individuals and organizations whose 2018-2019 contributions further the mission of our organization and the work of the hand therapy profession. Without you, our work would not be possible.*

***October 1, 2018 – September 19, 2019**

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Advancing the Field of Hand and Upper Extremity Rehabilitation

The American Society of Hand Therapists is a 501 (c)(3) nonprofit organization dedicated to advancing the field of hand and upper extremity rehabilitation 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.

To support ASHT with a donation, please visit

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

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