

2012 PHILADELPHIA MEETING

# Surgery & Rehabilitation of the Hand:

With Emphasis on  
Best Practice



March 3-6, 2012

1-day pediatric pre-course  
on Friday, 3/2/2012

[ **HONORED PROFESSORS** ]

Nancy M. Cannon, OTR, CHT  
Joy C. MacDermid, BSCT, PhD  
Alejandro Badia, MD  
Charles J. Eaton, MD  
Joseph E. Imbriglia, MD  
Donald H. Lalonde, MD

[ **CHAIRMEN** ]

Terri M. Skirven, OTR/L, CHT  
Susan M. Blackmore, MS, OTR/L, CHT  
Jane M. Fedorczyk, PT, PhD, CHT, ATC  
Jenifer M. Haines, MS, OTR/L, CHT  
A. Lee Osterman, MD

**Pediatric Upper Extremity Pre-Course 2012  
for Surgeons and Therapists**

**Course Directors:** Joshua Abzug, MD; Scott Kozin, MD  
and Dan Zlotolow, MD

*A one day course of pediatric upper extremity surgery  
and therapy including trauma, congenital disorders,  
brachial plexus palsy, tetraplegia and more.*

Sponsored by:



Hand Rehabilitation  
Foundation

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# THE 2012 PHILADELPHIA MEETING

The Philadelphia Hand Rehabilitation Foundation is proud to present the 38<sup>th</sup> annual symposium, *Surgery and Rehabilitation of the Hand*. The 2012 program will emphasize evidence based practice with comprehensive evaluation and management presented by a distinguished faculty of surgeons and therapists. Anatomy laboratory sessions, panel discussions, hands-on workshops and splint fabrication labs will complement the general didactic sessions.

Target audience: Hand Therapists, Occupational and Physical Therapists, Athletic Trainers, Rehabilitation Nurses, Hand, Orthopedic, Plastic and General Surgeons, Physiatrists and Residents.

## SATURDAY, MARCH 3, 2012

### General Session

- 6:30 Registration/Continental Breakfast
- 8:00 Welcome/Introduction of Honored Professors  
*Lawrence H. Schneider, MD*  
*Terri M. Skirven, OTR/L, CHT*

### Clinical Assessment

Moderator: *Paul C. LaStayo, PT, PhD, CHT*

- 8:15 Best Practice: Why Is It Important?  
*Joy C. MacDermid, BScPT, PhD*
- 8:35 Clinical Examination: The Foundation for Best Practice  
*Nancy M. Cannon, OTR, CHT*
- 9:00 Understanding the Value of Provocative Tests for the Upper Extremity  
*Paul C. LaStayo, PT, PhD, CHT*
- 9:20 Assessment Tools: What Is New?  
*Susan L. Michlovitz, PT, PhD, CHT*
- 9:40 The Application of Self-Report Measures to Clinical Reasoning  
*Joy C. MacDermid, BScPT, PhD*
- 10:00 Coffee Break/Exhibits

### Wound Healing: The Foundation for Rehabilitation

Moderator: *Kenneth R. Flowers, PT, CHT*

- 10:30 The Biology of Wound Healing: Assessment and Management  
*Maureen A. Hardy, PT, MS, CHT*
- 10:50 Scar Wars – Win the Battle With Low Load Prolonged Stress  
*Kenneth R. Flowers, PT, CHT*

- 11:10 Surgical Management of Wounds  
*L. Scott Levin, MD*
- 11:30 Postoperative Management of the Surgical Wound  
*Mark T. Walsh, PT, DPT, MS, CHT, ATC*
- 11:45 The Great Infection Mimickers  
*Randall W. Culp, MD*
- 12:00 Assessment and Management of Problematic Scars  
*J. Martin Walsh, OTR/L, CHT*
- 12:15 Tricks of the VAC  
*L. Andrew Koman, MD*
- 12:30 Lunch/Exhibits

### The Dupuytren's Dilemma

Moderator: *Charles J. Eaton, MD*

- 1:30 Dupuytren's Disease: Pathophysiology and Surgical Management  
*Charles J. Eaton, MD*
- 1:45 Postoperative Management for Dupuytren's Disease – The No-Tension Approach  
*Roslyn B. Evans, OTR/L, CHT*
- 2:05 The PIP Joint in Dupuytren's Contracture  
*A. Lee Osterman, MD*
- 2:20 Collagenase Injection for Dupuytren's Contracture  
*Sidney M. Jacoby, MD*
- 2:35 The Role of Therapy Following Collagenase Injection for Dupuytren's Contracture  
*Terri M. Skirven, OTR/L, CHT*
- 2:50 The Breadth of Evidence in Hand Therapy  
*Paul C. LaStayo, PT, PhD, CHT*
- 3:00 Coffee Break/Exhibits
- 3:30 – 5:30 Concurrent Sessions 1 – 11



## SUNRISE/SUNSET YOGA FUNDRAISER for Hand Rehabilitation Foundation

- Sunday Morning, March 4, through Monday evening, March 5, 2012
- Our very own Jane Fedorczyk will lead the sessions
- Minimum donation \$10.00/session

## CONCURRENT SESSIONS – Saturday, March 3, 2012, 3:30 – 5:30 pm

Coordinator: *Jenifer M. Haines, MS, OTR/L, CHT*

### 1. Cadaver Anatomy Lab: Shoulder/Elbow

Moderator: *Sidney M. Jacoby, MD*

*David Ebaugh, PT, PhD, OCS; Marilyn P. Lee, MS, OTR/L, CHT; Eon K. Shin, MD; Teresa M. Zapotochny, PT, CHT*

Review of anatomic structures of the shoulder and elbow with focus on soft tissues, nerves and bony landmarks. Cadaver dissections with different exposures will be available for viewing. Lab faculty will point out specific features of the anatomy and the sites of common pathologies and discuss surgical procedures.

### 2. Clinical Assessment Controversies

Moderator: *Joy C. MacDermid, BScPT, PhD*

*Judy C. Colditz, OTR/L, CHT, FAOTA; Lynne M. Feehan, PhD, PT, CHT; Kenneth R. Flowers, PT, CHT*

This workshop will promote discussion between the panel of experts and the participants related to the clinical assessment tools used to determine patient outcomes and best practice. The psychometric properties, testing procedures and need for research in this area is sure to promote a lively discussion.

### 3. Orthotic Fabrication Lab:

#### Cylinder Casting/Serial Plaster Splinting

*Judith Bell-Krotoski, OTR, FAOTA, CHT;*

*Elaine Ewing Fess, MS, OTR, FAOTA, CHT*

Plaster of paris is an inexpensive and versatile material which can be used for a variety of upper extremity orthoses. This hands-on workshop will provide a discussion of fabrication techniques and tips as well as common clinical applications for orthotic fabrication using plaster of paris. Participants will have the opportunity to fabricate a PIPJ cylinder cast as well as a hand and wrist based orthosis.

### 4. Ouch! My Lateral Elbow Hurts!

Moderator: *Jane M. Fedorczyk, PT, PhD, CHT, ATC*

*Roslyn B. Evans, OTR/L, CHT;*

*Paul C. LaStayo, PT, PhD, CHT; Jeffrey Yao, MD*

The focus of this workshop is on tennis elbow, a common clinical problem that is frequently difficult to treat. Differential diagnosis of lateral elbow pain and histopathology will be discussed in regards to current concepts of rehabilitation and medical management.

### 5. Hand Therapy Certification

*Mary C. Kasch, OTR/L, CHT, FAOTA;*

*J. Martin Walsh, OTR/L, CHT*

This session will cover the history of hand therapy certification, scope of practice and practice analysis. The certification test blueprint and item writing process will be reviewed as well as eligibility requirements. Test preparation strategies, study groups and resources will also be covered.

### 6. Rotator Cuff Tendinopathy and Impingement: Research Update

Moderator: *Philip McClure, PhD, PT*

*Brian G. Leggin, PT, DPT, OCS; Angela R. Tate, PhD, PT*

This panel of clinical researchers will discuss current concepts in the management of patients with rotator cuff tendinopathy and impingement, as well as new research for the management of these frequently seen clinical conditions.

### 7. Management of Carpal Instability

Moderator: *Maureen A. Hardy, MS, PT, CHT*

*John M. Bednar, MD; Joseph E. Imbriglia, MD;*

*Susan L. Michlovitz, PhD, PT, CHT*

The diagnosis, surgical and non-surgical management of common patterns of carpal instability will be reviewed. Scapholunate, ulnocarpal and midcarpal instability will be included. Emerging strategies for management including the application of dart thrower's pattern of motion and proprioception re-education will be discussed, as well as splints and management guidelines.

### 8. Surgical Procedures and Postoperative Protocols: Shoulder and Elbow Arthroplasty

Moderator: *Martin J. Kelley, PT, DPT, OCS*

*Neal C. Chen, MD; Mike L. Szekeres, OT, Reg (Ont)*

Indications, surgical procedures, postoperative management, orthotic fabrication and outcomes following arthroplasty procedures for the shoulder and elbow will be presented.

### 9. Nerve Lacerations: Repairs and Rehabilitation

Moderator: *Mark T Walsh, PT, DPT, MS, CHT, ATC*

*Karen M. Pettengill, MS, OTR/L, CHT;*

*Pamela J. Steelman, CRNP, PT, CHT; John S. Taras, MD*

This session will provide an overview of nerve lacerations of the upper extremity. Clinical presentation and pathomechanics of the resultant postural deformities will be covered, as well as clinical assessment procedures. Techniques of nerve repair, postoperative therapy and orthotic principles and examples will be presented.

### 10. Therapy Practice Management

*Nancy M. Cannon, OTR, CHT; Terri L. Wolfe, OTR/L, CHT*

This session will cover a variety of topics related to therapy practice management, including coding and billing for hand therapy services, an update on orthotics reimbursement, marketing and suggestions for containing costs. Participants will have the opportunity for questions and answers and open discussion.

### 11. Mobilization With Movement

Moderator: *Karen Schultz, MS, OTR, FAOTA, CHT*

Lab Assistants: *Lois A. DiGirolamo, OTR/L;*

*Ellen G. Wilson, OTR/L, CHT*

This hands-on workshop will review traditional joint mobilization techniques for the elbow, forearm, wrist and hand as well as introduce techniques to combine accessory motions with physiologic movement to reduce joint pain and/or improve range of motion.

# SUNDAY, MARCH 4, 2012

## General Session

6:30 - 8:00 Continental Breakfast

### Tendon Conditions – Flexor Tendon

*Moderator: Donald H. Lalonde, MD*

- 8:00 Flexor Tendon Anatomy, Injuries and Repairs  
*Scott W. Wolfe, MD*
- 8:20 Factors that Influence Healing and Postoperative Management Decision Making  
*Scott W. Wolfe, MD*
- 8:40 Wide-Awake Flexor Tendon Repair  
*Donald H. Lalonde, MD*
- 8:55 Flexor Tendon Orthoses: Art, Science or Both  
*Karen M. Pettengill, MS, OTR/L, CHT*
- 9:10 Postoperative Rehabilitation for Flexor Tendon Repairs  
*Nancy M. Cannon, OTR, CHT*
- 9:45 One Size(Protocol) Does Not Fit All: Clinical Reasoning For Managing the Unresponsive Tendon  
*Sheri B. Feldscher, OTR/L, CHT*
- 10:00 Coffee Break/Exhibits

### Tendon Injuries

*Moderator: Nancy M. Cannon, OTR, CHT*

- 10:30 Extensor Tendon Anatomy, Injuries and Repairs  
*Michael S. Bednar, MD*
- 11:00 Rehabilitation for Extensor Tendon Injuries by Zone of Injury  
*Roslyn B. Evans, OTR/L, CHT*
- 11:30 When All Else Fails: Tendon Reconstruction  
*John D. Lubahn, MD*
- 11:50 Therapy Following Tendon Reconstruction  
*Terri L. Wolfe, OTR/L, CHT*
- 12:10 Best Practice: Blending Patient Values and Clinical Expertise with the Literature  
*Susan L. Michlovitz, PT, PhD, CHT*
- 12:30 Lunch/Exhibits

### Small Joint Injuries

*Moderator: Susan M. Blackmore, MS, OTR/L, CHT*

- 1:30 PIP Joint Injuries: Overview and Management  
*Stephanie Sweet, MD*  
*Susan M. Blackmore, MS, OTR/L, CHT*
- 2:00 Management of PIP Joint Injuries: When Care Goes Awry  
*Susan L. Michlovitz, PT, PhD, CHT*
- 2:20 Pathoanatomy of PIP Joint Contracture and Surgical Management  
*Sidney M. Jacoby, MD*
- 2:35 Postoperative Rehabilitation for PIP Joint Contracture Release  
*Nancy M. Cannon, OTR, CHT*
- 2:50 DBK Educational Scholarship Award and Presentation
- 3:00 Coffee Break/Exhibits
- 3:30-5:30 Concurrent Sessions 12 – 21

### CONTINUING EDUCATION

Hand Rehabilitation Foundation designates this educational activity, Surgery and Rehabilitation of the Hand with Emphasis on Best Practice, for a maximum of 26.25 contact hours. Partial attendance will earn prorated contact hours as follows: Saturday/Sunday/Monday 7.5 hours per day, Tuesday 3.75 hours.

### DISCLOSURE STATEMENT

*All faculty participating in continuing education programs sponsored by the Hand Rehabilitation Foundation are expected to disclose to the program audience any real or apparent conflict of interest related to the content of their presentation(s). Full disclosure of relationships will be made at the program.*

**CONCURRENT SESSIONS – Sunday, March 4, 2012, 3:30 – 5:30 pm**  
**Coordinator: Jenifer M. Haines, MS, OTR/L, CHT**

**12. Cadaver Anatomy Lab: Wrist and Hand**

Moderator: *David Ebaugh, PT, PhD, OCS*  
*Neal C Chen, MD; Leonid I. Katolik, MD; Jason A. Suda, MOT; Teresa M. Zapotchny, PT, CHT*

Review of anatomic structures of the wrist and hand with focus on soft tissue and nerve structures and bony landmarks. Cadaver dissections with different exposures will be available for viewing. Lab faculty will point out specific features of the anatomy and the sites of common pathologies and discuss surgical procedures.

**13. Mobilization With Movement**

Moderator: *Karen Schultz, MS, OTR, FAOTA, CHT*  
Lab Assistants: *Lois A. DiGirolamo, OTR/L; Ellen G. Wilson, OTR/L, CHT*

This hands-on workshop will review traditional joint mobilization techniques for the elbow, forearm, wrist and hand as well as introduce techniques to combine accessory motions with physiologic movement to reduce joint pain and/or improve range of motion.

**14. Orthotic Fabrication Workshop:  
Wrist Contracture Correction Orthoses**

Moderators: *Lauren J. O'Donnell, OTR/L, CHT*  
*and David M. Wolfe, OTR/L, CHT*  
*Katie L. Burkhart, OTR/L*  
*Jennifer Q. Farrar, OTR/L*

Participants will fabricate a wrist contracture correction orthosis used to resolve limitations in wrist range of motion. Indications, tips and techniques and alternative splint designs will be discussed.

**15. Upper Extremity Fractures:  
Primary or Secondary Problem**

Moderator: *Jane M. Fedorczyk, PT, PhD, CHT, ATC*  
*Lynne M. Feehan, PhD, PT, CHT*  
*Sheri B. Feldscher, OTR/L, CHT*  
*Joy C. MacDermid, BScPT, PhD*

This workshop will focus on a holistic approach to upper extremity fracture management including screening and management for bone health, falls risk, and balance impairments. Exercise prescription strategies including yoga and tai chi will be discussed.

**16. Essentials of Documentation for Reimbursement  
and Quality Care**

*Mary C. Kasch, OTR/L, CHT, FAOTA;*  
*J. Martin Walsh, OTR/L, CHT*

**The Hand Therapy Certification Commission** has developed a chart review tool in order to validate proper documentation and to promote quality patient care while at the same time increasing therapist self-awareness. This session will provide an introduction to this valuable tool and illustrate its value in promoting positive outcomes and reimbursement.

**17. Clinical Examination of the Hand:  
Sensibility and Tests of Hand Function**

*Judith A. Bell-Krotoski, OTR, FAOTA, CHT*  
*Elaine Ewing Fess, MS, OTR, FAOTA, CHT*

This hands-on session will cover clinical evaluation of the hand, with emphasis on sensibility and tests of hand function. Standardization, validity and reliability of procedures and tests will be discussed as well as the connection between clinical reasoning, treatment planning and evidence based practice.

**18. Surgical Procedures and Postoperative Protocols:  
Wrist and Hand Arthroplasty**

Moderator: *Terri L. Wolfe, OTR/L, CHT*  
*Alejandro Badia, MD; Joseph E. Imbriglia, MD;*  
*John D. Lubahn, MD; Marie G. Sayers, OTR/L, CHT;*  
*Lauren M. DeTullio, MS, OTR/L*

Indications, surgical procedures, postoperative management, orthotic fabrication and outcomes following arthroplasty procedures for the wrist and hand will be presented.

**19. Management of Extensor and Flexor Tendon Injuries:  
Where's the Evidence?**

Moderator: *Roslyn B. Evans, OTR/L, CHT*  
*Nancy M. Cannon, OTR, CHT;*  
*Karen M. Pettengill, MS, OTR/L, CHT;*  
*Pamela J. Steelman, CRNP, PT, CHT*

This session will review current practice in the management of flexor and extensor tendon injuries with emphasis on evidence based practice. Research support for the choice of surgical procedures, postoperative orthoses and protocols of exercise will be covered.

**20. Complex Elbow Problems**

Moderator: *Mike L. Szekeres, OT, Reg (Ont)*  
*William B. Geissler, MD;*  
*Ann Porretto-Loehrke, PT, DPT, CHT, COMT*

This workshop will focus on recovering upper extremity function following complex elbow injuries due to trauma. Strategies to restore elbow motion while maintaining stability of the elbow will be discussed.

**21. Pain Management Update**

*Mark T. Walsh, PT, DPT, MS, CHT, ATC;*  
*Aviva L. Wolff, OTR/L, CHT*

Graded Motor Imagery (GMI) is an emerging therapeutic strategy for treating patients with complex pain. It integrates established principles of graded exposure and response prevention with current theories in the neurobiology of pain. The components and theories of GMI will be discussed to demonstrate how reorganization of the central nervous system may reduce pain in various patient populations.

MONDAY, MARCH 5, 2012

**General Session**

6:30 – 8:00 Continental Breakfast

**Tendinopathies**

*Moderator: Sheri M. Feldscher, OTR/L, CHT*

- 8:00 Histopathology, Clinical Diagnosis and Surgical Management of Stenosing Tendinopathies  
*Neal C. Chen, MD*
- 8:20 Conservative and Postoperative Therapy for Stenosing Tendinopathies  
*Ann Porretto-Loehrke, PT, DPT, CHT, COMT*
- 8:40 Measuring "At Work" Ability versus Limitations  
*Joy C. MacDermid, BScPT, PhD*
- 9:00 Thumbs Up for Protection Techniques for Therapists  
*Jane M. Fedorczyk, PT, PhD, CHT, ATC*
- 9:15 The Clinician's Dilemma: Where do You Go to Find the Evidence?  
*Sheri B. Feldscher, OTR/L, CHT*
- 9:30 Why Don't Patients Do What I Want Them to Do? (Health Literacy)  
*Joy C. MacDermid, BScPT, PhD*
- 9:45 Coffee Break/Exhibits

**Oh, My Aching Thumb!**

*Moderator: Joy C. MacDermid, BScPT, PhD*

- 10:15 Osteoarthritis of the Basal Joint of the Thumb: Anatomy, Pathomechanics and Surgical Management  
*Jeffrey Yao, MD*
- 10:45 Therapist's Conservative Management of Thumb CMC Osteoarthritis: Orthotic Intervention  
*Judy C. Colditz, OTR/L, CHT, FAOTA*
- 11:05 Therapist's Conservative Management of Thumb CMC Osteoarthritis: Exercise and Joint Protection  
*Joy C. MacDermid, BScPT, PhD*
- 11:20 Postoperative Management Guidelines Following Thumb CMC Reconstruction  
*Jenifer M. Haines, MS, OTR/L, CHT*
- 11:40 Is the Evidence Circumstantial? Critical Appraisal of the Literature  
*Joy C. MacDermid, BScPT, PhD*
- 12:00 Lunch/Exhibits

CONCURRENT SESSIONS 22 – 32

1:00 pm – 3:00 pm and  
3:30 pm – 5:30 pm

**Back by Popular Demand!**

**PROJECT SPLINT PAN**

6:30 pm

*A competition involving audience volunteers. Take a chance to participate in a splint design and fabrication competition.*

**HOST:** Terri L. Wolfe, OTR/L, CHT

**PANEL OF JUDGES:**

Evelyn J. Mackin, PT;  
Elaine Ewing Fess, MS, OTR, FAOTA, CHT;  
Judy C. Colditz, OTR/L, CHT, FAOTA;  
David M. Wolfe, OTR/L, CHT;  
Lauren J. O'Donnell, OTR/L, CHT



## CONCURRENT SESSIONS – Monday, March 5, 2012

Coordinator – Jenifer M. Haines, MS, OTR/L, CHT

\*These sessions run twice on Monday from 1:00 pm – 3:00 pm and from 3:30 pm – 5:30 pm

### 22. Orthotic Fabrication for Small Joint Trauma

Lynne M. Feehan, PhD, PT, CHT;

Maureen A. Hardy, MS, PT, CHT

This workshop will focus on PIP joint trauma evaluation and orthotic fabrication. Participants will have the opportunity to make a few finger based orthoses for common PIP joint injuries.

### 23. Clinical Examination of the Wrist

Kenneth R. Flowers, PT, CHT;

Aviva L. Wolff, OTR/L, CHT

Lab Assistants: Marybeth LaPlant, OTR/L, CHT;

Katie L. Burkhart, OTR/L

This workshop will guide the participants through a systematic clinical exam of the wrist, including palpation and provocative testing. A review of the anatomy and biomechanics of the wrist will precede the lab. Emphasis will be placed on the recognition of signs and symptoms of a variety of wrist conditions.

### 24. Orthotic Fabrication Workshop: Thumb CMC Orthoses

Moderators: Lauren J. O'Donnell, OTR/L, CHT and David M. Wolfe, OTR/L, CHT

Lab Assistants: Colleen C. Burke, PTA;

Laura B. Fisher, PT, CHT

This session will cover the indications and clinical reasoning involved in orthotic fabrication for the thumb with osteoarthritis or rheumatoid arthritis. Participants will fabricate an orthosis for osteoarthritis of the thumb CMC joint.

### 25. Clinical Examination of the Shoulder

Martin J. Kelley, PT, DPT, OCS;

Brian G Leggin, PT, DPT, OSC

This hands-on workshop will review surface anatomy, clinical evaluation of and special tests for the shoulder complex. Common shoulder pathology will be discussed in relation to physical findings. The role of the cervical spine in the production of shoulder pain will also be addressed.

### 26. Scapula Dysfunction: Assessment and Management

Philip McClure, PhD, PT; Angela R. Tate, PhD, PT

This session will provide an overview of the anatomy and biomechanics of the scapula. The consequences of scapula muscle dysfunction on upper extremity function and intervention strategies will be presented.

### 27. Nerve Mobilization

Faculty: Mark T. Walsh, PT, DPT, MS, CHT, ATC

Lab Assistants: Lauren DeTullio, MS, OTR/L

Janice L. Trope, OTR/L, CHT

This session will provide the rationale, indications, treatment guidelines, precautions and contraindications for nerve mobilization. The process of neurodynamic testing of the upper extremity will be demonstrated and practiced.

### 28. The Intrinsic Muscles of the Hand: An Overview

Judy C. Colditz, OTR/L, CHT, FAOTA

This session will present an overview of the anatomy, kinesiology, pathomechanics and clinical examination procedures for the lumbrical and interosseous muscles of the hand. The participants will gain greater understanding of what is seen clinically following hand injuries and gain new insights for treatment.

### 29. Examination of Pain in the Upper Quarter

Moderator: Jane M. Fedorczyk, PT, PhD, CHT, ATC

Marilyn P. Lee, MS, OTR/L, CHT;

J. Martin Walsh, OTR/L, CHT

This hands-on workshop will review relevant peripheral nerve anatomy that may mediate pain in the upper quarter including the cervical nerve roots and brachial plexus. Participants will practice provocative tests and discuss the interpretation of findings.

### 30. Clinical Examination of the Elbow

Moderator: Jodi L. Sefchick, MOT, CHT

Mike L. Szekeres, OT, Reg (Ont);

Susan M. Blackmore, MS, OTR/L, CHT

Lab Assistants: Marianne K. Dunphy, OTR/L, CHT;

Marie G. Sayers, OTR/L, CHT; Jason A. Suda, MOT

This session will cover clinical exam of the elbow including tests for stability, mobility, strength and special tests with interpretation of findings. Clinical reasoning in the development of a treatment plan based on findings will be illustrated. Reliability of techniques will be emphasized.

### 31. Taping Techniques for the Upper Limb

Ann K. Porretto-Loehrke, PT, DPT, CHT, COMT;

Lab Assistants: Lois A. DiGirolamo, OTR/L;

Jennifer Q. Farrar, OTR/L; Ellen G. Wilson, OTR/L, CHT

The use of taping for a variety of upper extremity injuries and conditions will be demonstrated and practiced in this session. Taping for support of unstable and vulnerable joints, to facilitate movement and to provide protection during activities will be covered. The properties of different taping materials and their use will be discussed.

### 32. Critical Appraisal: Evaluation of the Evidence

Joy C. MacDermid, BScPT, PhD

This hands-on workshop will guide the participants through the process of critical appraisal to evaluate the evidence for its usefulness and validity in clinical decision making for answering defined clinical questions.

# TUESDAY, MARCH 6, 2012

## General Session

6:30 – 8:00 Continental Breakfast

### Fractures

Moderator: *A. Lee Osterman, MD*

- 8:00 Hand Fracture Healing, Fixation and Implications for Rehabilitation  
*Maureen A. Hardy, PT, MS, CHT*
- 8:20 Hand Fractures – Surgeon’s Management  
*Leonid I. Katolik, MD*
- 8:40 Early Protected Movement for K-Wired Finger Fractures  
*Donald H. Lalonde, MD*
- 9:00 Rehabilitation of Hand Fractures  
*Lynne M. Feehan, PhD, PT, CHT*
- 9:20 The Stiff Hand – Therapist’s Management  
*Judy C. Colditz, OTR/L, FAOTA, CHT*
- 9:45 Coffee Break

### Innovations In Practice

Moderator: *Jane M. Fedorczyk, PT, PhD, CHT, ATC*

- 10:00 Introduction  
*Jane M. Fedorczyk, PT, PhD, CHT, ATC*
- 10:10 Dart Thrower’s Motion With a Twist  
*Lynne M. Feehan, PhD, PT, CHT*
- 10:30 Taping Techniques for the Upper Extremity  
*Ann Porretto-Loehrke, PT, DPT, CHT, COMT*
- 10:50 Relative Motion Flexion Splints for Boutonniere and Interosseous Tears  
*Donald H. Lalonde, MD*
- 11:10 Graded Motor Imagery  
*Mark T. Walsh, PT, DPT, MS, CHT, ATC*
- 11:30 Proprioception Training  
*Karen Schultz, MS, OTR, FAOTA, CHT*
- 11:50 A Research Agenda – Philadelphia Meeting 2012  
*Jane M. Fedorczyk, PT, PhD, CHT, ATC;*  
*Terri M. Skirven, OTR/L, CHT*
- 12:00 Adjourn

# PRE-CONFERENCE

## PRE-CONFERENCE TUTORIAL

**Wednesday, February 29 –  
Friday, March 2, 2012**

**\$475.00 additional registration fee**

### 3-Day Tutorial

*The Philadelphia Hand Center, PC  
Physician and Therapy Staff*

### Continuing Education:

Continuing education certificates will be issued for 25 contact hours.

Hand Rehabilitation Foundation is pleased to offer a 3-day tutorial prior to the opening of the symposium.

- 1 day in the operating room observing surgical procedures performed by a surgeon of The Philadelphia Hand Center
- 1 day with the surgeon at The Philadelphia Hand Center observing patient office hours
- 1 day with The Philadelphia Hand Center therapists in the Therapy Department observing treatment techniques
- Registration is limited and is offered on a first-come, first-served basis
- Registrants must be registered for the entire 3 ½ day symposium
- Includes breakfast and lunch
- Tutorial registration fee is nonrefundable

# SESSIONS

## Pediatric Pre-Course

FRIDAY, MARCH 2, 2012

7:30 Welcome - *Scott H. Kozin, MD*

### Common Congenital Problems: What Every Surgeon Sees

*Moderator: Charles A. Goldfarb, MD*

- 7:40 Syndactyly, *Michael S. Bednar, MD*  
7:55 Post-axial Polydactyly, *Donald S. Bae, MD*  
8:10 Therapy  
*Valerie Calhoun, MS, OTR/L, CHT*  
8:20 Pre-axial Polydactyly, *Dan A. Zlotolow, MD*  
8:35 Pollicization, *Scott H. Kozin, MD*  
8:50 Therapy  
*Valerie Calhoun, MS, OTR/L, CHT*  
9:00 Case Presentations: Congenital Potpourri  
*Scott H. Kozin, MD; Charles A. Goldfarb, MD*  
9:30 Coffee Break

### Fractures

*Moderator: Joshua Abzug, MD*

- 10:00 Radial Neck Fractures  
(Percutaneous reduction and Metizeau Techniques)  
*Martin J. Herman, MD*  
10:15 Monteggia Fractures/Dislocations  
(Osteotomy and Annular ligament Reconstruction)  
*Joseph E. Imbriglia, MD*  
10:30 Medial Epicondylar Fractures, *Scott H. Kozin, MD*  
10:40 Supracondylar Fractures, *Joshua Abzug, MD*  
10:55 Galeazzi's Fractures, *Kevin J. Little, MD*  
11:05 Both-Bone Forearm Fractures  
*Martin J. Herman, MD*  
11:20 Finger Fractures, *Charles A. Goldfarb, MD*  
11:35 Therapy  
*Jenny Dorich, OTR/L, MBA*  
11:45 Case Presentations  
*Joshua Abzug, MD; Martin J. Herman, MD*  
12:15 Lunch

### Tendon Transfers

*Moderator: Michael Bednar, MD*

- 1:15 Elbow Flexion in Brachial Plexus Birth Palsies  
*Kevin J. Little, MD*  
1:30 Wrist Extension for Cerebral Palsy, Tetraplegia,  
Brachial Plexus Birth Palsies  
*Donald S. Bae, MD*  
1:45 Pinch/Grasp for Tetraplegia, Congenital,  
Nerve Injury  
*Scott H. Kozin, MD*  
2:00 Opponensplasty for Hypoplastic Thumb  
*Michael S. Bednar, MD*  
2:15 Therapy  
*Sarah Ashworth, OTR/L, CHT*  
2:30 Coffee Break

### Tendon and Ligament Injuries

*Moderator: Donald S. Bae, MD*

- 3:00 Flexor Tendon Injuries – Acute and Chronic  
*Dan A. Zlotolow, MD*  
3:10 Extensor Tendon Injuries, *Kevin J. Little, MD*  
3:20 Therapy – Flexor Tendon Rehab  
*Heather Weesner, OTR/L, CLT*  
3:25 Therapy – Extensor Tendon Rehab  
*Alicia Mayer, OTR/L, CKTP*  
3:30 The Gymnast's Wrist, *Michael S. Bednar, MD*  
3:40 Wrist Arthroscopy in the Pediatric Patient  
*Joshua Abzug, MD*  
3:50 Therapy  
*Jenny Dorich, OTR/L, MBA*  
4:00 Case Examples  
*Donald S. Bae, MD; Dan A. Zlotolow, MD*

### Brachial Plexus Birth Palsy Reconstructive Surgery

*Moderator: Scott H. Kozin, MD*

- 4:15 Humerus Osteotomies (including medial approach and deltopec)  
*Dan A. Zlotolow, MD*  
4:30 Lat/Teres Transfer with Open Joint Reduction  
*Donald S. Bae, MD*  
4:45 Therapy  
*Sarah Ashworth, OTR/L, CHT*  
5:00 Adjourn

## SYMPOSIUM FACULTY

### \*Pediatric Pre-Course Faculty

Joshua Abzug, MD \*  
Baltimore, MD

Sarah Ashworth, OTR/L, CHT \*  
Philadelphia, PA

**Honored Professor**  
Alejandro Badia, MD  
Miami, FL

Donald S. Bae, MD \*  
Boston, MA

John M. Bednar, MD  
Cherry Hill, NJ

Michael S. Bednar, MD \*  
Maywood, IL

Judith A. Bell-Krotoski, OTR, FAOTA, CHT  
Baton Rouge, LA

Susan M. Blackmore, MS, OTR/L, CHT  
Philadelphia, PA

Colleen C. Burke, PTA  
King of Prussia, PA

Katie L. Burkhart, OTR/L  
Philadelphia, PA

Valerie Calhoun, MS, OTR/L, CHT \*  
St. Louis, MO

**Honored Professor**  
Nancy M. Cannon, OTR, CHT  
Indianapolis, IN

Neal C. Chen, MD  
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Judy C. Colditz, OTR/L, CHT, FAOTA  
Raleigh, NC

Lauren M. DeTullio, MS, OTR/L  
King of Prussia, PA

Lois A. DiGirolamo, OTR/L  
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Jenny Dorich, OTR/L, MBA \*  
Cincinnati, OH

Marianne K. Dunphy, OTR/L, CHT  
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**Honored Professor**  
Charles J. Eaton, MD  
Jupiter, FL

David Ebaugh, PT, PhD, OCS  
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Roslyn B. Evans, OTR/L, CHT  
Vero Beach, FL

Jennifer Q. Farrar, OTR/L  
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Elaine Ewing Fess, MS, OTR, FAOTA, CHT  
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Jane M. Fedorczyk, PT, PhD, CHT, ATC  
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Lynne M. Feehan, PhD, PT, CHT  
Vancouver, British Columbia, Canada

Sheri B. Feldscher, OTR/L, CHT  
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Laura B. Fisher, PT, CHT  
Philadelphia, PA

Kenneth R. Flowers, PT, CHT  
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Charles A. Goldfarb, MD \*  
St. Louis, MO

Jenifer M. Haines, MS, OTR/L, CHT  
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Maureen A. Hardy, MS, PT, CHT  
Jackson, MS

Martin J. Herman, MD \*  
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**Honored Professor**  
Joseph E. Imbriglia, MD \*  
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Mary C. Kasch, OTR/L, CHT, FAOTA  
Sacramento, CA

Leonid I. Katolik, MD  
Philadelphia, PA

Martin J. Kelley, PT, DPT, OCS  
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L. Andrew Koman, MD  
Winston-Salem, NC

Scott H. Kozin, MD \*  
Philadelphia, PA

**Honored Professor**  
Donald H. Lalonde, MD  
St. John, New Brunswick, Canada

Marybeth LaPlant, OTR/L, CHT  
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Paul C. LaStayo, PT, PhD, CHT  
Salt Lake City, UT

Marilyn P. Lee, MS, OTR/L, CHT  
Havertown, PA

Brian G. Leggin, PT, DPT, OCS  
Philadelphia, PA

L. Scott Levin, MD  
Philadelphia, PA

Kevin J. Little, MD \*  
Cincinnati, OH

John D. Lubahn, MD  
Erie, PA

**Honored Professor**  
Joy C. MacDermid, BScPT, PhD  
London, Ontario, Canada

Evelyn J. Mackin, PT  
Woodstown, NJ

Alicia Mayer, OTR/L, CKTP \*  
Westminster, MD

Philip McClure, PhD, PT  
Glenside, PA

Susan L. Michlovitz, PhD, PT, CHT  
Ithaca, NY

Lauren J. O'Donnell, OTR/L, CHT  
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A. Lee Osterman, MD  
King of Prussia, PA

Karen M. Pettengill, MS OTR/L, CHT  
Greenfield, MA

Ann Porretto-Loehrke, PT, DPT, CHT, COMT  
Appleton, WI

Marie G. Sayers, OTR/L, CHT  
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Lawrence H. Schneider, MD  
New York, NY

Karen Schultz, MS, OTR, FAOTA, CHT  
Edwards, CO

Jodi L. Seftchick, MOT, CHT  
Pittsburgh, PA

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Pamela J. Steelman, CRNP, PT, CHT  
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Jason A. Suda, MOT  
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Mike L. Szekeres, OT, Reg (Ont)  
London, ON, Canada

John S. Taras, MD  
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Angela R. Tate, PhD, PT  
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Janice L. Trope, OTR/L, CHT  
Philadelphia, PA

Mark T. Walsh, PT, DPT, MS, CHT, ATC  
Philadelphia, PA

J. Martin Walsh, OTR/L, CHT  
Sacramento, CA

Heather Weesner, OTR/L, CLT \*  
Ellicott City, MD

Ellen G. Wilson, OTR/L, CHT  
Spring City, PA

David M. Wolfe, OTR/L, CHT  
Philadelphia, PA

Scott W. Wolfe, MD  
New York, NY

Terri L. Wolfe, OTR/L, CHT  
Erie, PA

Aviva L. Wolff, OTR/L, CHT  
New York, NY

Jeffrey Yao, MD  
Palo Alto, CA

Teresa M. Zapotchny, PT, CHT  
Philadelphia, PA

Dan A. Zlotolow, MD \*  
Philadelphia, PA

## HOTEL INFORMATION

### Hotel Reservations:

Single \$155 – Double \$175

Deadline for reduced rates:

February 10, 2012

### Sheraton Philadelphia City Center

2 Franklin Plaza, Philadelphia, PA 19103

Telephone: 215.448.2000

Fax: 215.448.2730

Hotel reservations must be confirmed with one night's deposit or credit card before February 10, 2012 to receive discounted rates. Mention the Hand Rehabilitation Foundation meeting for discounted room rate. Additional occupancy tax of 14%. Special requests are noted; however, they cannot be guaranteed. Reservations must be cancelled 7 days in advance to avoid a penalty.

Travizon has been selected as the official agent for the **38th Annual Philadelphia Symposium**. Reservations must be made and tickets purchased a minimum of seven days prior to departure to secure the discount. Travizon will confirm reservations at the lowest rate available, provided normal qualifications are met. To take advantage of these special airfares, individuals contact Travizon at 800-462-6461 or 781-970-1247 (international) and reference the Hand Rehabilitation Foundation Meeting.

# COURSE REGISTRATION

PLEASE NOTE: Name/Credentials will appear on your CEU certificate exactly as entered below.

Name \_\_\_\_\_ Credentials \_\_\_\_\_

Address \_\_\_\_\_ Email (req'd.) \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Telephone (Work) \_\_\_\_\_ (Home) \_\_\_\_\_ (Fax) \_\_\_\_\_

<b>Concurrent Session Selection</b> Please select the Concurrent Session you would like to attend on each day (refer to pages 3, 5, 7). Kindly indicate the Concurrent Session number of your first, second and third choices in order of preference for each day. Remember that space is limited and sessions will be assigned in order of paid registration only.	Day/Date	1 <sup>st</sup> Choice	2 <sup>nd</sup> Choice	3 <sup>rd</sup> Choice
	Saturday, March 3			
	Sunday, March 4			
	Monday, March 5 – 1:00 pm Monday, March 5 – 3:30 pm	_____	_____	_____

**Registration ON-SITE ONLY after February 17, 2012**

**Register Online at [www.handfoundation.org](http://www.handfoundation.org)**

Pre-conference Sessions

	Amount
Tutorial	\$475
1-Day Pediatric Pre-Course-Held at the Loews Philadelphia Hotel	\$350

Full Symposium Registration\*

Allied Health Professional	\$750
Surgeon/Physician	\$850

One-Day Symposium Registration\*

Note: Full Registrations may not be split or shared between participants. For partial attendance, each participant must register using the per diem rates below. CEU credits will be prorated according to conference attendance

	Saturday	Sunday	Monday	Tuesday
Allied Health Professional	\$295	\$295	\$295	\$125
Surgeon/Physician	\$350	\$350	\$350	\$150

\*Full Registration Fee includes Opening Reception, General Session, 1 Concurrent Session per day, Course Materials, Continental Breakfast daily and lunch (no lunch Tuesday) and Chairmen's Reception. One-day Registration includes Continental Breakfast, General Session, 1 Concurrent Session for each day registered and Lunch (no lunch Tuesday).

**Late Registration**

**(Add \$50 to all Registrations Postmarked/Faxed/Online after midnight Friday, February 10, 2012)**

I am planning to attend the Opening Reception on Friday, March 2 from 6:00 – 8:00 pm	Yes	No
I am planning to attend the Chairmen's Reception on Monday, March 5 from 6:30 – 8:30 pm	Yes	No
<b>Yes! I would like to make a donation to the Hand Rehabilitation Foundation \$100 _____ \$50 _____ \$25 _____ Other \$ _____</b>	\$	
<b>Total</b>		

**Cancellation Policy:** A Full Refund less \$75 cancellation fee will be issued if written notification is received by February 10, 2012.

**No Refunds after February 10, 2012.**

Check or Money Order in US Funds made payable to: **Hand Rehabilitation Foundation**  Visa  MasterCard  American Express

Card Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

Print Name as it appears on card \_\_\_\_\_

Card Holder's Signature \_\_\_\_\_

Please complete form and fax or mail to: **Hand Rehabilitation Foundation, 700 S. Henderson Rd. Suite 100, King of Prussia, PA, 19406**

Phone: 610.768.5958 • Fax: 610.768.8887 • [hfr@handfoundation.org](mailto:hfr@handfoundation.org)

Register online at: [www.handfoundation.org](http://www.handfoundation.org)



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700 S. Henderson Rd., Suite 100  
King of Prussia, PA 19406

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