



2024 Annual Report

Collaborative Growth





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About ASHT

Founded in 1977, ASHT is an organization of occupational and physical therapists who specialize in evaluating and treating injuries and conditions of the upper extremity (shoulder, arm, elbow, forearm, wrist and hand). ASHT is the only association dedicated to advancing the specialty of hand and upper extremity therapy by promoting education, advocacy, research and clinical standards.

Membership

ASHT is a growing society that welcomed 343 new members in 2024, re-captured 216 lapsed members and reported a 98-percent member retention rate overall.

The ASHT Board of Directors, volunteer leaders 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

Aviva Wolff, EdD, OT, CHT



“Together, we have made significant strides in advancing our mission, with accomplishments that reflect our dedication to growth, innovation, and collaboration.”

On behalf of the American Society of Hand Therapists Board of Directors, professional staff, and dedicated volunteers, I am honored to present the 2024 ASHT Annual Report, themed *Collaborative Growth*. Serving as your president this year has been a profound privilege, and I am continually inspired by the commitment and passion that our members bring to this exceptional society. This year, we restructured our board to include an additional position – the Outreach Division Director – and welcomed two board interns, providing more leadership development opportunities within our society.

The theme of *collaborative growth*, combined with our commitment to *knowledge philanthropy*, truly embodies the spirit of our work this year. Together, we have made significant strides in advancing our mission, with accomplishments that reflect our collective dedication to growth, innovation and collaboration.

One of the most exciting developments this year was the formation of our new Outreach Division. Under the capable leadership of Gayle Severance, this division is dedicated to developing and coordinating non-CEU educational offerings tailored for hand and upper extremity rehabilitation professionals. It has taken on an impressive array of initiatives, including student outreach, social media oversight and promotional activities, as well as technology initiatives. The division has already produced stellar new patient education

materials in both Spanish and English, addressing conditions like SLAC wrist and musician injuries. This initiative not only expands our resources, but also allows our Education Division, led by Stephanie Strouse, to sharpen its focus on the rich array of educational initiatives we offer, including courses, webinars and hands-on orthotics training.

We are also thrilled to be enhancing our collaborations with notable organizations, such as the American Association for Hand Surgery (AAHS) and the American Occupational Therapy Foundation (AOTF). These partnerships are poised to unlock new opportunities and insights that will benefit our community immensely, reflecting the theme of *collaborative growth* that has guided us this year.

Another pivotal area of development has been the diversification of our membership categories. The introduction of group memberships and multi-year renewal options has already proven effective in re-engaging lapsed members and attracting new professionals to our ranks. Alongside these changes, we have launched an aggressive membership campaign to articulate the benefits of our organization and the unique opportunities we offer. This effort has already paid off, as we have surpassed our membership goal for this fiscal year, with momentum continuing to build – another testament to the power of collaboration and *knowledge philanthropy* in fostering growth.



Our pediatric hand imprint has grown significantly, as well. We are proud to be offering our first-ever standalone Pediatric Specialty Day at our Annual Meeting, alongside a monthly pediatric case review series that has garnered enthusiastic participation from our members. These offerings reflect our ongoing commitment to supporting specialists in this critical area of hand therapy, and they demonstrate how collaboration within our community leads to innovative growth.

Our Annual Meeting is shaping up to be a highlight of the year, with robust registration and a rich program already in place, thanks to the tireless efforts of the Annual Meeting Committee led by the remarkable Brocha Stern. The response has been overwhelming, and we are eagerly looking forward to what promises to be an enriching educational experience for all attendees, driven by our shared commitment to *collaborative growth*.

We are also excited about our role as co-hosts of the joint IFSSH/IFSHT Triennial Congress with our surgical partners in Washington, DC, in March 2025. The program, recently unveiled on the conference website, features wide global representation and is set to be a landmark event, marking its first occurrence in the United States — an outstanding example of how collaboration on a global scale can drive our field forward.

This year also marked the successful graduation of our first standalone

Leadership Development Program cohort under the mentorship of Juliet Steffe and Kim Masker, an initiative that promises to cultivate the next generation of leaders in our field. This is yet another reflection of how collaborative efforts and *knowledge philanthropy* nurture growth and leadership within our society.

Additionally, the important ongoing work of our DEI Committee, under the leadership of Cecelia Fierro, continues to be a cornerstone of our society's commitment to diversity, equity, and inclusion. Their efforts have been instrumental in ensuring that ASHT remains an inclusive and welcoming environment for all members, and their work exemplifies how our collective commitment to these values fosters growth and strengthens our community.

I want to extend my deepest gratitude to the incredible board who made my job this year so much easier. Ann Marie Ferretti, as the Practice Division Director, has been instrumental in protecting and representing our interests. Jenny Dorich, our Research Division Director, has made invaluable contributions to advancing our research goals. Kim McVeigh and Kim Kraft, in their roles as Secretary/Treasurer and Secretary/Treasurer-Elect, have ensured our fiscal health and responsibility. Rob McClellan and Christine Eddow, our Board Members-at-Large, have tirelessly worked on our membership campaign and retention efforts, all while mentoring our board

interns, Phyllis Ross and Heather Weesner, who contributed to multiple initiatives.

I am especially thankful for my executive committee: Kendyl Brock Hunter, our Immediate Past-President; Kim Masker, our President-Elect; and Danielle Sparks, our Vice President. Their support, advice and input have been invaluable. A special shoutout goes to our AH Support team — Gene Terry, our Executive Director, for his guidance and leadership; Jess Ercolino, our Associate Executive Director, for keeping me on my toes; and Jess Hayes and Jill Steckler, our association Meetings Management team, for staying on top of the countless details and organization.

As I prepare to pass the baton to our next president, Kim Masker, I am confident that ASHT is in excellent hands. Kim's achievements in leadership development and her unwavering commitment to our society are well known, and I have no doubt that under her guidance, ASHT will continue to flourish. I also warmly welcome the new board members who will join her in leading our society forward, ensuring that the theme of *collaborative growth* and our commitment to *knowledge philanthropy* continue to guide our work in the coming year.

It has been my distinct honor to serve you this year, and I look forward to witnessing the continued growth and success of ASHT in the years to come.



Education

The ASHT Education Division has steadfastly committed to growing the specialty with hand and upper extremity therapy education for members and non-members alike. The society's educational portfolio continues to grow through a variety of live, virtual, hybrid and audio platforms. The division has 30 motivated, passionate volunteers with diverse backgrounds and interests, which allows the division to continue to expand and grow the society's offerings.

HAND THERAPY REVIEW COURSE

The Education Division organized and hosted two in-person Hand Therapy Review Courses – a new West Coast location in Pomona, CA and Baltimore, MD (**61 attendees**). The division will add a new location for 2025 in the central region of the US. The virtual course remains popular and has drawn **1,371 participants** since its inception in 2020. The hybrid review course format includes two days of hands-on evaluation and treatment skills, a cadaver lab and full access to the virtual course (**65 attendees**). A special-request course will be hosted at Athletico in Oakbrook, IL in October 2024.

HANDS-ON ORTHOTICS

The division held 12 in-person Hands-on Orthotics courses (**168 attendees**). The virtual orthotics course – which offers an introductory, intermediate and advanced option – attracted **189 participants**. Additionally, a regional course was held in Kansas City, MO (**47 attendees**). The division plans to expand regional course offerings to East and West Coast locations in 2025.

TRAVELING COURSE

This year has been a transitional year for the Traveling Course offerings. The division is developing content for two new courses, including an Introduction to Hand Therapy, Manual Application of Treatment Interventions and Casting Motion to Mobilize Stiffness. Look for these courses to be offered beginning late 2024 and in 2025.

UPPER EXTREMITY INSTITUTE

The Education Division launched a new semester of the Upper Extremity Institute in September 2023 that ran through June 2024, featuring 10 online sessions (**1,144 attendees**). The format included a case-based approach featuring presenters discussed the clinical management of shoulder, elbow, wrist and hand conditions. Each session includes a moderated live question-and-answer session. This offering continues to be free for members. The 2025 course will target the more seasoned clinician.



TEST PREP FOR THE CHT EXAM, 4TH ED.

The *Test Prep for the CHT Exam: Study Outline & Clinical Reference, 4th Edition* remains an excellent study tool for the CHT Exam and a valuable clinical reference. This edition features current evidence, color photos and improved study questions with answers and rationale. All chapters are in printed form and the practice exam is completely online. Since its release in October 2021, **1,000 copies** have been sold.

WEBINARS

The Education Division organized and hosted six live webinars (**450 participants**). ASHT collaborated with the Practice and Research Division, our physician-partner organizations (AAHS, AAOS and ASSH) and industry suppliers to deliver a variety of clinical, practice and legislative topics. The on-demand library continues to grow and offer education at the convenience of the learner (**895 participants**).

PEDIATRICS COURSE

The Education Division launched Foundations in Pediatric Hand and Upper Extremity Rehabilitation. This online course features 24 on-demand sessions, including topics such as polydactyly, clasped and trigger thumb, arthrogryposis, juvenile rheumatoid diagnoses, pediatric chronic pain management and much more. We have had great success with this offering with **47 registering** to date. The division introduced a monthly Pediatrics Case Reviews series to facilitate interactive diagnosis-specific online discussions. The division has hosted six successful meetings with **197 attendees**, and four more are scheduled throughout the rest of the year. Additionally, ASHT will hold its first Pediatric Specialty Day at the 2024 Annual Meeting.

ONLINE DISCUSSIONS

Education Division volunteers generated and facilitated discussion on the ASHT e-Community, providing a place for course attendees to ask questions, post testimonials or suggestions, and for attendees to ask presenters questions after each educational event.



Outreach Division

The Outreach Division is a newly formed division established to direct non-CEU educational offerings that formerly fell under the Education Division. The division's volunteers are dedicated to developing new product offerings to engage members and non-members, establishing student-member engagement, providing mentorship and growth opportunities, as well as promoting the practices of hand and upper extremity rehabilitation within the healthcare community and public at large. This year, the new division focused on existing programs, but looks forward to identifying new opportunities to support our membership and hand care community. Outreach's activities and accomplishments over the past year include:

HANDS IN MOTION PODCAST

Led by two engaging CHT hosts and supported by their volunteer committee, the Hands in Motion podcast releases episodes every two weeks and offers interviews and discussions with prominent guests in the field of hand and upper extremity care. Topics cover treatment trends, practice patterns, current evidence and activities in our society and partner organizations. Since its inception in 2021, Hands in Motion has aired **65 episodes** with **80,312 downloads** and **1,236 subscribers**. This year, topics spanned from rehabbing the enthusiastic rock climbers to work conditioning with office athletes and desk jockeys. Healthcare innovators discussed targeted muscle re-innervation and AI in hand therapy, and clinicians shared their professional and personal insights on the physical and psychological challenges related to hand injuries. The podcast is also the place to go to hear first-hand what is going on in the society and our hand and upper extremity care community.

MENTORING PROGRAM

Your peers on the Mentoring Committee worked diligently throughout the year to recruit mentors and ease the process for mentor-mentee matching. Through e-blasts, social media postings and individual networking, **43 new pairs** were made in 2024. At **a total of 178 pairings** strong, the Mentoring Program proves to be a great success for ASHT members. Participants benefit from ASHT resources, including a mentoring handbook, self-assessment tools, videos and contract templates.



STUDENT OFFERINGS

Student engagement is vital to the future of ASHT and our specialty. The Student Offerings Committee continues to support student engagement at the Annual Meeting by hosting an expanded student meet-up session and working with clinician ambassadors to welcome students. The committee posted ASHT's first student vlog on social media. This 12-week video series provided a timely perspective of what students may experience during a hand therapy fellowship. The vlog e-blasts had a 49-percent email open rate, but we have work to do to further increase the reach of this valuable resource. A mini student vlog was posted this summer. The committee published "Road to the CHT" in the spring issue of *ASHT Times*, developed a clinical educator information sheet available on ASHT's website and continues to engage with university/college program directors to promote ASHT student offerings and membership. The committee monitors and updates the Student Center resources on the ASHT website.

PATIENT EDUCATION RESOURCES

The Patient Education Resources continues to be one of the most accessed pages on the ASHT website. There were **11,778 page visits** over the last year (1.9% of all website traffic; seventh most accessed page on the website). Additionally, there were **14,765 downloads** (54.8% of all downloads on the ASHT site). New resources added in 2024 include a EDS/hypermobility resource and a resource about thumb trapeziectomy with sutures suspensionplasty. New Spanish-language resources include radial nerve palsy, fingertip injuries, medial epicondylitis and hand fractures.

SUPPORTING CHT PREP

Outreach Division volunteers generated and facilitated discussion and posted test-prep questions on the ASHT e-Community and in the *ASHT Times* specific to the Hand Therapy Certification Exam. Outreach volunteers also published informative articles in the *ASHT Times* "Clinical Corner."

WEEKLY AAHSk: A NEW COLLABORATION WITH AMERICAN ASSOCIATION FOR HAND SURGERY

ASHT has joined forces with AAHS on their weekly quiz postings on social media. The Weekly AAHSk question is published to test your knowledge and highlight research from the hand and upper extremity community. ASHT offers one question a month, focused on therapy and featuring therapy-based research.



Practice Division

ASHT remains dedicated to developing resources and support material for day-to-day practice issues. The Practice Division comprises three committees and a legislative consultant working to keep members informed about legislation, regulation and industry trends affecting the delivery and reimbursement of hand and upper extremity therapy services. 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

- Reviewed legislation introduced in both the US House of Representatives and Senate for potential impact on the delivery of hand and upper extremity therapy services
- Identified and developed content for the ASHT Legislative Action Center (LAC)
- Tracked developments and new legislation in telehealth services
- Tracked developments in the evolving debate over CMS Evaluation & Management reimbursement cuts
- Collaborated with AOTA and APTA on legislative issues impacting hand and upper extremity therapy
- Reviewed and updated ASHT website resources related to advocacy issues
- Reviewed and updated ASHT position papers in collaboration with the ASHT Research Division
- Developed a new ASHT position paper on dry needling
- Created a comprehensive list of state-allied organizations across the country to open a line of communication and develop a network of advocacy partners

FEDERAL & STATE REGULATIONS COMMITTEE

- Reviewed legislation introduced in both the US House of Representatives and Senate for potential impact on the delivery of hand and upper extremity therapy services
- Monitored 2025 Centers for Medicare & Medicaid Services Physician Fee Schedule changes and the impact it may have on hand and upper extremity therapy practice
- Organized and hosted a webinar exploring Medicare updates for the 2024 calendar year
- Promoted and executed microvolunteering opportunities for members to contribute as state liaisons
- Reviewed and updated ASHT website resources related to federal and state regulations
- Reviewed and updated ASHT position papers in collaboration with the ASHT Research Division

PRACTICE MANAGEMENT COMMITTEE

- Developed and delivered a webinar exploring Medicare updates for the 2024 calendar year
- Created and expanded resources on ASHT website for Practice Management, which are highlighted monthly in the e-Community posting
- Reviewed and updated ASHT website resources related to practice management
- Reviewed and updated ASHT position papers in collaboration with the ASHT Research Division
- Created Practice Management/Productivity survey with ASHT Research Division, posted for member and non-member hand therapist participation. The results will be presented during the 2024 ASHT Annual Meeting.

Research Division

ASHT is committed to being a recognized leader in advancing the science and practice of hand and upper extremity therapy. Through the work of the Research Division, ASHT supports evidence-based clinical practice and research focused on advancing the profession. Over the past year, the society engaged in several initiatives to build and support science that informs the profession of hand and upper extremity therapy:

- Hosted the monthly Journal Club, the official online forum for the *Journal of Hand Therapy* (**909 participants**). Each month, a volunteer researcher, academic or clinician in the field leads the Journal Club discussion and engages with attendees in an engaging discussion of the selected journal article.
- Hosted six Student-led Journal Club sessions (**138 participants**). This offering is designed to involve and educate students on appraising the current literature on the hand and upper extremity. The journal discussion is facilitated by students under the supervision of a faculty member or ASHT member.
- Facilitated, critically reviewed and distributed **12** research surveys to ASHT membership
- Published monthly Research Updates on the ASHT website. These summaries of original published research papers serve to increase awareness of emerging evidence and relevant research from peer-reviewed journals in the field of hand and upper extremity rehabilitation.
- Collaborated with the ASHT Education Division to offer a free webinar entitled "Reviewing Studies for the JHT" presented by Joy C. MacDermid, BSCPT, MSc, PhD, Editor of the *Journal of Hand Therapy* (73 registrants).
- Expanded activities to bring awareness of the *Journal of Hand Therapy* by contributing a review of a *JHT* article in the *ASHT Times* and continued a social media collaboration project with *JHT* to highlight upcoming articles prior to publication.
- Collaborated with the Practice Division to update telehealth references for membership
- Facilitated the publication of a *Clinical Assessment Recommendations* chapter on Wound Care authored by Nora Barrett, OTR/L, CHT, WCC
- Completed a survey study exploring interest in an ASHT research community to inform future Research Division programming
- Enhanced resources to include guidelines for developing presentations that follow accessibility standards for scientific podium and e-poster presenters at the ASHT Annual Meeting
- Revised an electronic grading platform for e-poster and scientific session reviewers to increase ease of use
- Facilitated the publication of "Patients living with upper extremity arthritis may experience limitations in physical, mental, and social health: A technical report" in *JHT* from a collaboration with the Arthritis Foundation
- Collaborated with the American Hand Therapy Foundation in the grant review process
- Awarded three research awards at the 2023 Annual Meeting:
 - » **Best Paper:** Wanda Weimer, OT, CHT, CLT - "The effectiveness of occupational therapy for breast cancer survivors experiencing Aromatase inhibitor induced arthralgia hands"
 - » **Best Poster:** Sunni Alford, OTR/L, OTD, CHT - "The development of a protocol for identifying the presence and location of nerve entrapment in the upper extremity"
 - » **First-Time Researcher:** Jennifer Radziak, OT, CHT - "Utilizing the Spurgeon method as a manual therapy protocol post-mastectomy"



International Committee

The ASHT International Committee was established with the purpose of advancing and supporting global hand and upper extremity therapy development. The committee has been active over the past year, facilitating initiatives supporting its goals.

- Organized and hosted two Virtual Education Series **(60 participants across 15 countries)**. ASHT is collaborating with Health Volunteers Overseas, where the educational presentations are being housed for ongoing access by therapists in Ghana.
- Conducting a “Foundations in Hand Therapy” course this fall in Colombia **(50 participants)**.
- The American Association for Hand Surgery (AAHS) in partnership with ASHT, established the International Reverse Therapy Fellowship in 2019. The selected Fellow receives \$10,000 from AAHS to be used toward a two-week visit to North America to train with two AAHS and ASHT membership therapist institutions. The fellowship also allows for travel to the AAHS and ASHT Annual Meetings.
 - » ASHT welcomes Josue Vargas Aguilar, OT, BS, MS (Mexico) as the 2024 recipient.
 - » Host Institutions:
 - Hospital for Special Surgery | New York, NY**
Member Host: Nick Maroldi, PT, DPT, OCS, CHT
 - Philadelphia Hand to Shoulder Center | Philadelphia, PA**
Member Host: Lauren DeTullio, OTR/L, CHT
- Generated and facilitated discussion on the ASHT International e-Community to offer networking with therapists from around the world on a wide range of topics from education and research to clinical treatment.
- The committee is working to expand our contacts around the world, to cultivate relationships with therapists in developing countries. Over the past year, we have had regular communications with therapists in Bahrain, Colombia, Ghana, Kenya, Mexico and Ukraine to determine their needs and provide resources and support.
- Hosting the International Invited Lecturer Luncheon at the 2024 ASHT Annual Meeting. We are looking forward to this year’s faculty, Josue Danielle Vargas Aguilar, OT, BS, MS, Mary Collier Barnes, MOT, CHT, CIDN and Kim Rosinski, OTR/L, CSCS, CHT, who will be speaking on “Breaking Barriers to International Volunteerism.”
- Facilitated member awareness of global issues through regular *ASHT Times* submissions. The current series, “Hand Therapy Around the World,” looks at hand and upper extremity therapy in various countries to highlight what our field looks like in different parts of the world, including challenges, recent development and future needs.
- Provided educational support to hand therapists in Ghana and Bahrain as part of the International Federation of Societies for Hand Therapy (IFSHT) Member-to-Member Mentoring Program.
- Collaborated with IFSHT to facilitate member awareness of IFSHT events and offerings. ASHT, ASSH and ASSH are also pleased to be the host societies country of the 2025 IFSHT-IFSSH Triennial Congress.



Diversity, Equity & Inclusion Committee

ASHT is dedicated to creating an inclusive, accountable and diverse organization. We welcome all who bring a unique perspective and professional expertise to advance our mission and the development of science, advocacy, research and wellness of every individual in our surrounding communities. ASHT is committed to identifying and removing barriers to educational opportunities, access and success for all our community members. Over the past year, the Diversity, Equity & Inclusion Committee has progressed through ASHT's DEI strategic plan:

- Created various sub-committees to help meet the vision outlined in the strategic plan (Data and Metrics, Communication, Governance, Education and Allied Health Partnerships). These groups continue to meet to establish timelines and action steps to meet specific goals and objectives. The sub-committees are a key aspect in the implementation of the ASHT DEI strategic plan to address the needs of members and stakeholders.
- Hosted two Book Club events **(80 participants)**.
 - » The first event featured the book *Black Man in a White Coat* by Damon Tweedy, MD. The book examined the complex ways in which black doctors and patients must navigate the difficult and often contradictory terrain of race and medicine. In his book, Dr. Tweedy explores the challenges confronting black doctors, and the disproportionate health burdens patients face, ultimately seeking a way forward to better treatment, collegial interactions and more compassionate care.
 - » The second Book Club event featured the book *Yes, I Am the Surgeon: Lessons On Perseverance in a World That Tells You No* by Lattisha Latoyah Bilbrew, MD. Dr. Bilbrew joined members to discuss her book and journey from Birmingham, England to migration to the United States and ultimately becoming the first black woman orthopedic surgeon and partner at one of the country's largest and most well-respected practices. Dr. Bilbrew learned to grow from moments that might knock others down. Dr. Bilbrew chronicles these events and provides readers the psychological tools to choose from for their own formidable set of obstacles.
 - » These events were well attended, and participants engaged in robust and fruitful discussions on discrimination in patients and healthcare providers and the inequities in healthcare. Participants shared their personal stories about prejudice and inequities in the workplace and discussed ideas and strategies for navigating these situations to discard discrimination and ways to improve injustices in healthcare.
 - » The next society-at-large Book Club event is scheduled for October 23, 2024, and will feature the book *The Power of Neurodiversity – Unleashing the Advantages of Your Differently Wired Brain* by Thomas Armstrong, PhD.



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 forums, research reports and departments, including book reviews and literature abstracts.

MANUSCRIPT FLOW

Submissions, Editorial Outcomes and Published Counts

		Calendar Year 2023	2024 Year-to-Date
Submitted Manuscripts		247 (down 5 percent)	190 (up 51 percent)
Accepted Manuscripts		108 (up 54 percent)	27 (down 43 percent)
Rejected Manuscripts		175 (up 11 percent)	109 (up 16 percent)
Rejection Rate	Desk	48% (down 6 percent)	65% (up 12 percent)
	Standard	14% (down 2 percent)	15% (up 2 percent)
Published Manuscripts		118 (up 237 percent)	64 (down 3 percent)

MANUSCRIPT SPEED

Median Editorial Speed for Accepted and Rejected Articles

	Calendar Year 2023	2024 Year-to-Date
Submission to First Desk Decision	21 days (down 60 percent)	29 days (up 4 percent)
Submission to First Standard Decision	92 days (down 21 percent)	61 days (down 49 percent)
Submission to Standard Editorial Outcome	192 days (down 15 percent)	167 days (down 31 percent)

Median Editorial and Publication Speeds for Published Articles

	Calendar Year 2023	2024 Year-to-Date
Submission to First Decision	84 days (down 19 percent)	102 days (down 2 percent)
Submission to Editorial Outcome	222 days (down 22 percent)	248 days (up 9 percent)
Submission to First Publication Online	265 days (down 18 percent)	305 days (up 21 percent)
Submission to Published Version of Record	804 days (up 29 percent)	557 days (down 40 percent)
Submission to Final Publication	824 days (up 29 percent)	569 days (down 40 percent)



IMPACT FACTOR

The Impact Factor measures the average number of citations received in a particular year by papers published in the journal during the two preceding years. 2023 Journal Citation Reports (Clarivate Analytics, 2024)

Title	2019	2020	2021	2022	2023
<i>Journal of Hand Therapy</i>	1.504	1.95	1.908	2.0	2.1
<i>Journal of Hand Surgery</i>	2.124	2.23	2.342	1.9	2.1
<i>Hand Surgery and Rehabilitation</i>	0.961	0.969	1.419	1.1	0.9
<i>Physical Therapy and Rehabilitation Journal</i>	3.14	3.021	3.679	3.8	3.5
<i>Journal of Occupational Therapy</i>	2.231	2.246	2.813	2.9	2.1

CATEGORY

The Journal of Hand Therapy is included in three SCIE (Science Citation Index Expanded) categories:

Index	Category	Journal of Hand Therapy Rank	Total Journals	Quartile
SCIE	ORTHOPEDICS - SCIE	47	136	Q2
SCIE	REHABILITATION - SCIE	46	173	Q1
SCIE	SURGERY - SCIE	100	291	Q2

TOP CITED ARTICLES 2024 YTD, PUBLISHED 2022-2023 (SCOPUS)

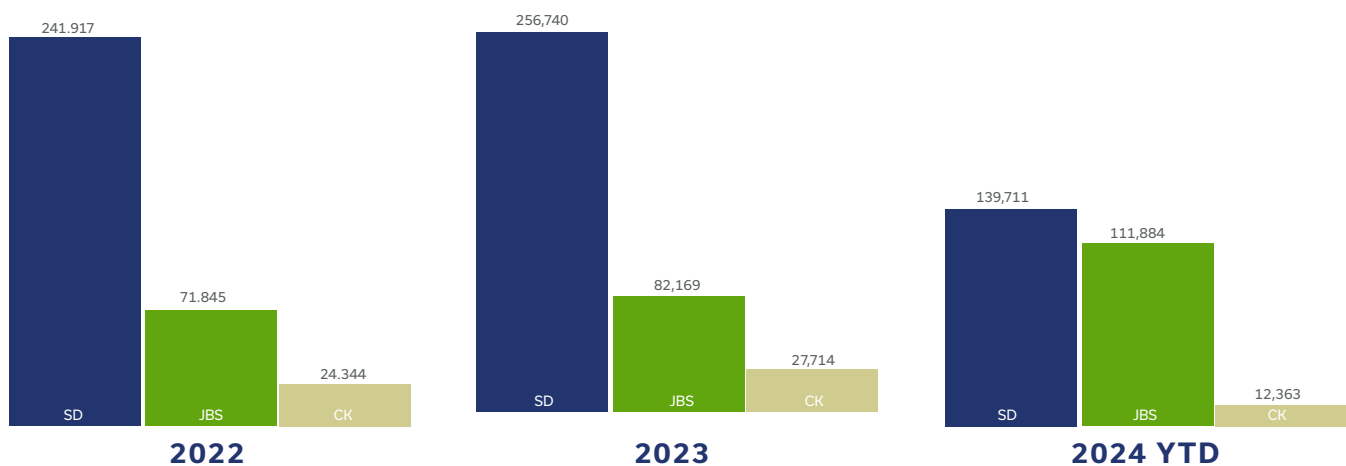
- The role of diagnostic ultrasound in carpal tunnel syndrome: An update and systematic review
Erickson, M., Lawrence, M., Lucado, A.
- Kinematic evaluation and reliability assessment of the Nine Hole Peg Test for manual dexterity
Temporiti, F., Mandaresu, S., Calcagno, A., Bianchi, AM., Gatti, R., Galli, M.
- The 2019 practice analysis of hand therapy and the use of orthoses by certified hand therapists
Keller, JL., Henderson, JP., Landrieu, KW., Dimick, MP., Walsh, JM.
- Utilization of 3D-printed orthoses for musculoskeletal conditions of the upper extremity: A systematic review
Schwartz, DA., Schofield, KA.
- Patient-reported outcome measures used for shoulder disorders: An overview of systematic reviews
Furtado, R., Bobos, P., Ziebart, C., Vincent, J., MacDermid, JC.
- Diagnostic accuracy of examination tests for lateral elbow tendinopathy (LET) - A systematic review
Karanasios, S., Korakakis, V., Moutzouri, M., Pantazopoulou, V., Tsepis, E., Gioftos, G.
- "I didn't know what I could do": Behaviors, knowledge and beliefs, and social facilitation after distal radius fracture
Stern, BZ., Howe, TH., Njelesani, J.
- Clinical effects of proprioceptive thumb exercise for individuals with carpometacarpal joint osteoarthritis: A randomized controlled trial
Cantero-Téllez, R., Algar, LA., Valdes, KA., Naughton, N.
- Dynamic stabilization home exercise program for treatment of thumb carpometacarpal osteoarthritis: A prospective randomized control trial
McVeigh, KH., Kannas, SN., Ivy, CC., Heckman, MG., Brushaber, DE., Murray, PM.
- Investigating the effects of neuromobilization in lateral epicondylitis
Yilmaz, K., Bayramlar, KY., Ayhan, C., Tufekci, O.

TOP CITED ARTICLES 2023, PUBLISHED 2021-2022 (SCOPUS)

1. Postoperative hand therapy management of zones V and VI extensor tendon repairs of the fingers: An international inquiry of current practice
Hirth, MJ., Howell, JW., Feehan, LM., Brown, T., O'Brien, L.
2. Comparative efficacy of the dorsal application of Kinesio tape and splinting for carpal tunnel syndrome: A randomized controlled trial
Kraus, D., Roll, SC., Javaherian-Dysinger, H., Daher, N.
3. Relative motion extension management of zones V and VI extensor tendon repairs: Does international practice align with the current evidence?
Hirth, MJ., Howell, JW., LM., Brown, T., O'Brien, L.
4. The role of diagnostic ultrasound in the examination of carpal tunnel syndrome: an update and systematic review
Erickson, M., Lawrence, M., Lucado, A.
5. Virtual health care and telehealth: Current therapy practice patterns
Szekeres, M., Valdes, KA.
6. Computer workstation ergonomics: Current evidence for evaluation, corrections, and recommendations for remote evaluation
Emerson, S., Emerson, K., Fedorczyk, J.
7. Accuracy of diagnostic clinical tests and questionnaires in screening for carpal tunnel syndrome among workers – A systematic review
Dabbagh, A., Ziebart, C., MacDermid, JC.
8. Effectiveness of eccentric strengthening in the treatment of lateral elbow tendinopathy: A systematic review with meta-analysis
Chen, Z., Baker, NA.
9. Predictors of functional outcome after peripheral nerve injury and compression
Stonner, MM., Mackinnon, SE., Kaskutas, V.
10. Convergent validity and responsiveness of the Canadian Occupational Performance Measure for the evaluation of therapeutic outcomes for patients with carpometacarpal osteoarthritis
11. Cantero-Téllez, R., Villafañe, JH., Medina-Porqueres, I., Garcia-Orza, S., Valdes, KA.

FULL TEXT USAGE PER PLATFORM

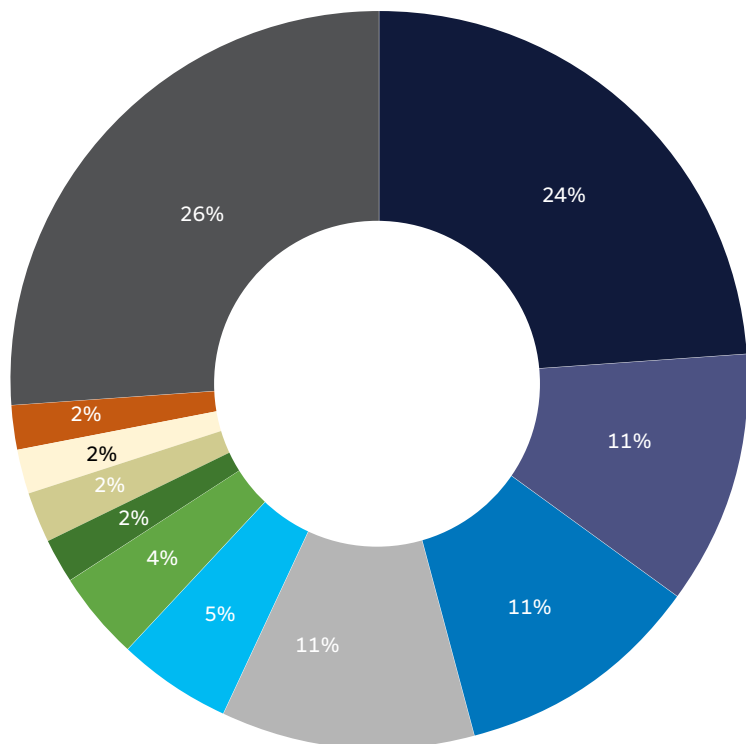
Platform	2022	2023	2024 YTD
Science Direct	241,917	256,740	139,711
Journal Branded Solutions	71,845	82,169	118,884
Clinical Key	24,344	24,714	12,363



TOP SCIENCE DIRECT DOWNLOADED ARTICLES IN 2023, PUBLISHED IN 2023

1. Diagnostic accuracy of examination tests for lateral elbow tendinopathy (LET) – A systematic review
Karanasios, S., Korakakis, V., Moutzouri, M., Pantazopoulou, V., Tsepis, E., Gioftsos, G.
2. Clinical effects of proprioceptive thumb exercise for individuals with carpometacarpal joint osteoarthritis: A randomized controlled trial
Cantero-Téllez, R., Algar, LA., Valdes, KA., Naughton, N.
3. The management of hand osteoarthritis: The rheumatologist's perspective
Terpstra, SES., van de Stadt, LA., Kloppenburg, M.
4. Shoulder structure and function: The impact of osteoarthritis and rehabilitation strategies
Vocelle, AR., Weidig, G., Bush, TR.
5. Reduced pain and improved daily activities for individuals with hand osteoarthritis using a silicone wrist hand orthosis
Van der Windt, JW., Akkerman, W., Hofstra, M., Meussen, P.
6. Patient outcomes and costs after isolated flexor tendon repairs of the hand
Lalchandani, GR., Halvorson, RT., Zhang, AL., Lattanza, LL., Immerman, I.
7. Psychosocial factors addressed by occupational therapists in hand therapy: A mixed-methods study
Kurrus, MB., Jewell, VD., Gerardi, SG., Gerg, M., Qi, Y.
8. Dynamic stabilization home exercise program for treatment of thumb carpometacarpal osteoarthritis: A prospective randomized control trial
McVeigh, KH., Kannas, SN., Ivy, CC., Heckman, MG., Brushaber, DE., Murray, PM.
9. Increase of weight-bearing capacity of patients with lesions of the TFCC using a wrist brace
Asmus, A., Salloum, M., Medeiros, W., Eisenschenk, A., Ekkernkamp, A., Kim, S.
10. Utilization of 3D-printed orthoses for musculoskeletal conditions of the upper extremity: A systematic review
Schwartz, DA., Schofield, KA.

SCIENCE DIRECT USAGE: TOP 10 COUNTRIES & REGIONS, 2023



COUNTRY	REQUEST FOR ARTICLES
UNITED STATES	61,986
AUSTRALIA	29,288
UNITED KINGDOM	28,006
NOT AVAILABLE AT SOURCE	27,315
CANADA	13,705
TURKEY	9,865
NEW ZEALAND	6,058
CHINA	5,767
SWEDEN	4,239
NETHERLANDS	4,005
REST OF WORLD	66,506
GRAND TOTAL	256,740

TOP ARTICLES BY SOCIAL MEDIA COUNT, PUBLISHED THIS YEAR

1. Effectiveness of proprioceptive neuromuscular facilitation therapy and strength training among post-menopausal women with thumb carpometacarpal osteoarthritis. A randomized trial
Campos-Villegas CC., Pérez-Alenda, S., Carrasco, JJ., Igual-Camachio, Cl., Tomás-Miguel, JM., Cortes-Amador, S.
2. Is mirror therapy combined with a routine physiotherapy protocol effective for children with obstetrical upper brachial plexus palsy?
Sari, Hl., Yigit, S., Turhan, B.
3. The effect of Centella Asiatica cream on scar development in patients who underwent open carpal tunnel release surgery
Balevi, MB., Balevi, AB.
4. A meta-analysis of the risk factors for lateral epicondylitis
Chen, Q., Shen, P., Zhang, B., Chen, Y., Zheng, C.
5. A rehabilitation protocol for the use of a 3D-printed prosthetic hand in pediatrics: A case report
Thomas, A., Muñecas, T.
6. A description of the barriers, facilitators, and experiences of hand therapists in providing remote (tele) rehabilitation: An interpretive description approach
Farzad, M., MacDermid, JC., Ferreira, L., Szekeres, M., Cuypers, S., Shafiee, E.
7. A global proprioception concept after hand injury – Patient report
Cantero-Téllez, R.
8. A systematic review of biopsychosocial prognostic factors of recovery after a proximal humerus fracture
Varahra, A., MacDermid, JC.
9. Action observation plus motor imagery and somatosensory discrimination training are effective non-motor approaches to improve manual dexterity
Agnelli, M., Libeccio, B., Frisoni, MB., Bolzoni, F., Temporiti, F., Gatti, R.
10. Active wrist joint position sense (AWJPS) test offers variable reliability levels and scores among multiple wrist angles and tester-experience levels
Karagiannopoulos, C.



Journal of Hand Therapy X/Twitter Update

In 2021, the *Journal of Hand Therapy* made its debut on X/Twitter ([@JrnlHandTherapy](https://twitter.com/JrnlHandTherapy)) in an effort to promote relevant research and education within the hand and upper extremity therapy field.

Working with members of ASHT's Research Division and staff, the journal highlights open access articles from each quarterly issue, as well as fosters insightful discussions among followers with an interest in the hand and upper extremity.

Over the last year, [@JrnlHandTherapy's](https://twitter.com/JrnlHandTherapy) following **has increased 26.5%**, gaining 180 new followers. We invite you to follow our account and join the discussion!

Membership Engagement

Social Media

TIP OF THE WEEK

Thank you to the ASHT members who submitted clinical tips. We are working through submissions to bring ASHT crowd-sourced ideas to our Facebook, Instagram and LinkedIn communities. Please follow us on these social media platforms. If you have a tip to share, please submit it to asht.org/about/volunteer/tip-week-clinical-pearl-contributor

HAND THERAPY STORIES AND JOB POSTINGS

Follow ASHT (@handtherapyasht) on your favorite social media platforms for hand and upper extremity therapy content, news, stories, member highlights, job postings and more! We also encourage you to join the [ASHT LinkedIn group](#) to engage and network with your peers.

Connect to ASHT.org

E-COMMUNITY

The ASHT e-Community remains the place for you to collaborate with fellow ASHT members, identify resources, share ideas, tap the knowledge and experience of your peers and generally discuss topics of interest. Categories include CHT Exam Prep, Clinical Treatment Issues, Community Calendar, Higher Education, International Community, Pediatrics, Practice & Reimbursement, Students and the Upper Extremity Institute Online Study Group. The site is monitored by board members-at-large to ensure responses to posted questions.

ONLINE VOLUNTEER PORTAL

The Volunteer Portal continues to function as a means for volunteers to identify areas where they can contribute to the ASHT community. This platform allows ASHT members to register their interests, expertise and availability, and matches members with projects. Long-term and short-term commitments or "microvolunteering" opportunities are found via the portal at asht.org/about/volunteer.

DEI BOOK CLUB

ASHT's Diversity, Equity & Inclusion Committee held its second society-at-large book club event with guest author Lattisha Latoyah Billbrew, M.D., featuring the book *Yes, I Am the Surgeon, Lessons on Perseverance in A World That Tells You No*. The next Book Club event is scheduled for October 23, 2024, and will feature the book *The Power of Neurodiversity - Unleashing the Advantages of Your Differently Wired Brain* by Thomas Armstrong, PhD.

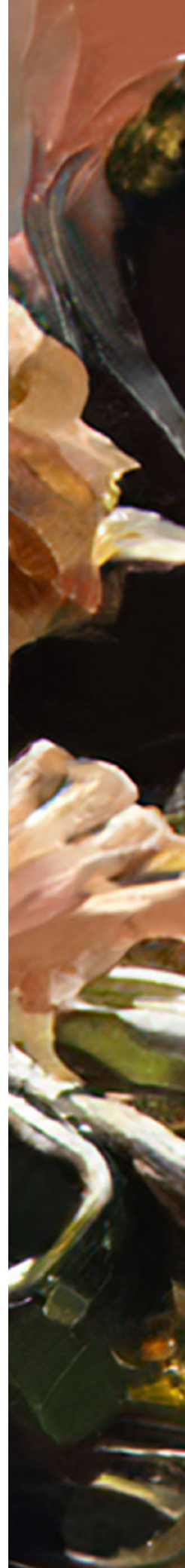
REGIONAL HAND THERAPY INTEREST GROUPS

Find updates about new and ongoing hand and upper extremity special interest groups in the *ASHT Times* "What's Happening" section. ASHT encourages members to participate in regional hand therapy conferences. Active and forming groups are located coast to coast in California, Colorado, Delaware, Georgia, Illinois, Kansas, Kentucky, Michigan, Missouri, North Carolina, Ohio, Oregon, South Carolina, Texas, Washington and Washington, DC. In addition, we have reciprocated ASHT society updates with the Canadian Society of Hand Therapists (CSHT). You will find *ASHT Times* updates for CSHT events and ASHT updates in the CSHT newsletter.

UPCOMING MEMBERSHIP ENGAGEMENT INITIATIVES

ASHT will launch the ASHT Connect mobile app at the 2024 Annual Meeting. This app will give members immediate access to the entire ASHT community through direct and group messaging and discussion groups. Once you download the app, you can participate in our interactive news feed, forum discussions and access important resources.

Beginning in 2025, ASHT will hold quarterly virtual town hall meetings for new members.



Financial Summary

FY 2023 Audit Results: Statement of Financial Position

As of December 31, 2023, ASHT had total assets of \$1,888,192 and total liabilities of \$679,031 for total net assets of \$1,209,161. Net assets decreased from December 31, 2022, by \$226,935. The detail is outlined below.

ASSETS	2023	2022
Cash	\$ 407,720	\$ 926,036
Accounts receivable	22,815	15,861
Prepaid expenses and other assets	73,293	138,607
Investments	1,355,169	1,342,441
Website development costs, net of accumulated depreciation	29,195	58,872
Total assets	\$1,888,192	\$2,481,817

LIABILITIES	2023	2022
Accounts payable and accrued expenses	\$ 334,265	\$ 669,690
Deferred revenue		
Membership dues and subscriptions	268,324	308,848
Annual Meeting and education	76,442	67,183
Total liabilities	679,031	1,045,721

NET ASSETS	2023	2022
Without donor restrictions	\$ 1,152,632	\$ 1,385,344
With donor restrictions	56,529	50,752
Total net assets	1,209,161	1,436,096
Total liabilities and net assets	\$1,888,192	\$2,481,817

Volunteer Recognition

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



Robert McClellan, OTR/L, CHT
Rachel M. Pigott, MPH, OTR/L, CHT
Phyllis Ross, OTD, OTR/L, CHT, CLT,
Erica Victorson, OTR/L, CHT
Tamera Stanback Nanton, MS, OTR/L
Caroline Stegink Jansen, PT, PhD, CHT
Raveen Virdee, MOT, OTR/L
Josephine Wong, MA, OTR/L, CHT
Aviva Wolff, EdD, OT, CHT, Board Liaison

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Kendyl Brock Hunter, OTR/L, CHT, Board Liaison

TIP OF THE WEEK CONTRIBUTORS

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Kendyl Brock Hunter, OTR/L, CHT
Sarah Foster OTR/L, CHT
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Adam Westenhofer, OTR/L, CHT
Aviva Wolff, EdD, OT, CHT
Jennifer Wood, OT/L, CHT
Jill Yanick, OTR/L, CHT

ASHT Times

Each quarter, ASHT members look forward to receiving an update on ASHT activities, members, current events affecting hand and upper extremity 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

October 1, 2023 – August 8, 2024

1,984
UNIQUE VIEWS

(up from 656 in 2023)

The number of individuals who viewed the publication. Each reader is counted just once.

1,812
ISSUE VIEWS

The total number of times issues were read, including returning visitors who may return to the issue several times.

727
PAGES PRINTED

The number of pages printed from the digital edition

45,144
PAGE VIEWS

(39,978 in 2023)

The number of pages viewed in *ASHT Times* during the year. Individuals may read pages of the magazine several times, and helps us identify which articles get the best readership and are of most interest to members.

2,960
PAGE ZOOMS

*The number of times readers zoomed in on a page, signifying interaction

Note: Digital interaction typically declines with the Q2 issue, as it is printed and mailed to readers.

Top 10 Articles

- 1 The Flexor': Promoting and Improving Composite Flexion**
(Volume 30, Issue 4, Winter 2023)
Adam Regalado, OTD, OTR/L, and Neysa Torrisi, OTR/L, CHT
- 2 Hand Therapy Around the World: Zambia**
(Volume 30, Issue 4, Winter 2023)
Kim Rosinski, OTR/L, CHT, CSCS
- 3 Radiation for Severe Recurrent Dupuytren Disease**
(Volume 31, Issue 1, Spring 2024)
Debbie Kuang, OTD, OTRL/L, Janice Rocker, OTD, OTR/L, CHT, CEAS, and Dino Omens
- 4 Learning First-Hand: A Comprehensive Guide for Zone II Flexor Tendon Protocols**
(Volume 30, Issue 4, Winter 2023)
Jessica Jeong, OTD, OTR/L
- 5 Getting Creative with Functional Therapy Activities**
(Volume 30, Issue 3, Fall 2023)
Josh MacDonald, MS, OTR/L, CHT
- 6 Ulnar Collateral Ligament Injuries and Rehabilitation**
(Volume 31, Issue 2, Summer 2024)
Jared Gabrelcik, OTD, OTR/L
- 7 The Application of Nanotechnology in Hand Rehabilitation**
(Volume 30, Issue 3, Fall 2023)
Robyn Midgley, BSc (Hons), OT, AHT (BAHT), ECHT (EFSHT)
- 8 An Overview of Thoracic Outlet Syndrome**
(Volume 30, Issue 3, Fall 2023)
Diana Davis, OTR/L, MOT, CHT
- 9 Hand Therapy Around the World: Vietnam**
(Volume 31, Issue 1, Spring 2024)
Mary Collier Barnes, MOT, CHT, CIDN
- 10 Postpartum Wrist Pain**
(Volume 30, Issue 3, Fall 2023)
Emi Ito, OTR/L, BCPR, CHT, CLT, CEAS, and Peggy D. Stein, OTD, OTRL/L, CHT

Social Media

ASHT's social media following and engagement surged again this year, with an **15.9-percent increase in total followers year over year**, and a **9.5-percent overall increase since January 2024**.








This growth was due in large part to ASHT's Instagram account, which reached 3,000 followers just over one year after its launch in May 2023. The account has continued its steady growth, with a **75-percent increase in followers since January 2024**.

The most popular posts of the last year across all platforms included the Tip of the Week series, Annual Meeting content, the student vlog series, podcast episode spotlights and Hand Therapy Week celebrations.

ASHT's YouTube channel experienced the largest relative boost in followers, with a **110-percent increase year over year**, and a **91.5-percent increase since the beginning of 2024**. This is largely due to ASHT's increased focus on video content, including the new student vlog series, showcasing a student's account of her 12-week clinical rotation in a hand and upper extremity clinic. ASHT's safety and injury prevention series, as well as the diagnosis-based videos continue to be highly viewed and shared content.

TOTAL ASHT SOCIAL MEDIA FOLLOWERS

					
YEAR	FACEBOOK	LINKEDIN	INSTAGRAM	YOUTUBE	X/TWITTER ^
2022	9,024	5,561	N/A	235	3,661
2023	9,317	6,847	1,987	295	3,650
2024	9,504	6,991	3,482	565	3,652

*As of August 15, 2024. All other totals are as of December 31 of the respective year.

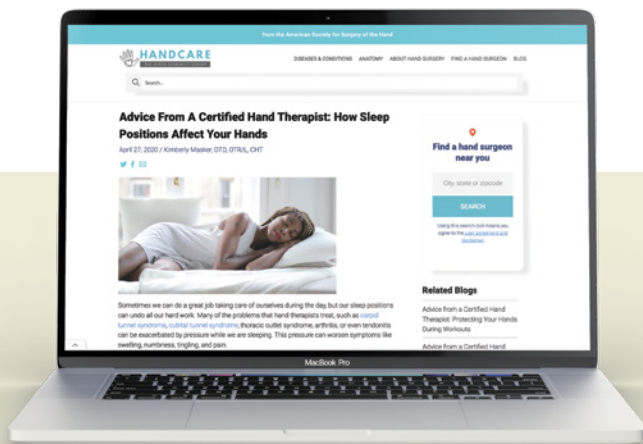
^NOTE: Over the last two years, changes in the X/Twitter algorithm have prioritized content from paid accounts and advertisers, reducing the visibility of ASHT posts to potential new followers despite consistent and quality content being posted.

HandCare.org

For the last nine years, ASHT has 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.

ASHT's Technology and Communication Committee contributes content focused on the value of hand and upper extremity 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 the specialty with the public.

Between October 2023 and August 2024, the HandCare.org blog received more than 1.47 million overall views. According to ASSH's metrics, ASHT-generated content accounted for about 7.3% of traffic on the HandCare.org blog.



Two of the HandCare.org blog's top 25 most-read posts were ASHT contributions, racking up more than 57,000 combined views on the site. The top ASHT blogs focused on:

SLEEP POSITION (#11) – 31,200+ VIEWS
<https://www.assh.org/handcare/blog/advice-from-a-certified-hand-therapist-how-sleep-positions-affect-your-hands>

BITE INJURIES TO HAND AND ARM (#23) – 11,900+ VIEWS
<https://www.assh.org/handcare/blog/advice-from-a-certified-hand-therapist-why-bite-injuries-to-the-hand-and-arm-are-serious>



Other popular ASHT blog topics included:

EXERCISING WITHOUT WRIST PAIN

<https://www.assh.org/handcare/blog/advice-from-a-certified-hand-therapist-exercising-without-wrist-pain>

WORKSTATION ERGONOMICS

<https://www.assh.org/handcare/blog/advice-from-a-hand-therapist-workstation-ergonomics>

HOW TO MANAGE A BRUISED HAND

<https://www.assh.org/handcare/blog/advice-from-a-certified-hand-therapist-how-to-manage-a-bruised-hand>

RADIAL NERVE PALSY

<https://www.assh.org/handcare/blog/advice-from-a-hand-therapist-what-is-radial-nerve-palsy>

SCAR MANAGEMENT

<https://www.assh.org/handcare/blog/advice-from-a-certified-hand-therapist-scar-management>

MALLET FINGER

<https://www.assh.org/handcare/blog/advice-from-a-certified-hand-therapist-mallet-finger>

MODIFICATION TO PENCIL GRIP FOR HANDWRITING

<https://www.assh.org/handcare/blog/advice-from-a-certified-hand-therapist-modifications-to-pencil-grip-for-handwriting>

HAND EDEMA

<https://www.assh.org/handcare/blog/advice-from-a-certified-hand-therapist-hand-edema>



e-Community

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

Top 10 e-Community Discussions

RANK	DISCUSSION GROUP	TOPIC
1	CHT EXAM PREP	CHT test prep
2	CLINICAL TREATMENT ISSUES	Ergonomically sound mouse for thumb CMC OA
3	CLINICAL TREATMENT ISSUES	Issues using theraputty from infection control
4	PRACTICE & REIMBURSEMENT	L code and orthotic fit/training
5	ASHT COMMUNITY	Mallet finger
6	ASHT COMMUNITY	PP-OTD program?
7	CLINICAL TREATMENT ISSUES	Splinting materials
8	CLINICAL TREATMENT ISSUES	Subluxing/snapping ECU tendon treatment
9	CLINICAL TREATMENT ISSUES	Whirlpool/wound care
10	PRACTICE & REIMBURSEMENT	DME license for orthotics

American Society of Hand Therapists®

SPONSORED BY

**HAND THERAPY
WEEK** **JUNE 3-9
2024**

NAKED
PROSTHETICS™

Hand Therapy Week

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

New Video Release:

PREGNANCY-RELATED UPPER EXTREMITY CONDITIONS

Working with AH's digital media team, the Technology & Communication Committee launched a new video detailing the hand and upper extremity conditions expectant mothers may experience during pregnancy.

This video debuted June 4, 2024, across all ASHT social media platforms, yielding more than 2,400 plays. The video also had an average view duration of 2:07 minutes, which is a full minute more than typical duration, per YouTube. This demonstrates the value audiences found in the information shared. This video will continue to be promoted going forward, with an accompanying video on postpartum childcare video expected to be released in fall 2024.



The Hand Therapy Week page on the ASHT website earned **6.8%** of website traffic, second only to the homepage in number of page views during that period.

DAILY CHALLENGES

The Technology & Communication Committee again developed daily challenges in an effort to increase engagement and provide more ways to celebrate Hand Therapy Week. The challenges were promoted a month in advance of Hand Therapy Week, then launched daily on social media. This year's challenges had consistent popularity throughout the week, with many clinics/accounts participating every day and some even creating their own challenges with their staff.

PATIENT EDUCATION RESOURCE
Carpal Tunnel Syndrome

Working with a knowledgeable hand therapist can make the difference between success and failure in complex hand surgical cases. The therapist extends the capabilities of our care, as well as functioning as coach and trainer for our patients.

AMERICAN SOCIETY OF HAND THERAPISTS

What is carpal tunnel syndrome?
Carpal tunnel syndrome (CTS) is a condition of the median nerve passing through the carpal tunnel, causing numbness, tingling, and pain in the hand and wrist. The condition is caused by compression of the median nerve within the carpal tunnel. The carpal tunnel is a narrow passageway in the wrist, formed by the carpal bones and the transverse carpal ligament.

What are the symptoms of carpal tunnel syndrome?
The most common symptoms are numbness and tingling in the thumb, index, middle, and ring fingers, as well as the palm side of the hand. Symptoms are often worse at night and may wake you up. There may also be weakness in the hand, difficulty gripping objects, and pain or aching in the wrist.

How can a hand therapist help treat carpal tunnel syndrome?
A hand therapist can help reduce the symptoms of CTS by providing a comprehensive treatment plan. This may include splinting, ergonomic modifications, and manual therapy. The therapist can also provide education on how to prevent further injury and how to manage the condition long-term.

What causes carpal tunnel syndrome?
The most common cause of CTS is repetitive hand and wrist movements, such as typing on a computer keyboard or using a power drill. Other causes include pregnancy, rheumatoid arthritis, and diabetes.




PATIENT EDUCATION RESOURCE
Trigger Finger

Working with a knowledgeable hand therapist can make the difference between success and failure in complex hand surgical cases. The therapist extends the capabilities of our care, as well as functioning as coach and trainer for our patients.

AMERICAN SOCIETY OF HAND THERAPISTS

What is trigger finger?
Trigger finger is a condition where the tendons in the hand and wrist become inflamed and thickened, causing the fingers to catch or lock. The condition is caused by repetitive hand and wrist movements, such as typing on a computer keyboard or using a power drill.

What is the treatment for trigger finger?
The most common treatment is a corticosteroid injection into the tendon sheath. If this does not work, surgery may be necessary to release the tendon.

What can a hand therapist do for me?
A hand therapist can help reduce the symptoms of trigger finger by providing a comprehensive treatment plan. This may include splinting, ergonomic modifications, and manual therapy.

What are the symptoms of trigger finger?
The most common symptoms are catching or locking of the fingers, pain in the hand and wrist, and difficulty gripping objects.




PATIENT EDUCATION RESOURCE
Ergonomics & Joint Protection

Working with a knowledgeable hand therapist can make the difference between success and failure in complex hand surgical cases. The therapist extends the capabilities of our care, as well as functioning as coach and trainer for our patients.

AMERICAN SOCIETY OF HAND THERAPISTS

What is ergonomics & joint protection?
Ergonomics is the study of how people interact with their work environment. Joint protection is the use of devices and techniques to reduce the risk of injury to the joints.

What are the symptoms of ergonomics & joint protection?
The most common symptoms are pain, numbness, and tingling in the hand and wrist. Symptoms are often worse at night and may wake you up.

What can a hand therapist do for me?
A hand therapist can help reduce the symptoms of ergonomics and joint protection by providing a comprehensive treatment plan. This may include ergonomic modifications, splinting, and manual therapy.

What causes ergonomics & joint protection?
The most common cause is repetitive hand and wrist movements, such as typing on a computer keyboard or using a power drill.




PATIENT EDUCATION RESOURCE
CMC Arthritis

Working with a knowledgeable hand therapist can make the difference between success and failure in complex hand surgical cases. The therapist extends the capabilities of our care, as well as functioning as coach and trainer for our patients.

AMERICAN SOCIETY OF HAND THERAPISTS

What is the treatment for arthritis of the thumb?
The most common treatment is a corticosteroid injection into the joint. If this does not work, surgery may be necessary to remove the joint.

What are the symptoms of arthritis of the thumb?
The most common symptoms are pain, swelling, and stiffness in the thumb. Symptoms are often worse at night and may wake you up.

What can a hand therapist do for me?
A hand therapist can help reduce the symptoms of arthritis of the thumb by providing a comprehensive treatment plan. This may include splinting, ergonomic modifications, and manual therapy.

What causes arthritis of the thumb?
The most common cause is repetitive hand and wrist movements, such as typing on a computer keyboard or using a power drill.




ADDITIONAL RESOURCES/PROMOTION

ASHT provided hand and upper extremity therapy marketing flyers tailored to surgeons, primary care providers and the public; a list of celebration ideas; a marketing toolbox with a sample press release; and more.

The popular Patient Education Resources and Spanish translations were again promoted for therapists to use as a convenient tool for patient care and public education. The flyers provide information on common diagnoses, answer frequently asked questions and educate patients on the role a hand therapist plays in their treatment.

This year, ASHT released **two new resources** and **four Spanish-translated resources** in celebration of Hand Therapy Week:

- Hypermobility & EDS
- Thumb Trapeziectomy & Suture-Button Suspensionplasty
- Fingertip Injuries (Spanish)
- Hand Fractures (Spanish)
- Medial Epicondylitis (Spanish)
- Radial Nerve Palsy (Spanish)

The Patient Education Resource page was accessed **726 times** during Hand Therapy Week, making up 4.5% of website traffic and ranking third among page views. This increase in traffic is likely due to additional promotion and engagement on social media channels. The Find a Therapist directory landed second among page views, which could mean increased promotion of the specialty led members of the public to the ASHT website to search for a hand therapist in their area.

ASHT CONTESTS

The ASHT Photo Contest once again displayed the creativity of our members, with 20 different entries capturing the beauty of patient care, art installations and more.

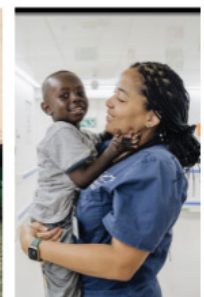
ASHT once again ran a giveaway in partnership with Naked Prosthetics on Instagram. Participants simply needed to follow both the ASHT and Naked Prosthetics Instagram accounts, like the giveaway content post and tag three friends in the comments. This again helped both accounts gain visibility and followers, generating a lot of buzz throughout the week. Congratulations to Cascade Hand Therapy on being our randomly selected, receiving an ASHT gift certificate and gift basket from Naked Prosthetics!



First place:
Anna Kathryn Diedrich, OTR/L, CHT (2 year old thumb spica)



Second place:
Randy Beckman, OTR, CHT (Lorenzo Quinn "Support")



Third place:
Yeiddy Lania Ferreira, MS, OTR/L (Healing brings laughter and joy)



Hand Therapy Week *Social Media Engagement*



YOUTUBE

ASHT's YouTube channel saw the largest relative surge in engagement across all platforms, with **total channel views over 2,500** as compared to less than 400 views during Hand Therapy Week 2023. In addition to the popularity of the pregnancy-related upper extremity conditions video, ASHT's other hand safety and injury prevention series videos saw a resurgence, as many therapists and business pages shared them throughout the week. Specifically, the CMC/thumb arthritis video was particularly popular, accounting for 77% of channel views during Hand Therapy Week.



INSTAGRAM

ASHT's Instagram account total reach during the week was nearly 12K, as compared to 2K during Hand Therapy Week 2023. (ASHT's Instagram engagement on the first day of HTW 2024 alone was over 5K!) The page had over 1K profile visits and picked up an impressive **180 new followers** throughout the week!

The most popular Instagram posts during this period in terms of reach were the Hand Therapy Week kickoff post (8.2K), the Patient Education Resources (1.4K) and the photo contest voting (1.2K).



FACEBOOK

ASHT's Facebook page total reach during the week was 6.5K, with engagement up 215% from prior weeks. The page also picked up 15 new followers over the course of the week.

The most popular Facebook posts during this period in terms of reach were the Patient Education Resources (1.6K), the photo contest voting (1.5K) and the first daily challenge announcement (1.3K).



Academy of Hand & Upper Extremity Physical Therapy

The Academy of Hand & Upper Extremity Physical Therapy is one of 18 specialty components within the American Physical Therapy Association (APTA). Our membership grows out of the APTA membership of physical therapy professionals and students, consistent with a federated model. Our current membership is slightly over 2,500 members. The leadership team is composed of physical therapy professionals, including Certified Hand Therapists committed to advancing the hand therapy specialty by advocating for interprofessional practice and scholarship. Over the past few years, the Academy has focused on increasing awareness of our specialized practice amongst students, as well as offering education emphasizing global upper extremity management across diverse patient populations. Anyone interested in learning more about APTA Hand & Upper Extremity should visit handpt.org.

APTA Hand & Upper Extremity sponsors educational programming and research presentations during the annual APTA Combined Sections Meeting (CSM) that will be held February 13-15, 2025 in Houston. The Academy is sponsoring 34 hours of continuing education related to hand and upper extremity rehabilitation, including a pre-conference focused on return to sport following upper extremity injury and optimizing performance. The APTA CSM gathers between 15,000 to 20,000 professionals and students annually and is celebrating its 50th anniversary in

2025. You do not have to be an APTA member to attend, so for more information please go to <https://csm.apta.org/>. If you plan to attend, please reach out to Jane Fedorczyk, PT, PhD, CHT, FAPTA at president@handpt.org so we can make a plan to connect in Houston.

The Academy continues to offer both a fall and spring webinar series on topics relevant to current practice for upper extremity rehabilitation inclusive of unique populations. Our academy members receive a membership discount, adding value to their membership dues. This provides a great way for physical therapy professionals to earn CEUs in hand and upper extremity rehabilitation that meet requirements for both CHT recertification and state PT licensure. The webinars are open to non-members including occupational therapists. For more information, please visit handpt.org or contact info@handpt.org. In October 2024, we are launching a new webinar series for physical therapy students and early-career professionals to learn more about career development in hand and upper extremity practice. If you are interested in participating as a guest moderator, please reach out to president@handpt.org. You do not have to be an APTA member or a physical therapy professional to contribute to career development.

APTA Hand & Upper Extremity continues to work on clinical practice guidelines (CPGs) that meet the Institute



of Medicine (IOM) standards, including open access to all interested practitioners. To date, all current CPG projects have been done in collaboration with the Academy of Orthopedic Physical Therapy. Our first CPG on non-operative management of carpal tunnel syndrome was published in 2019 and Mia Erickson, PT, EdD, CHT is leading the current revision team to update this CPG. It will be available in 2025. A CPG on non-operative management of lateral elbow tendinopathy was published in 2022. The most recent CPG to be published was on the rehabilitation of distal radius fractures with lead authors Saurabh Mehta, PT, PhD and Christos Karagiannopoulos, PT, PhD, CHT. To reduce variance in clinical practice and to meet IOM requirements, the CPGs are open access and are available to all practitioners at [orthopt.org](https://www.orthopt.org) and [handpt.org](https://www.handpt.org).

The Practice Affairs Committee, led by Marsha Lawrence, PT, DPT, CHT, continues to work on payment and reimbursement issues. APTA is also piloting advocacy training programs to help physical therapy professionals develop skills to advocate for practice. Members of the Academy are actively participating in this training and Marsha continues to be an “ambassador” to APTA staff and members regarding specific hand and upper extremity practice issues. She has worked tirelessly on making physical therapy professionals aware of federal legislation (H.R.4315, S.3977) excepting orthoses from reasonable useful lifetime limits. This legislation needs more cosponsors NOW to get this through Congress by the end of year. Please visit,

https://www.handpt.org/practice/public_policy for specific information on how you can help get this important legislation passed. The potential savings to Medicare is 60 million over 10 years, so this legislation has the potential to be included in the year end appropriations bills. We all need to do our part to advocate for this bill as it is important to our practice and to our patients. Please encourage your patients with Medicare to do the same.

In 2022, I thought it would be my final year as President of APTA Hand & Upper Extremity. I was appointed by the board of directors to serve as president to fulfill the current term through February 2026 after the position was vacated in November 2023. I am honored to serve again. As long as I have been an ASHT member, leadership has always encouraged ASHT members to join their parent organization, AOTA or APTA, depending on their professional identity in occupational or physical therapy. The importance of this membership requires each of us to look beyond journal access or continuing education benefits. AOTA and APTA work collaboratively to protect and expand our ability to practice in all clinical settings. Please feel free to reach out to leaders from ASHT, APTA or AOTA for more information about the benefits of belonging to both ASHT and your parent organization. If you are a physical therapist, physical therapy assistant or student, please feel free to contact me, Jane Fedorczyk, PT, PhD, CHT, FAPTA, at president@handpt.org to discuss the benefits of belonging and support our specialty practice within the physical therapy community.



35TH
ANNIVERSARY

CELEBRATE WITH US!!
WWW.AHTF.ORG

American Hand Therapy Foundation

Gary S. Solomon, MBA, MS, OTR/L, CHT, Chair

The American Hand Therapy Foundation's mission is to improve patient outcomes by promoting evidence-based practice through funding clinical and scientific research and education.

The American Hand Therapy Foundation is celebrating our 35th anniversary, and we are proud to continue to support impactful research and education opportunities through our grants and scholarships. We appreciate the support of everyone who contributed by applying for one of our grants, volunteering and/or making a financial donation to the foundation this year. We are only able to continue this magnificent work with your help. Learn more about our funding opportunities and how to make an impact through contributions at www.ahtf.org.

The **AHTF Board of Directors** works tirelessly to review and award grants and scholarships, raise funds and guide AHTF toward fully attaining our mission. We continue to evolve with the changing environment and look for new methods to support the hand therapy professional specialty.

Please join us in congratulating our newest grant and educational scholarship recipients!

- **Burkhalter New Investigator Grant:** Nicole Hoover: "Prevalence of observed thumb metacarpophalangeal collapse by physical and occupational therapists: A pilot study."
- **Tri-Alliance Grant Honoring ASHT Founders:** Jenny Dorich: "Completing the item set development of a novel patient report outcome measure for children with upper



limb impairment: the upper extremity life impact measure - Youth (UE LIMY)."

- **Evelyn Mackin Travel Grant for Education and Research** (generously underwritten by North Coast Medical, Inc.): Aviva Wolff, EdD, OT, CHT. "Healing Hands: Advanced Upper Extremity Rehabilitation Training in War-Torn Areas."
- **The Janet Albrecht Memorial Scholarship**: Holly Flanagan, BS, MSOT, OTRL, CL.

Each year, AHTF offers multiple grants and invites qualified applications. A list of AHTF's grants is posted on our website at <https://www.ahtf.org/grants>, along with ample and helpful information about the application process. We encourage all of you to apply and/or help spread the word about these generous funding opportunities to your colleagues who participate in research.

AHTF continues to underwrite the American Society of Hand Therapists' sponsorship of the Scientific Sessions at the Annual Meeting through a generous donation from Jim and Beverly King. Thank you, Jim and Beverly, for your continuous support!

The foundation benefits tremendously from an extraordinary \$100,000 donation made in 2022 from North Coast Medical, Inc., Mark E. Biehl, President and CEO. With this contribution, North Coast generously underwrites the AHTF annual fundraiser, **Happy Hour with a Scholar**, the **Evelyn Mackin Travel Grant for Education and Research** and is the official sponsor of [our website](#). Thank you, North Coast Medical!

We want to thank all of you who support the foundation through our fundraising events. This year's **Virtual Run / Walk for Hand Therapy Research** was our most successful ever due to so many of you getting your teams together and taking part during Hand Therapy Week. We are also excited to welcome Charles Goldfarb, MD as our invited scholar for our **"Happy Hour with a Scholar"** program at the ASHT Annual Meeting.

In its **35-year history**, AHTF has provided thousands of dollars in funding for more than 100 projects. These projects have changed our professional practice, and many of your colleagues have been recipients of an AHTF grant or scholarship. Visit <https://www.ahtf.org/resources> for more information.

The foundation is grateful to all who have applied for grants, served on the Board of Directors, taken part by donating to fund AHTF grants and volunteered their time to support the foundation's mission and our collective professional future.

We especially wish to acknowledge the contributions of our Immediate Past Chairman Jim King, Ph.D., OTR/L, CHT for his guidance and vision, which has led to substantial growth in our ability to support meaningful and impactful grants and scholarships. We also wish to recognize our Executive Director Anna Shnyder for her professional guidance and leadership.

Lastly, we recognize ASHT's ongoing and unwavering support of the foundation. AHTF and ASHT continue to work closely together to support each other and both organizations' goals.



Hand Therapy Certification Commission

HTCC MISSION

The mission of the Hand Therapy Certification Commission is to support a high level of competence in hand therapy practice and to advance the specialty through a formal credentialing process.

HTCC VISION

The Hand Therapy Certification Commission envisions a time when every qualified therapist who treats hand and upper limb patients will become a Certified Hand Therapist.

2023 AND 2024 HAND THERAPY CERTIFICATION EXAMINATION HIGHLIGHTS

HTCC is pleased to welcome 368 new CHTs since our last report. The overall pass rate (percentage of people who passed the examination) was 54% for the Fall 2023 and 59% for the Spring 2024 examinations. The passing rate by year for the CHT examination for the past 10 years has ranged from 58% to 68%, with the average pass rate being 60%.

There are currently over 7,500 CHTs worldwide – 6,949 in the United States, 257 in Canada and 364 in countries outside of North America (see map below). By profession, 87% are occupational therapists, 12% are physical therapists and less than 1% possess both credentials.



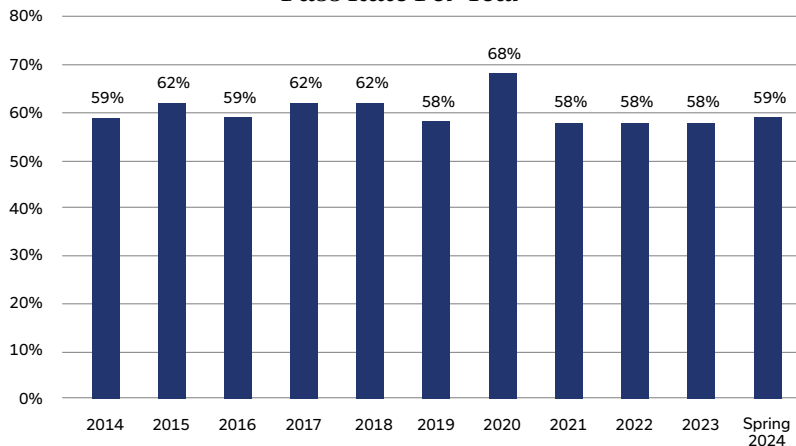
Did You Know?

72% of examination candidates reported that they spent between 2 to 12 months preparing for the Hand Therapy Certification Examination.

Did You Know?

75% of CHTs recertify through at least three, five-year recertification cycles (15 years) after initial certification.

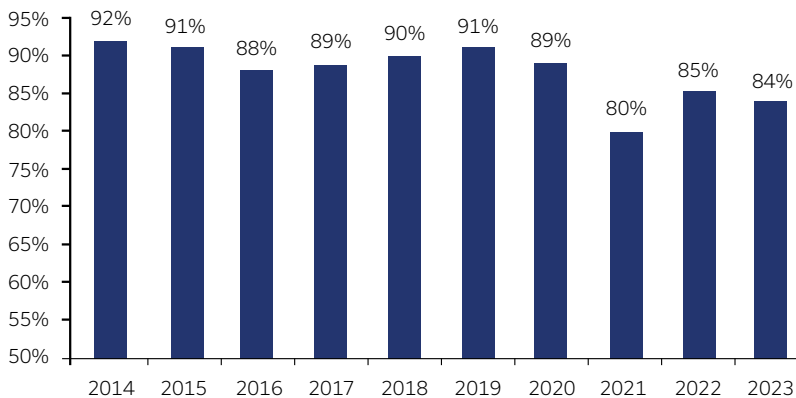
Pass Rate Per Year



RECERTIFICATION HIGHLIGHTS

HTCC continues to show a high recertification rate with 88% recertifying on average since 2014. The recertification rate in 2023 was 84%. The table below shows the recertification rate by year since 2014.

Percent Recertified



HTCC 2024 SALARY & BENEFITS SURVEY

The HTCC 2024 Salary & Benefits Survey was posted on the HTCC website htcc.org in April 2024. This is the 10th salary and benefits survey HTCC has conducted since 2004. The purpose of the survey is to obtain information frequently requested by therapists and employers, serve as a resource to the hand therapy community by sharing information and provide ongoing data. The survey results will be published this fall.

OUTREACH

In 2024, 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 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 preparation and study strategies for the Hand Therapy Certification Examination.

Board and Committee Recognition

HTCC would like to acknowledge and thank our board of directors and staff.

BOARD OF DIRECTORS

President: Mary Dimick, OTR, CHT
 President Elect: Keri Landrieu, LOTR, CHT
 Vice President: Nancy Cannon, OTR, CHT
 Secretary: Sue Blackmore, MS, OTR/L, CHT
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 Patricia Taylor, MBA, PT, CHT
 Lauren Valdata, PT, CHT
 Karol Young, OTD, OTR/L, CHT
 Physician Member: Roy Meals, MD
 Public Member: Jan Newsom, JD

HTCC STAFF

Martin Walsh OTR/L, CHT, Executive Director
 Lisa Kahn, Administrative Manager

Did You Know?

Therapists who are **members of their National Hand Therapy Association** (i.e., ASHT, CSHT, AHTA, NZAHT, etc.) perform slightly better on the examination.



International Federation of Societies for Hand Therapy

*Peggy Boineau, OTR, BCPR, CHT
President 2022-2025*

The International Federation of Societies for Hand Therapy (IFSHT) has 58 members representing more than 11,000 therapists worldwide. Through ASHT's membership in IFSHT, ASHT's members are a part of IFSHT.

2022-2025 EXECUTIVE COMMITTEE

- President, Peggy Boineau (United States)
President-Elect, Stacey Doyon (United States)
Secretary-General, Marie Eason Klatt (Canada)
Treasurer, Elizabeth Ward (Australia)
Information Officer, Susan de Klerk (South Africa)
Past President, Nicola Goldsmith (United Kingdom)
- The Executive Committee meets virtually every four to six weeks and meets in person twice during the triennial term.

DELEGATE'S COUNCIL

- Meetings every three years in person, with option for virtual attendance, at the Congress
- Interim meeting: Virtual meeting was successfully held November 4, 2023 via Zoom

MENTORING PROGRAM

- Mentor and mentee members are regularly in touch with each other in order for mentees in countries with emerging hand therapy presence to grow their hand therapy infrastructure
- ASHT, as mentor to Ghana and Bahrain, is a valued participant in this program
- IFSHT is in the process of updating this program

PROFESSIONAL MANAGEMENT OF SOCIAL MEDIA CAMPAIGN

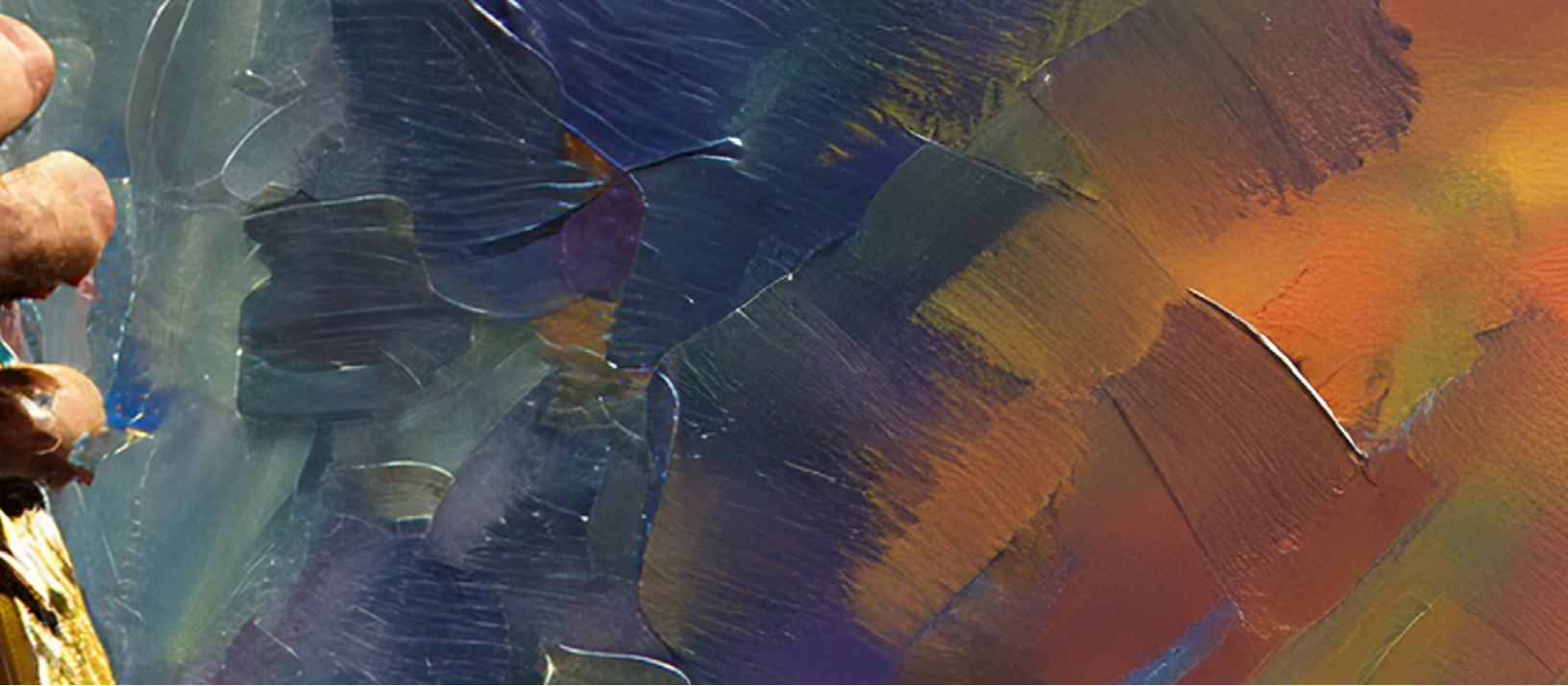
- Blank Page Consulting (South Africa) is arranging weekly posts to generate interest in the 2025 Congress
- Our current social media platforms are Facebook and Instagram.

COMMERCIAL SPONSORSHIP PROGRAM

- Our corporate sponsorship program welcomes sponsors from commercial organizations that market equipment, supplies, services and virtual products to hand therapists on an international basis.
- We offer four different sponsorship levels and an opportunity to support the Silent Auction at the Triennial Congress.
- We currently have one gold sponsor, T-Tape, and one silver sponsor, 3-Point Products.

2025 CONGRESS

- Plans are underway for the 2025 IFSSH and IFSHT Triennial Congress in Washington, DC, March 24-28, hosted by American Society for Surgery of the Hand, American Association for Hand Surgeons and American Society of Hand Therapists.



- Aviva Wolff is the ASHT representative to the Congress Organizing Committee and is the ASHT appointed Co-Chair of the Scientific Program Committee.
- Yafa Levanon from Israel is the IFSHT appointed Co-Chair to the Scientific Program Committee.
- Aviva and Yafa formed and are leading a Scientific Committee with strong international representation.
- The abstracts have been rated and presenters have been selected. As of August 9, 2024, the program is in its final stages and will be posted soon. Excellent international representation has been achieved.

2028 CONGRESS

- Delegates at the IFSSH/IFSHT Congress in London (2022) selected Singapore to host the 2028 Congress.
- Preliminary plans are underway for this Congress.

IFSHT MEMBERSHIP

- 58 members
- 2 new members in process of acceptance

AWARDS AND GRANTS

- In 2024, IFSHT seeks nominations for the Lifetime Achievement Award and the Cristina Alegri Award for Innovation. Application deadline: September 24, 2024.
- The awards will be presented at the 2025 Congress
- Congress-related grants include the IFSHT Evelyn Mackin Congress Grant and the IFSHT/IFSSH Triennial Congress Grant
- IFSHT also offers the IFSHT/IFSSH International Teaching Grant

- Grant information is on the website
- IFSHT plans to sponsor 5 to 9 Evelyn Mackin grant recipients from lower- and middle-income countries who will be fully funded for Congress attendance (visa, lodging, flight, per diem, registration). The final number is dependent on the success of our final push for donations. The cost to sponsor one Evelyn Mackin grant recipient is \$5,000.
- IFSHT raised \$10,747 through donated funds and Silent Auction funds to support the IFSSH/IFSHT Triennial Congress Grant
 - » Provides partial funding for congress attendance
 - » Received 31 applications
 - » Working to allocate these funds to grant applicants who will be informed about their status by September 24, 2024.
 - » Silent Auction fund is a sub-fund within this grant fund and is only allocated to speakers.
 - » At the 2022 Congress, more than \$7,000 was raised to support this grant for 2025.

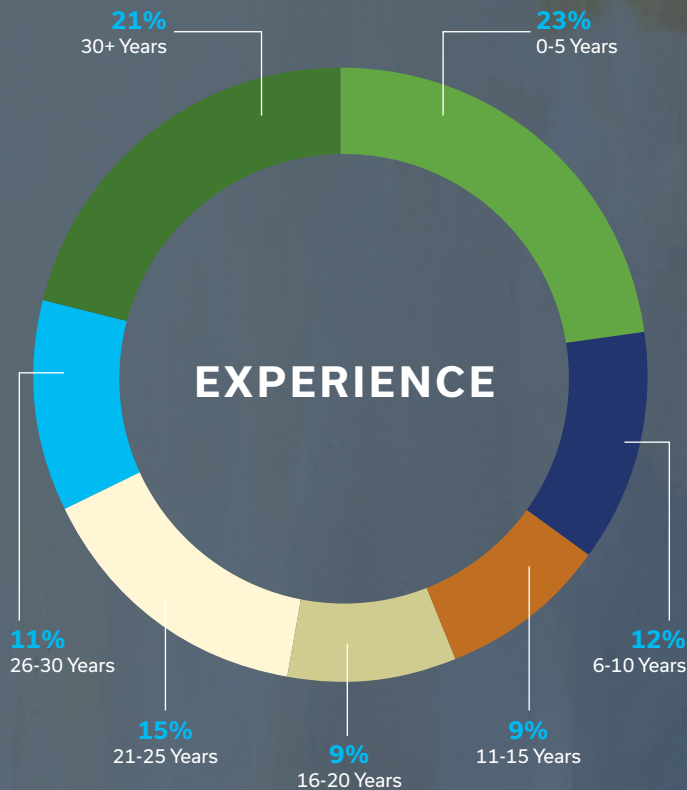
WEBSITE

- IFSHT's website, <https://ifsht.org>, continues to provide a wealth of hand therapy information for therapists around the world.

PUBLICATIONS

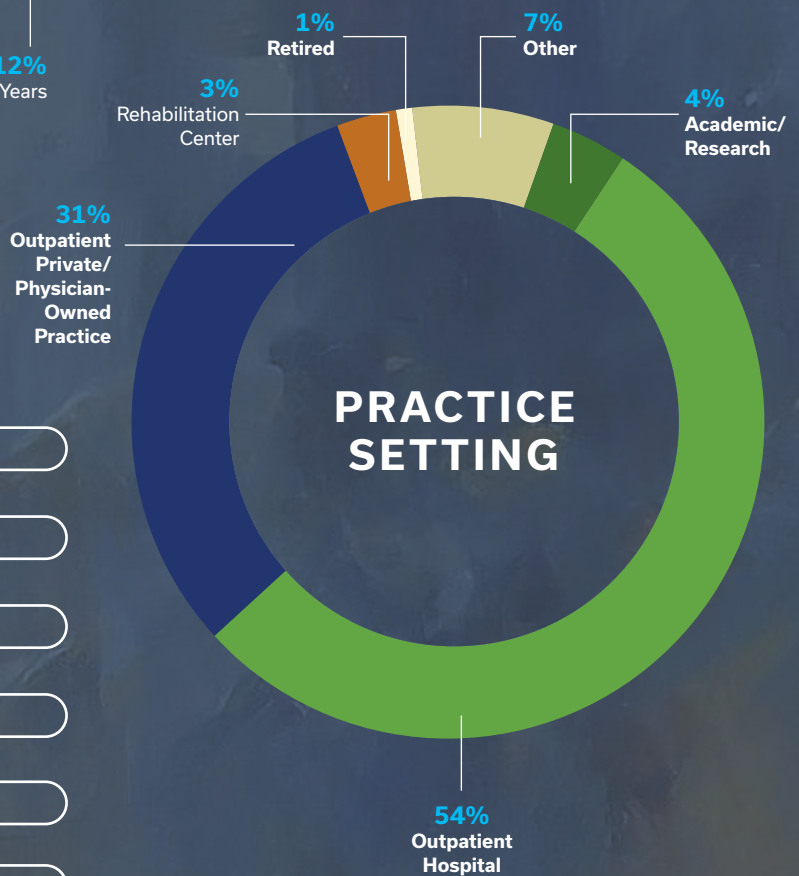
- *R.E.A.C.H.* Newsletter to be published three times in 2023. Committee always seeks contributions to the newsletter.
- *IFSSH Ezine* online publication, which always welcomes a hand therapy article organized by the IFSHT publications committee. Volunteer submissions are welcome.

ASHT Membership *By the Numbers*



Years of Hand and Upper Extremity Therapy Experience

Nearly one third (32 percent) of ASHT members have practiced hand and upper extremity therapy for 26 years or more. Nearly one quarter (24 percent) of members have been in practice between 16 and 25 years, while 1 in 5 (21 percent) members have 6 to 15 years of practice experience. Nearly one quarter of members (23 percent) have practiced five years or fewer.



Total ASHT Membership





Incoming *President's Message*

Kimberly Masker, OTD, OTR/L, CHT

That which you give to another will become your own sustenance; if you light a lamp for another, your own way will be lit. - Nichiren

Dear members,

As I step into the role of president for our esteemed organization, I am humbled, honored, and excited to embark on this journey over the next year with all of you.

First, I want to thank Aviva Wolff for her passionate and dedicated leadership of our organization over this past year. She has carried the theme of Knowledge Philanthropy into all aspects of her leadership and our initiatives. She has embodied her goal to facilitate and model a spirit of giving by sharing her gifts of wisdom, experience, and expertise. In her incoming presidential address last year, she challenged us to carry forward our community, "...where the exchange of ideas and experiences ignites creativity, fuels innovation, and raises the bar of hand therapy care." Looking back at our organization's achievements over the last year, I can confidently say that she reached and surpassed her presidential goals and we are all the better. I speak for many of us by saying we have felt the inspiration to carry this forward into our own practice and professional lives. I challenge us all to continue her legacy.

As the mantle passes, I believe a president's ultimate goal is to build upon and advance the foundation created by those before us. Their vision, dedication, and hard work have paved the way for

our current achievements. Let us carry their legacy forward with an eye on the future. Our path must be guided by principles that are as sustainable as they are transformative and that provide us sustenance for the journey.

Sustainability is not merely a buzzword. It encompasses both environmental and professional dimensions. It is a vital strategy for ensuring long-term efficacy and resilience of our practices and the overall healthcare landscape. As leaders in our field and members of the global hand and upper extremity community, we must learn from each other and innovate responsibly, integrating eco-friendly practices and embracing technologies that reduce our environmental impact. By advocating environmental stewardship and equitable health policies, we protect our planet and foster healthier environments for our patients and communities.

Professionally, we must commit to continuous growth and adaptation, ensuring our practices remain cutting-edge and relevant. Our commitment to sustaining high standards of care and professional development ensures that we continue to provide exemplary service in an ever-evolving field of medicine. We must be steadfast in our efforts to encourage future generations of therapists by providing mentorship, fostering education opportunities, and

creating open and equitable pathways for emerging professionals to succeed. Organizational health is equally crucial. It is imperative that we build a resilient and adaptable organization that supports its members, encourages others to join us, and fosters a culture of collaboration and excellence. This means investing in continuous learning, maintaining a balanced approach to our work, and maintaining a supportive community within our organization. By nurturing ourselves and each other, we can better serve our clients, build a lasting impact, and drive positive change.

By prioritizing sustainability on both fronts, we contribute to a healthier global community, a healthier organization, and ensure the long-term stewardship and resilience of our profession.

As I step into this role as your president, I am excited about the opportunities ahead. Together, let us embrace these themes with passion and purpose, building a unified and forward-thinking organization that continues to make a meaningful impact.

I hope that each of you will reach out this year – to chat, to let me know your passions and concerns, and get to know each other better. I look forward to working with all of you. My door is open.

Kim

Supporter Acknowledgement

ASHT gratefully acknowledges the individuals and organizations whose 2023-2024* contributions further the mission of our organization and the work of the hand and upper extremity therapy profession. Without you, our work would not be possible

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