

ASHT Hand Therapy Review Course

March 14-16, 2025

Texas Woman's University

Dallas, Texas

Friday, March 14, 2025

Foundational Science of the Upper Extremity: An Anatomy and Kinesiology Review

Session Description:

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

Time	Topic	Faculty
7:30 – 8:00 am	Registration	
8:00 – 8:15 am	Introductions	
8:15 – 10:00 am	Cadaver Dissection	Martin Rosario
10:00 – 10:15 am	Break	
10:15 – 11:15 am	Cadaver Dissection (cont.)	Martin Rosario
11:15 am – 12:15 pm	Brachial Plexus and Innervation of the Upper Extremity	Nathan Short, PhD, OTR/L, CHT
12:15 – 1:15 pm	Lunch	
1:15 – 1:45 pm	Brachial Plexus and Innervation of the Upper Extremity (cont.)	Nathan Short, PhD, OTR/L, CHT
1:45 – 3:15 pm	Anatomy and Kinesiology of the Hand	Emily Skoza Brackenridge, MS, OTR/L, CHT
3:15 – 3:30 pm	Break	
3:30 – 5:00 pm	Anatomy and Kinesiology of the Forearm and Wrist	Nathan Short, PhD, OTR/L, CHT
5:00 – 5:30 pm	Principles of Soft Tissue Healing	Emily Skoza Brackenridge, MS, OTR/L, CHT
5:30 – 5:45 pm	Q&A, Wrap-up	

Saturday, March 15, 2025 and Sunday, March 16, 2025

Comprehensive Survey of Hand Therapy Review Course

Session Description:

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

facilitate outcomes and expert panels will be offered throughout the weekend to allow a high level of attendee-faculty interaction via case discussion.

Saturday, March 15, 2025

Time	Topic	Faculty
7:30 – 8:00 am	Registration	
8:00 – 9:00 am	Evaluation of the Upper Extremity	Cara Smith, PT, DPT, CHT
9:00 – 10:00 am	Upper Extremity Fractures	Jarrold Maddox, OTD, OTR, CHT
10:00 – 10:15 am	Break	
10:15 – 11:15 am	Ligamentous Injuries and Tendinopathies of the Hand and Wrist	Emily Skoza Brackenridge, MS, OTR/L, CHT
11:15 am – 12:15 pm	Flexor Tendon Rehabilitation	Nathan Short, PhD, OTR/L, CHT
12:15 – 1:15 pm	Lunch	
1:15 – 2:15 pm	Extensor Tendon Rehabilitation	Jan Abbott, PT, DPT, CHT
2:15 – 3:15 pm	Multi-Trauma and Complex Injuries	Jarrold Maddox, OTD, OTR, CHT
3:15 – 3:30 pm	Break	
3:30 – 4:00 pm	Dupuytren’s, Infections, and Other Topics Addressed by Hand Therapists	Nathan Short, PhD, OTR/L, CHT
4:00 – 5:30 pm	Anatomy and Kinesiology of the Elbow and Shoulder	Jan Abbott, PT, DPT, CHT
5:30 – 5:45 pm	Q&A, Wrap-up	

Sunday, March 16, 2025

Time	Topic	Faculty
7:30 – 8:00 am	Registration	
8:00 – 9:00 am	Elbow Diagnoses and Treatment	Jarrold Maddox, OTD, OTR, CHT
9:00 – 10:00 am	Shoulder Diagnoses and Treatment	Jan Abbott, PT, DPT, CHT
10:00 – 10:15 am	Break	
10:15 – 11:15 am	Wrist Biomechanics and Instabilities	Cara Smith, PT, DPT, CHT

11:15 am – 12:15 pm	Ulnar Sided Wrist Pain and Salvage Procedures	Jarrold Maddox, OTD, OTR, CHT
12:15 – 1:15 pm	Lunch	
1:15 – 2:15 pm	Peripheral Nerve Injuries	Jarrold Maddox, OTD, OTR, CHT
2:15 – 3:15 pm	Tendon Transfers	Jarrold Maddox
3:15 – 3:30 pm	Break	
3:30 – 4:30 pm	Arthritis and Joint Reconstruction	Jan Abbott, PT, DPT, CHT
4:30 – 5:30 pm	Physical Agent Modalities	Jan Abbott, PT, DPT, CHT
5:30 – 5:45 pm	Q&A, Wrap-up	

Behavioral Objectives

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

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

Disclosure Statement

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

Attendees will be made aware of any affiliation or relevant financial interest that may affect the development, management, presentation or evaluation of the CE activity and will be printed in the final program and projected in slide format before each presentation. Individuals who refuse to disclose relevant financial relationships will be disqualified from being a contributor, and cannot have control of, or responsibility for, the development, management, presentation or evaluation of the CE activity.

Continuing Education Units (Occupational Therapists)

ASHT is an approved provider of continuing education by the American Occupational Therapy Association (AOTA). The assignment of AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures by the AOTA. This continuing education activity offers a maximum of 24.5 contact hours, or 2.45 CEUs.

Should you use the ASHT Hand Therapy Review Course in your state physical therapy recertification process (and your state is not listed on our approved list), ASHT will reimburse up to \$100 of the cost of the application process. Please send ASHT a copy of your state physical therapy continuing education application to receive the reimbursement. Please contact ASHT at asht@asht.org or call 856-380-6862 for more information. This reimbursement applies only to the first person to apply within each state. Subsequent applicants will not be charged by their state for the filing.

Continuing Education Units (Athletic Trainers)

The American Society of Hand Therapists is recognized by the Board of Certification for the Athletic Trainer (BOC-ATC) to offer continuing education for certified athletic trainers. This continuing education activity offers a maximum of 24.5 contact hours, or 2.45 CEUs.

Athletic Trainers

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