

The Indiana Hand to Shoulder Center

PROUDLY PRESENTS:

HandCare2024

Advancing the Quality of Patient Care Through Medical Education

Thursday, May 16th to Saturday, May 18th

Embassy Suites Conference Center– Noblesville, Indiana

Information & Registration: www.HandCareConference.com

Hand Care 2024 is directed toward the practicing clinician and is presented at an intermediate level. It is recommended for occupational therapists, physical therapists, physicians, physician assistants, and nurses with a special interest in hand rehabilitation. Our comprehensive format is designed around the dynamics of a team approach for total upper extremity care. This 3-day course includes a full spectrum of subjects pertaining to the upper extremity including lecture presentations, an anatomy and orthotics lab, panel discussions, and exhibits.

Hand Care has been an honored tradition since 1984. This will be our 40th anniversary of holding the meeting! The meeting was established to share clinical knowledge with the goal of advancing the practice of hand therapy and quality of patient care both nationally and internationally.

We invite you to come, relax, and enjoy the city of Indianapolis while adding to your existing knowledge of the hand and upper extremity. *Join us for a weekend filled with education and fun!*

FACULTY

Bindu C. Abraham, MOT, OTR, CHT
Dylan M. Abshire, DPT, ECS
Priya Bakshi, OTD, OTR, CHT
Robert M. Baltera, MD
Nora E. Barrett, MS, OTR, CHT, WCC
Audrey M. Black, MOT, OTR, CHT
Nancy M. Cannon, OTR, CHT
Ian Chow, MD
Suzanne R. Cornelius, PA-C
Nicholas E. Crosby, MD
James S. Dahm, MD
Machelle E. Duke, OTR, CHT
Scott D. Gould, OTR, CHT
Jeffrey A. Greenberg, MD
Jessica A. Grogan, MOTR, CHT, CLT

Hayden S. Holbrook, MD
Reed W. Hoyer, MD
Rachel E. Hummel, MOT, OTR, CHT
Kayla M. Jordan, OTD, OTR
Thomas D. Kaplan, MD
Caitlin S. Kent, MOT, OTR
Ashley M. Kinton, MOT, OTR
Jason L. Koerner, MD
William B. Kleinman, MD
Lauren C. Koger, MOT, OTR, CHT
Suzanne B. Lewis, OTR, CHT
Ryan J. Lubbe, MD
Sarah E. Mart, MS, OTR, CHT
Joshua J. Meaieke, MD
Gregory A. Merrell, MD

Deanna D. Mote, NP-C
Karen K. Nordin, OTR, CHT
Kathryn M. Peck, MD
Sameer K. Puri, MD
Jill A. Ridge, MS, OTR, CHT
Sally L. Roscetti, OTR, CHT
Nikki M. Samuelson, MOT, OTR, CHT
Jennifer R. Schelling, MOT, OTR, CHT
Theodore L. Schoenfeldt, MD
Samuel L. Scott, MS, OTR
Corrine N. Sisson, OTD, OTR
Brandon S. Smetana, MD
Danielle Sparks, DHS, MOT, OTR, CHT
Jonathan S. Stewart, MS, OTR
Debra J. Sturm, MS, OTR, CHT, CLT

Lectures ♦ Anatomy Specimens & Orthotics Lab ♦ Instructional Sessions ♦ Exhibitors

PROGRAM

WEDNESDAY, MAY 15th

5:00pm-8:00pm Registration
5:00pm-9:00pm Exhibitor Setup

THURSDAY, MAY 16th

7:00am-5:00pm Registration Desk Open
7:00am-8:30am Continental Breakfast
7:30am-6:30pm Vendor Exhibits Open
8:00am-12:00pm Morning Lecture Presentations

- **Surgical Considerations for Reducing the Work of Flexor Tendon Repairs**
- **Flexor Tendon Repairs: Effective Clinical Approaches to Achieving Quality Outcomes**
- **ECU Stabilization: Clinical Indications & Surgical Procedure**
- **Rehabilitation Following ECU Stabilization**
- **Clinical Decision-Making for Dupuytren's Contracture**
- **Problem Solving Common Challenges Associated with Dupuytren's Contracture**
- **The Influence of Diet, Nutrition, & Supplements on Bone Healing**
- **Surgical Techniques to Limit Scar Formation**
- **Anatomy of the Trapezius & Its Impact on Shoulder Function**

12:05 pm – 1:30 pm Lunch
1:30 pm – 4:00 pm Afternoon Lecture Presentations

- **Surgical Approaches for Metacarpal Fractures: IM Nails/ORIF/CRPP**
- **Therapy Management of Complex Metacarpal Fractures**
- **Clinical Imaging: A Valuable Resource for Physicians & Therapists**
- **Reverse Total Shoulder Arthroplasty: Surgical Approach & Considerations for Therapists**
- **Valuable Treatment Techniques for Managing Reverse Total Shoulder Arthroplasties**
- **The Importance of Patient Education: *Aaahhh...So That's What They're Saying!***

4:00 pm – 5:30 pm Afternoon Instructional Sessions
Opportunity to attend one session on Thursday & one Friday

- **Hands-On Orthotics Lab: Dynamic Wrist Orthosis**
Step-by-step instruction and *hands-on* fabrication; indications: medical diagnoses & surgical procedures; design considerations
- **Advances in Wound Care for Hand Therapists**
Treatment techniques for facilitating wound closure; simple approaches to assessing wound healing; indications/contraindications for topical wound care products
- **Clinical use of NMES: Indications, Treatment Techniques, & Hands-on Practice**
Indications; understanding parameter settings & electrode placements; hands-on practice with NMES units
- **Addressing Wrist Pain with Forearm & Wrist Strapping Methods**
Common sites of wrist pain; preferred orthoses; *hands-on* fabrication of an elastic wrist strap; exercise & therapy considerations
- **The Stiff Elbow: Clinically Proven Methods to Improve Range of Motion & Overall Function**
Elbow anatomy; joint mobilization & soft tissue techniques to improve motion; therapy considerations; preferred orthoses for mobilization

THURSDAY, MAY 16th

- **The Future of Nerve Reconstruction: Upper Extremity Nerve Transfers**

Advances in surgical approaches & common nerve transfers; indications & decision-making; expected outcomes; therapy considerations and challenges

5:30 pm – 6:30 pm Exhibitors' Reception & Fun Raffle!
Opportunity to win great prizes & support AHTF!

FRIDAY, MAY 17th

7:00am-5:00pm Registration Desk Open
7:00am-8:30am Continental Breakfast
7:30am-5:00pm Vendor Exhibits Open
8:00am-12:00pm Morning Lecture Presentations

- **Indications for Non-Surgical & Surgical Management Following Scapholunate Injury**
- **Valuable Therapy Approaches for Managing Scapholunate Injuries**
- **The Physics of Hand Therapy: How to Better Utilize Gravity & Lever Arms**
- **Flexor Tenolysis: How the Approach to Therapy has Changed**
- **Working Around Pins: Key Considerations with Orthosis Design, Wound Care, & Exercises**
- **Surgical Options for Labral Tears**
- **Progression of Rehabilitation Following Labral Repairs**
- **Detailed Extensor Mechanism Dissection**
- **Problem Solving PIPJ Lags & Contractures: Orthoses, Exercise Techniques, & More!**

12:00 pm – 1:30 pm Lunch
1:30 pm – 4:00 pm Afternoon Lecture Presentations

- **Understanding Important Findings Within the EMG/NCV Report**
- ***Ugh...It's a Neuroma!* Effective Surgical Approaches to Neuroma Management**
- **Critical Importance of Sensory Evaluation Tools: A Key to Successful Outcomes**
- **Interpreting Research Articles for the Practicing Clinician**
- **Congenital Anomalies in Children: Decision-Making for Surgical Intervention**
- **Effective Pediatric Orthotic Designs: Custom-Fabricated & Pre-Fabricated**

4:00 pm – 5:30 pm Afternoon Instructional Sessions
Opportunity to attend one session on Thursday & one Friday

SATURDAY, MAY 18th

7:00am-8:30am Continental Breakfast
8:00am-12:00pm Anatomy & Orthotics Lab
12:00pm Meeting Adjourns

ANATOMY & ORTHOTICS LAB

Cadaver Dissections – Hand/Wrist/Elbow/Shoulder

Participants will rotate through individual anatomy stations, consisting of cadaver dissections of the upper extremity. Surgeons and therapists will provide detailed information on the anatomy, highlighting factors that could influence the course of rehabilitation. In addition, there will be an orthotics lab to demonstrate effective custom and prefabricated orthoses for the upper extremity.

COURSE REGISTRATION FORM

Early registration is highly recommended!

- Registration is limited to 350 participants.
- You may register by mail, fax, or online.
All registrations must include a completed course registration form
- For online registration, visit:
www.HandCareConference.com
- Registrations by mail may be paid by credit card or check in U.S. funds payable to:
Hand to Shoulder Therapy Center
ATTN: Hand Care Registration
8501 Harcourt Road
Indianapolis, IN 46260
- Registrations by fax will require payment by credit card. The fax number is: 317.808.8803

Early Registration

- Therapists: \$710
- Physicians: \$860
- Nurses/PAs: \$710
- Students*: \$600
*Students, please send a letter from your school.

Late Registration

After May 12th add: \$60

Total amount enclosed =

Credit Card Information:

Card type:

___ Visa ___ MasterCard ___ American Express ___ Discover

Card #: _____

Name on Card: _____

Credit Card – 3 digit security code: _____

Expiration Date: _____

Signature: _____

Participant Name (please print): _____

*****Very important: carefully print your name and credentials as you would like them to appear on your name badge and certificate of attendance*****

Address:

E-mail Address (for course registration confirmation): _____

Telephone Numbers: Cell – _____ Work – _____

Emergency Contact (optional): _____

Afternoon Instructional Sessions: Please indicate **ONE** session you would like to attend each day. If you are not planning to attend one of the sessions, please write “none” beside the session number.

Thursday, May 16th Session #: _____ Friday, May 17th Session #: _____

Note: Refer to the breakout session topics listed on the previous page.

I – Hands-On Orthotics Lab: Dynamic Wrist Orthosis

II – Advances in Wound Care for Hand Therapists

III – Clinical use of NMES: Indications, Treatment Techniques, & Hands-on Practice

IV – Addressing Wrist Pain with Forearm & Wrist Strapping Methods

V – The Stiff Elbow: Clinically Proven Methods to Improve Range of Motion & Overall Function

VI – The Future of Nerve Reconstruction: Upper Extremity Nerve Transfers

HOTEL RESERVATIONS

Reservations may be made directly with the hotel. **The deadline for the special rate is Wednesday, April 24th.**

It is ***extremely important*** to make your hotel reservations ***as early as possible!*** Be sure to make the reservation before the cutoff date as the Indianapolis area is extremely busy in the spring.

Embassy Suites by Hilton Noblesville Indianapolis Conference Center

13700 Conference Center Drive South Noblesville, IN 46060

Telephone: 1-317-674-1900

Room Rate: \$165

Let the hotel know you are attending Hand Care 2024!

For Online Reservations:

<https://www.hilton.com/en/book/reservation/rooms/?ctyhocn=INDNBES&arrivalDate=2024-05-15&departureDate=2024-05-18&groupCode=CESHAC&room1NumAdults=1&cid=OM%2CWW%2CHILTONLINK%2CEN%2CDirectLink>

GENERAL INFORMATION

MEETING LOCATION

Embassy Suites by Hilton Noblesville Indianapolis
Conference Center

13700 Conference Center Drive South

Noblesville, IN 46060

Phone: 317-674-1900

Be sure to ask for the Hand Care 2024 guest rate!

The hotel complies with ADA guidelines and is wheelchair accessible.

Terrific shopping near the hotel, along with a large number of great restaurants.

MEDICAL ACCOMODATIONS

Registrants having specific medical needs such as vision, hearing, learning or dietary must submit in writing their medical request in advance of the meeting, in order to provide an accommodation at the time of the meeting.

Email contact: handcareconference@ihtsc.com

CANCELLATIONS

Payment less a \$125.00 cancellation fee will be refunded as long as written notification is received a minimum of 10 days before the meeting. Should the Indiana Hand to Shoulder Center cancel the meeting for any reason, the registration fee will be fully refunded.

FACULTY DISCLOSURE

All faculty must complete a disclosure statement indicating any real or apparent conflict(s) of interest that may have a direct bearing on the subject matter of the continuing education program. This pertains to relationships with pharmaceutical companies, biomedical device manufacturers, or other corporations whose products or services are related to the subject matter presented. The speaker agreement requires professional conduct and nondiscrimination.

Sponsored by:



ADDITIONAL INFORMATION

For complete information on the Hand Care faculty, timelines for each presentation, the learning outcomes and FAQs please refer to our website:

www.HandCareConference.com

or email: handcareconference@ihtsc.com

CONTINUING EDUCATION CREDITS

Hand Care 2024 constitutes 18 contact hours of continuing education credits. One CEU is equivalent to 10 contact hours or 10 PDUs of continuing education. Hand Care 2024 provides 1.8 CEUs, which is equal to 18 PDUs.

The contact hours may be applied to the HTCC recertification requirements in "Category A".

SPECIAL FUNCTIONS

The Hand Care faculty & staff want to be sure you have a great time in Indianapolis!

An *Exhibitors' Reception* is planned for Thursday, May 16th immediately following the instructional sessions. This will provide an opportunity to see the newest products in upper extremity rehabilitation and win great prizes when you participate in our raffle to support the *American Hand Therapy Foundation!*

Please know our staff has just begun thinking of creative ways to make the meeting both educational & *definitely* fun!

REGISTRATION PACKET

Each participant will receive a course manual as well as access to an electronic copy of the outlines for each presentation, instructional session, and the anatomy & orthotics lab.

COURSE MEETING PLANNERS

Danielle Sparks, Sarah Mart, Audrey Black, & Nancy Cannon