

**Hand Care 2024**  
**Advancing the Quality of Patient Care**  
**through Medical Education**

**May 15-18, 2024**

**Noblesville, Indiana**

**Wednesday, May 15<sup>th</sup>**

5:00-8:00pm	Registration	Lobby area
5:00-9:00pm	Exhibit Area Set-Up	Waters C

**Thursday, May 16<sup>th</sup>**

7:00am-5:00pm	Registration Desk Open	Foyer – Outside Waters A-B
6:30am-9:30am	Embassy Suites Breakfast	Hotel Restaurant “The Local”
8:00am-12:05pm	Morning Lecture Presentations	Waters A-B
8:00-8:10am	Welcome & Introduction	Danielle G. Sparks, DHS, MOT, OTR, CHT

**Session Moderator**

**Robert M. Baltera, MD**

8:10-8:40am	Surgical Considerations for Reducing the Work of Flexion with Flexor Tendon Repairs	Jeffrey A. Greenberg, MD
8:40-9:15am	Flexor Tendon Repairs: Effective Clinical Approaches to Achieving Quality Outcomes	Nancy M. Cannon, OTR, CHT
9:15-9:35am	ECU Stabilization: Clinical Indications & Surgical Procedure	Robert M. Baltera, MD
9:35-9:55am	Rehabilitation following ECU Stabilization	Debra J. Sturm, MS, OTR, CHT, CLT

**9:55-10:25am**

**EXHIBITOR EDUCATION**

**Exhibitors Area (Waters C)**

**Session Moderator**

**Thomas D. Kaplan, MD**

10:25-10:45am	Clinical Decision-Making for Dupuytren’s Contracture	Thomas D. Kaplan, MD
10:45-11:05am	Problem Solving Common Challenges Associated with Dupuytren’s Contracture	Nikki M. Samuelson, MOT, OTR, CHT
11:05-11:20am	The Influence of Diet, Nutrition, & Supplements on Healing	<b>TBD</b>
11:20-11:40am	Surgical Techniques to Limit Scar Formation	Ian Chow, MD
11:40am-12:05pm	Anatomy of the Trapezius & its Impact on Shoulder Function	Danielle G. Sparks, DHS, MOT, OTR, CHT

**12:05-1:30pm**

**LUNCH BREAK**

**Hotel Restaurant “The Local”**

**12:00-1:30pm**

**EXHIBITOR EDUCATION**

**After lunch, enjoy the exhibitors!**

**Thursday, May 16<sup>th</sup>**

**1:30-4:00pm Afternoon Lecture Presentations**

**Waters A-B**

**Session Moderator**

**Gregory A. Merrell, MD**

1:30-1:50pm	Surgical Approaches for Metacarpal Fractures: <i>IM Nailing – ORIF – CRPP</i>	Sameer K. Puri, MD
1:50-2:10pm	Therapy Management of Complex Metacarpal Fractures	Danielle G. Sparks, DHS, MOT, OTR, CHT
2:10-2:30pm	Clinical Imaging: A Valuable Resource for Physicians & Therapists	Gregory A. Merrell, MD
2:30-2:55pm	Reverse Total Shoulder Arthroplasty: Surgical Approach & Considerations for Therapists	Reed W. Hoyer, MD
2:55-3:15pm	Valuable Treatment Techniques for Managing Reverse Total Shoulder Arthroplasties	Audrey M. Black, MOT, OTR, CHT
3:15-3:30pm	The Importance of Patient Education: <i>Aaahhh... So That's What They're Saying!</i>	Sally L. Roscetti, OTR, CHT

**3:30-4:00pm EXHIBITOR EDUCATION**

**Exhibitors Area (Waters C)**

**4:00-5:30pm Afternoon Instructional Sessions**

**4:00-5:30pm SESSION I**

**Room TBD**

***Hands-On Orthotics Lab: Dynamic Wrist Orthosis***

- Step-by-step instruction and *hands-on* fabrication
- Indications: medical diagnoses & surgical procedures
- Design considerations & fabrication pearls

Machelle E. Duke, OTR, CHT  
Karen K. Nordin, OTR, CHT  
Jill A. Ridge, MS, OTR, CHT  
Corinne Sisson, OTD, OTR

**4:00-5:30pm SESSION II**

**Room TBD**

***Advances in Wound Care for Hand Therapists***

- Veteran hand therapists share valuable treatment pearls for facilitating wound closure
- Simple, objective approaches to assessing wound healing
- Indications/contraindications for topical wound care products
- Samples of valuable wound care products

Nora Barrett, OTR, CHT, WCC  
Danielle G. Sparks, DHS, MOT, OTR, CHT

**4:00-5:30pm SESSION III**

**Room TBD**

***Clinical Use of NMES: Indications, Treatment Techniques, & Hands-on Practice***

- Indications for clinical use
- Understanding parameter settings and electrode placements for common UE conditions
- Hands-on opportunity to work with NMES units and learn optimal parameter settings

Nikki M. Samuelson, MOT, OTR, CHT  
Lauren C. Koger, MOT, OTR, CHT  
Audrey M. Black, MOT, OTR, CHT  
Kayla Jordan, OTD, OTR

**Thursday, May 16<sup>th</sup>**

<b>4:00-5:30pm</b>	<b>SESSION IV</b> <b>Addressing Wrist Pain with Forearm &amp; Wrist Strapping Methods</b> <ul style="list-style-type: none"><li>▪ Common sites of acute and chronic wrist pain</li><li>▪ Preferred custom/pre-fabricated forearm &amp; wrist orthoses</li><li>▪ <i>Hands-on</i> fabrication of an elastic wrist strap</li><li>▪ Exercise considerations for diminishing wrist pain</li></ul>	<b>Room TBD</b>  Nancy M. Cannon, OTR, CHT Sarah E. Mart, MS, OTR, CHT Jessica A. Grogan, MOTR, CHT, CLT
<b>4:00-5:30pm</b>	<b>SESSION V</b> <b>The Stiff Elbow: Clinically Proven Methods to Improve Range of Motion &amp; Overall Function</b> <ul style="list-style-type: none"><li>▪ Brief overview of elbow anatomy</li><li>▪ Effective joint mobilization &amp; soft tissue techniques for limited elbow flexion and extension (<i>hands-on!</i>)</li><li>▪ Key exercises to improve elbow range of motion</li><li>▪ Preferred custom &amp; pre-fabricated orthoses to mobilize the elbow</li></ul>	<b>Room TBD</b>  Debra J. Sturm, MS, OTR, CHT, CLT Scott D. Gould, OTR, CHT, CKTP Bindu C. Abraham, MOT, OTR, CHT Samuel Scott, OTR
<b>4:00-5:30pm</b>	<b>SESSION VI</b> <b>The Future of Nerve Reconstruction: Upper Extremity Nerve Transfers</b> <ul style="list-style-type: none"><li>▪ Advancements in surgical approaches &amp; common types of nerve transfers</li><li>▪ Indications &amp; decision-making</li><li>▪ Short-term and long-term outcomes</li><li>▪ Therapy considerations following nerve transfers</li></ul>	<b>Room TBD</b>  Brandon S. Smetana, MD Jonathan S. Stewart, MS, OTR Priya Bakshi, OTD, OTR, CHT
<b>5:30-6:30pm</b>	<b>EXHIBITOR EDUCATION, RECEPTION, &amp; RAFFLE</b>	<b>Exhibitor's Area (Waters C)</b>

*Raffle to support the  
American Hand Therapy Foundation!*

**Friday, May 17<sup>th</sup>**

7:00am-5:00pm	Registration Desk Open	Foyer
6:30am-9:30am	Embassy Suites Breakfast	Hotel Restaurant "The Local"
7:00am-4:00pm	Exhibitor Education Area Open	Waters C
<b>8:00am-12:00pm</b>	<b>Morning Lecture Presentations</b>	<b>Waters A-B</b>
	<b>Session Moderator</b>	<b>William B. Kleinman, MD</b>
8:00-8:30am	Indications for Non-Surgical & Surgical Management following Scapholunate Injury	William B. Kleinman, MD
8:30-8:55am	Valuable Therapy Approaches for Managing Scapholunate Injuries	Scott D. Gould, OTR, CHT, CKTP
8:55-9:20am	The Physics of Hand Therapy: How to Better Utilize Gravity & Lever Arms	Jonathan S. Stewart, MS, OTR

**Friday, May 17<sup>th</sup>**

9:20-9:40am	Flexor Tenolysis: How the Approach to Therapy has Changed	Sarah E. Mart, MS, OTR, CHT
9:40-10:00am	Working around Pins: Key Considerations with Orthosis Design, Wound Care, & Exercises	Rachel E. Hummel, MOT, OTR, CHT
<b>10:00-10:30am</b>	<b>EXHIBITOR EDUCATION</b>	<b>Exhibitors Area (Waters C)</b>
<b>Session Moderator</b>		<b>Nicholas E. Crosby, MD</b>
10:30-10:55am	Surgical Options for Labral Tears	Nicholas E. Crosby, MD
10:55-11:15am	Progression of Rehabilitation following Labral Repairs	Lauren C. Koger, MOT, OTR, CHT
11:15-11:35am	Detailed Extensor Mechanism Dissection	Suzanne R. Cornelius, PA-C
11:35am-12:00pm	Problem Solving PIPJ Lags & Contractures: <i>Orthoses, Exercise Techniques, &amp; More!</i>	Samuel S. Scott, OTR
<b>12:00-1:30pm</b>	<b>LUNCH BREAK</b>	<b>Hotel Restaurant "The Local"</b>
<b>12:00-1:30pm</b>	<b>EXHIBITOR EDUCATION</b>	<b>After lunch, enjoy the exhibitors!</b>
<b>1:30-4:00pm</b>	<b>Afternoon Lecture Presentations</b>	<b>Waters A-B</b>
<b>Session Moderator</b>		<b>Kathryn M. Peck, MD</b>
1:30-1:50pm	Understanding Important Findings within the EMG/NCV Report	Dylan Abshire, DPT, ECS
1:50-2:10pm	<i>Ugh...</i> it's a Neuroma! Effective Surgical Approaches to Neuroma Management	Brandon S. Smetana, MD
2:10-2:30pm	Critical Importance of Sensory Evaluation Tools: A Key to Successful Outcome	Kayla Jordan, OTD, OTR
2:30-2:45pm	Interpreting Research Articles for the Practicing Clinician	Priya Bakshi, OTD, OTR, CHT
2:45-3:10pm	Congenital Anomalies in Children: Decision-Making for Surgical Intervention	Kathryn M. Peck, MD
3:10-3:30pm	Effective Pediatric Orthotic Designs: Custom-Fabricated & Pre-Fabricated	Jessica A. Grogan, MOTR, CHT, CLT
<b>3:30-4:00pm</b>	<b>EXHIBITOR EDUCATION</b>	<b>Exhibitors Area (Waters C)</b>
<b>4:00-5:30pm</b>	<b>Afternoon Instructional Sessions (repeat)</b>	

**Saturday, May 18<sup>th</sup>**

6:30am-9:30am

Embassy Suites Breakfast

Hotel Restaurant "The Local"

**8:00am-12:00pm****Anatomy – Orthotics – Evaluation Lab**  
***Arrive early for gowns & masks.*****Waters A-C**

<b>Rotation 1:</b>	<b>Thumb Anatomy</b>	Nikki Samuelson, MOT, OTR, CHT	21:	Mollie K. Hanlon, MSN, CCRN, NP-C
<b>Rotation 2:</b>	<b>Thumb Orthoses</b>	Machelle Duke, OTR, CHT	22:	Sam Scott
<b>Rotation 3:</b>	<b>Hand – Flexors</b>	Deanna Mote, NP-C	23:	Gregory Merrell, MD
<b>Rotation 4:</b>	<b>The Intrinsic</b>	Fellow #1	24:	Reed Hoyer, MD
<b>Rotation 5:</b>	<b>Hand – Extensors</b>	Suzanne Cornelius, PA-C	25:	Jill Ridge, MS, OTR, CHT
<b>Rotation 6:</b>	<b>Hand Orthoses</b>	Corrine Sisson, OTD, OTR	26:	Karen Nordin, OTR, CHT
<b>Rotation 7:</b>	<b>Wrist Anatomy</b>	William Kleinman, MD	27:	Fellow #2
<b>Rotation 8:</b>	<b>Wrist Orthoses</b>	Jessica Grogan MOT, OTR, CHT	28:	Kayla Jordan, OTD, OTR
<b>Rotation 9:</b>	<b>Forearm Bony Anatomy</b>	Sarah Mart, MS, OTR, CHT	29:	Jonathan Stewart, MS, OTR
<b>Rotation 10:</b>	<b>Forearm Muscles</b>	Ian Chow, MD	30:	Fellow #3
<b>Rotation 11:</b>	<b>Break</b>	Break	31:	Break
<b>Rotation 12:</b>	<b>Elbow Anatomy</b>	Thomas Kaplan, MD	32:	Fellow #4
<b>Rotation 13:</b>	<b>Elbow Orthoses</b>	Bindu C. Abraham, MOT, OTR, CHT	33:	Lauren Koger, MOT, OTR, CHT
<b>Rotation 14:</b>	<b>Shoulder Bony Anatomy</b>	Debra Sturm, MS, OTR, CHT	34:	Rachel Hummel, MOT, OTR, CHT
<b>Rotation 15:</b>	<b>Shoulder Soft Tissue Anatomy</b>	Fellow #5	35:	Kathryn Peck, MD
<b>Rotation 16:</b>	<b>Shoulder Evaluation</b>	Sameer Puri, MD	36:	Nicholas Crosby, MD
<b>Rotation 17:</b>	<b>Taping Techniques for the UE</b>	Scott Gould, OTR, CHT, CKTP	37:	Sue Lewis, OTR, CHT
<b>Rotation 18:</b>	<b>Humeral Fracture Bracing</b>	Nancy Cannon, OTR, CHT	38:	Ashley Kinton
<b>Rotation 19:</b>	<b>Quiz Time!</b>	Sally Roscetti, OTR, CHT	39:	Audrey Black, MOT, OTR, CHT
<b>Rotation 20:</b>	<b>Break</b>	Break	40:	Break