

HandCare2026 Schedule of Events



Day 1 | Wednesday, April 29th

5-8 pm	Registration	Lobby Area
5-9 pm	Exhibit Area Set-up	Waters A

Day 2 | Thursday, April 30th

7 am-5 pm	Registration Desk Open	Foyer Outside Waters B-C
7-8:30 am	Embassy Suites Breakfast	Hotel Restaurant "The Local"
8-8:05 am	Welcome and Introduction	Danielle G. Sparks, DHS, MOT, OTR, CHT
8:05 am-12:05 pm	Morning Lecture Presentations	Waters B-C



Session Moderator: [Nicolas E. Crosby, MD](#)

8:05-8:25 am	Diagnostic Ultrasound for Tendon Injuries: Applications in Hand Therapy	Nicolas E. Crosby, MD
8:25-8:50 am	Flexor Tendon Repairs: Zone V	Nancy M. Cannon, OTR, CHT
8:50-9:10 am	Plated Distal Radius Fractures: Key Information for the Hand Therapist	James P. Fischer, MD
9:10 - 9:30 am	Problem Solving the Challenging Distal Radius Fracture	Sally Roscetti, OTR, CHT
9:30-9:50 am	Wound Healing Principles: Fundamentals for Optimal Rehabilitation	Ian Chow, MD
9:50-10:20 am	Exhibitor Education	Exhibitor's Area Waters A



Session Moderator: [Gregory A. Merrell, MD](#)

10:20-10:45 am	Effective Treatment Approaches for Lateral Elbow Pain: To Cut or Not to Cut	Gregory A. Merrell, MD
10:45-11:10 am	Getting Back to the Basics: Effective Treatment for Lateral Elbow Pain	Ashley M. Kinton, MS, OTR
11:10-11:25 am	Clinical Experience: Benefits of Medrol Dosepaks	Mollie K. Hanlon, MS, NP-C, MBA
11:25-11:45 am	Grip Strength and Aging: Indications for the Hand Therapist	Elena T. Bolin, EdD, MS, OTR, CHT

Day 2 | Continued

11:45-12:05 pm	Anatomy of the Serratus Anterior and Its Impact on Shoulder Function	Danielle G. Sparks, DHS, MOT, OTR, CHT
12:05-1:00 pm	Lunch Break	<i>Hotel Restaurant "The Local"</i>
12:05-1:00 pm	Exhibitor Education	After lunch, enjoy the exhibitors!
1:00-3:30 pm	Afternoon Lecture Presentations	<i>Waters B-C</i>



Session Moderator: [Reed W. Hoyer, MD](#)

1:00-1:20 pm	Surgical Management of Midshaft Humeral Fractures	Gregory J. Schmidt, MD
1:20-1:45 pm	Therapy Approaches for Midshaft Humeral Fractures	Sarah E. Mart, MS, OTR, CHT
1:45-2:05 pm	Understanding the Skin's Role in Pain	April M. Zapf, MS, OTR, CHT, COMT
2:05-2:30 pm	Surgeon's Approach to Managing PIP Joint Fractures and Dorsal Dislocations	Reed W. Hoyer, MD
2:30-2:50 pm	Therapy for PIP Joint Fracture Dislocations	Corrine N. Sisson, OTD, OTR
2:50-3:15 pm	Clinical Approach to Defrosting the Frozen Shoulder	Jessie K. Salley, MS, OTR
3:15-3:30 pm	Embracing Innovation: Essential AI Tools for the Hand Therapist (co-created with AI)	Danielle G. Sparks, DHS, MOT, OTR, CHT
3:30-4:00 pm	Exhibitor Education	<i>Exhibitor's Area Waters A</i>
4:00-5:30 pm	Session I Hands-on Orthotics Lab: Midshaft Humeral Orthosis <ul style="list-style-type: none">Brief overview of anatomyPreferred alternative prefabricated optionsStep-by-step instruction and hands-on fabrication of a humeral fracture orthoticDesign considerations and fabrication pearlsCardstock template provided	<i>Waters D</i> Nancy M. Cannon, OTR, CHT Sarah E. Mart, MS, OTR, CHT Karen K. Nordin, OTR, CHT Machelle E. Duke, OTR, CHT Ashley M. Kinton, MS, OTR
4:00-5:30 pm	Session II Wrist and Hand Joint Mobilization <ul style="list-style-type: none">Brief overview of wrist and digit anatomyEffective joint mobilization techniques for limited digit and wrist range of motionKey exercises to improve digit and wrist range of motionHands-on joint mobilization practice	<i>Ditslear A-B</i> Debra J Sturm, OTD, MSOT, CHT Priya Bakshi, OTD, OTR, CHT Bindu C. Abraham, MOT, OTR, CHT April M. Zapf, MS, OTR, CHT, COMT

Day 2 | Continued

4:00-5:30 pm

Session III

Kinesiology Taping

- Taping techniques in the clinic that have proven to be effective
- Hands-on opportunity to work with K-tape
- Education on the importance of exercise in conjunction with K-tape
- Wear a tank top for optimal participation

Ditslear C

Scott D. Gould, OTR, CHT, CKTP
Jessica A. Grogan, MOT, OTR, CHT
Jessie K. Salley, MS, OTR
Corey L. Benedyk, OTR, CHT

4:00-5:30 pm

Session IV

Post-op Wound Care 101: What ALL Hand Therapists Should Know!

- Simple, objective approaches to assessing wound healing
- Importance of the light compression dressing for post-op patients
- Most common suture techniques
- Factors that influence the timeline for suture and staple removal: hand, wrist and forearm
- Hands-on simulated suture removal and light compression dressing application

Stoney Creek A-B

Nikki M. Samuelson, MOT, OTR, CHT
Caitlin S. Kent, MOT, OTR
Jenn R. Schelling, MOT, OTR, CHT
Savannah A. Moore, OTD, OTR

4:00-5:30 pm

Session V

Ugh...The PIP Just Won't Straighten: Exploring Orthotic Options

- Distinguish the difference between a PIP joint lag and stiffness
- The use of a relative motion orthosis to increase both PIP extension and flexion
- Hands-on fabrication of the "extension drop-out" orthosis
- Prefabricated options to increase PIP extension

Waters E

Corrine N. Sisson, OTD, OTR
Samuel L. Kleinschmidt, MS, OTR
Kayla M. Jordan, OTD, OTR
Elena T. Bolin, EdD, MS, OTR, CHT

5:30-6:30 pm

Exhibitor Education, Reception and Raffle

Raffle to Support the American Hand Therapy Foundation!

Exhibitor's Area | Waters A

Day 3 | Friday, May 1st

7:00am-5:00 pm

Registration Desk Open

Foyer Outside Waters B-C

7:00am-8:30 am

Embassy Suites Breakfast

Hotel Restaurant "The Local"

7:00am-5:00 pm

Exhibitor Education Area Open

Waters A

8:00am- 12:00 pm

Morning Lecture Presentations

Waters B-C



Session Moderator: [Brandon S. Smetana, MD](#)

8:00-8:20 am

CMC Arthritis: Options for Treatment

Brandon S. Smetana, MD

8:20-8:40 am

Customizing Orthotic Interventions for CMC Arthritis

Caitlin S. Kent, MOT, OTR

Day 3 | Continued

8:40-9:05 am	Isometric Strengthening: What Have We Been Missing?	Scott D. Gould, OTR, CHT, CKTP
9:05-9:25 am	Detailed Intrinsic Anatomy Dissection	Suzanne R. Cornelius, PA-C
9:25-9:45 am	Beyond the Catch: Problem Solving the Stubborn Trigger Finger Release	Samuel L. Kleinschmidt, MS, OTR
9:45-10:15 am	Exhibitor Education	<i>Exhibitor's Area Waters A</i>



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

10:15-10:30 am	Why "Aggressive" Therapy Does Not Work in Hand Therapy	Jenn R. Schelling, MOT, OTR, CHT
10:30-10:45 am	Rotator Cuff Repair Video: Key Considerations in Surgical Techniques that Influence Post-op Therapy	Sameer K. Puri, MD
10:45-11:05 am	Steps to Achieve Excellent Outcomes for Rotator Cuff Repairs: Keeping it SIMPLE!	Bindu C. Abraham, MOT, OTR, CHT
11:05-11:25 am	Importance of Setting Expectations After a Nerve Transfer	Brandon S. Smetana, MD
11:25-11:45 am	Desensitization Techniques and WHY They Work	Kayla M. Jordan, OTD, OTR
11:45-12:00 pm	Orthotic Video: Here We Go Again... The Munster Fabrication	Lauren C. Koger, MOT, OTR, CHT
12:00-1:00 pm	Lunch Break	<i>Hotel Restaurant "The Local"</i>
12:00-1:00 pm	Exhibitor Education	After lunch, enjoy the exhibitors!
1:00-4:00 pm	Afternoon Lecture Presentations	<i>Waters B-C</i>



Session Moderator: **Kathryn M. Peck, MD**

1:00-1:20 pm	Understanding Pickleball Players and Related Upper Extremity Injuries	Debra J. Sturm OTD, MSOT, CHT
1:20-1:50 pm	The Hand Therapist's Role in Ergonomic Assessment and Intervention	Nikki M. Samuelson, MOT, OTR, CHT
1:50-2:10 pm	Managing Nail Bed Trauma in Surgical Practice	Kathryn M. Peck, MD
2:10-2:30 pm	<i>Nailed It:</i> Therapy After Nail Bed Trauma	Corey L. Benedyk, OTR, CHT
2:30-2:50 pm	Interpreting Research Articles for the Practicing Clinician	Priya Bakshi, OTD, OTR, CHT
2:50-3:10 pm	The Effect of Growth Plate Injuries in the Pediatric Population	Kathryn M. Peck, MD
3:10-3:30 pm	Understanding Unique Characteristics of Pediatric Upper Extremity Fracture Rehabilitation	Jessica A. Grogan, MOT, OTR, CHT, CLT

3:30-4:00 pm

Exhibitor Education*Exhibitor's Area | Waters A*

4:00-5:30 pm

Session I**Hands-on Orthotics Lab: Midshaft Humeral Orthosis**

- Brief overview of anatomy
- Preferred alternative prefabricated options
- Step-by-step instruction and hands-on fabrication of a humeral fracture orthotic
- Design considerations and fabrication pearls
- Cardstock template provided

Waters D

Nancy M. Cannon, OTR, CHT
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Karen K. Nordin, OTR, CHT
Machelle E. Duke, OTR, CHT
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4:00-5:30 pm

Session II**Hand and Wrist Joint Mobilization**

- Brief overview of wrist and digit anatomy
- Effective joint mobilization techniques for limited digit and wrist range of motion
- Key exercises to improve digit and wrist range of motion
- Hands-on joint mobilization practice

Ditslear A-B

Debra J., OTD, MSOT, CHT
Priya Bakshi, OTD, OTR, CHT
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Ditslear C

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Waters E

Corrine N. Sisson, OTD, OTR
Samuel L. Kleinschmidt, MS, OTR
Kayla M. Jordan, OTD, OTR
Elena T. Bolin, EdD, MS, OTR, CHT

7:30am-8:30 am Embassy Suites Breakfast

8:00am-12:00 pm **Anatomy – Orthotics – Evaluation Lab**
(Arrive early for gowns and masks)

- Rotation 1: Thumb Anatomy
- Rotation 2: Thumb Orthoses
- Rotation 3: Hand – Flexors
- Rotation 4: The Intrinsic
- Rotation 5: Hand – Extensors
- Rotation 6: Hand Orthoses
- Rotation 7: Wrist Anatomy
- Rotation 8: Wrist Orthoses
- Rotation 9: Forearm Bony Anatomy
- Rotation 10: Forearm Muscles
- Rotation 11: Break
- Rotation 12: Elbow Anatomy
- Rotation 13: Elbow Orthoses
- Rotation 14: Shoulder Bony Anatomy
- Rotation 15: Shoulder Soft Tissue Anatomy
- Rotation 16: Shoulder Evaluation
- Rotation 17: Taping Techniques for the UE
- Rotation 18: Humeral Fracture Bracing
- Rotation 19: Quiz Time!
- Rotation 20: Break
- Rotation 21: Thumb Anatomy
- Rotation 22: Thumb Orthoses
- Rotation 23: Hand – Flexors
- Rotation 24: The Intrinsic
- Rotation 25: Hand – Extensors
- Rotation 26: Hand Orthoses
- Rotation 27: Wrist Anatomy
- Rotation 28: Wrist Orthoses
- Rotation 29: Forearm Bony Anatomy
- Rotation 30: Forearm Muscles
- Rotation 31: Break
- Rotation 32: Elbow Anatomy
- Rotation 33: Elbow Orthoses
- Rotation 34: Shoulder Bony Anatomy
- Rotation 35: Shoulder Soft Tissue Anatomy
- Rotation 36: Shoulder Evaluation
- Rotation 37: Taping Techniques for the UE
- Rotation 38: Humeral Fracture Bracing
- Rotation 39: Quiz Time!
- Rotation 40: Break

Hotel Restaurant “The Local”

Waters A-C

Nikki M. Samuelson, MOT, OTR, CHT
Machelle E. Duke, OTR, CHT
Deanna Mote, NP-C
Kelly Wikse, NP-C
Caitlin Garren, PA-C
Corrine N. Sisson, OTD, OTR
Gregory J. Schmidt, MD
Jenn R. Schelling, MOT, OTR, CHT
Sarah E. Mart, MS, OTR, CHT
Ian Chow, MD

Sara Barton, PA-C
Jessie K. Salley, MS, OTR
Debra J. Sturm, OTD, MSOT, CHT
Shelby Smith, MD
Sameer K. Puri, MD
Scott D. Gould, OTR, CHT, CKTP
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Jill Ridge, MS, OTR, CHT
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William Kleinman, MD
Kayla M. Jordan, OTD, OTR
April M. Zapf, MS, OTR, CHT, COMT
George Beyer, MD

Derek Schloemann, MD
Caitlin S. Kent, MOT, OTR
Elena T. Bolin, EdD, MS, OTR, CHT
Jun Kit He, MD
Nicholas E. Crosby, MD
Sue Lewis, OTR, CHT
Ashley M. Kinton, MS, OTR
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