

# The Indiana Hand to Shoulder Center

proudly presents



**Thursday, April 30<sup>th</sup> to Saturday, May 2<sup>nd</sup>**

Embassy Suites Conference Center / Noblesville, Indiana



## Information and Registration

[www.HandCareConference.com](http://www.HandCareConference.com)

Hand Care 2026 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. 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  
Sara J. Barton, PA-C  
Corey L. Benedyk, OTR, CHT  
George Beyer, MD  
Elena T. Bolin, EdD, MS, OTR, CHT  
Nancy M. Cannon, OTR, CHT  
Ian Chow, MD  
Suzanne R. Cornelius, PA-C  
Nicholas E. Crosby, MD  
Machelle E. Duke, OTR, CHT  
James P. Fischer, MD  
Caitlin R. Garren, PA-C  
Scott D. Gould, OTR, CHT  
Jessica A. Grogan, MOT, OTR, CHT, CLT

Mollie Hanlon, MS, NP-C, MBA  
Jun Kit He, MD  
Reed W. Hoyer, MD  
Kayla M. Jordan, OTD, OTR  
Thomas D. Kaplan, MD  
Samuel L. Kleinschmidt, MS, OTR  
Caitlin S. Kent, MOT, OTR  
Ashley M. Kinton, MOT, OTR  
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Karen K. Nordin, OTR, CHT  
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Sameer K. Puri, MD  
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Sally L. Roscetti, OTR, CHT  
Jessie K. Salley, MS, OTR  
Nikki M. Samuelson, MOT, OTR, CHT  
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Derek Schloemann, MD  
Gregory J. Schmidt, MD  
Corrine N. Sisson, OTD, OTR  
Brandon S. Smetana, MD  
Shelby Smith, MD  
Danielle Sparks, DHS, MOT, OTR, CHT  
Debra J. Sturm, OTD, MSOT, CHT  
April Zapf, MS, OTR, CHT, COMT

# Schedule of Event

Lectures • Anatomy Specimens and Orthotics Lab • Instructional Sessions • Exhibitors

## Wednesday, April 29<sup>th</sup>

5 – 8 pm **Registration**  
5 – 9 pm **Exhibit Area Set-up**

## Thursday, April 30<sup>th</sup>

7am – 5 pm **Registration Desk Open**  
7 – 8:30 am **Embassy Suites Breakfast**  
8 – 8:05 am **Welcome and Introduction**  
8am – 12:05 pm **Morning Lecture Presentations**  
• Diagnostic Ultrasound for Tendon Injuries: Applications in Hand Therapy  
• Flexor Tendon Repairs: Zone V  
• Plated Distal Radius Fractures: Key Information for the Hand Therapist  
• Problem Solving the Challenging Distal Radius Fracture  
• Wound Healing Principles: Fundamentals for Optimal Rehabilitation  
• Effective Treatment Approaches for Lateral Elbow Pain: To Cut or Not to Cut  
• Getting Back to the Basics: Effective Treatment for Lateral Elbow Pain  
• Clinical Experience: Benefits of Medrol Dosepaks  
• Grip Strength and Aging: Indications for the Hand Therapist  
• Anatomy of the Serratus Anterior and Its Impact on Shoulder Function

9:50 – 10:20 am **Exhibitor Education**  
12:05 – 1 pm **Lunch**

1 – 3:30 pm **Afternoon Lecture Presentations**  
• Surgical Management of Midshaft Humeral Fractures  
• Therapy Approaches for Midshaft Humeral Fractures  
• Understanding the Skin's Role in Pain  
• Surgeon's Approach to Managing PIP Joint Fractures and Dorsal Dislocations  
• Therapy Treatment for PIP Joint Fracture and Dislocation  
• Clinical Approach to Defrosting the Frozen Shoulder  
• Embracing Innovation: Essential AI Tools for the Hand Therapist

3:30 – 4 pm **Afternoon Instructional Sessions**

• 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  
• 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  
• 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  
• 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

• 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

5:30 – 6:30 pm **Exhibitor Education, Reception and Raffle**

## Friday, May 1<sup>st</sup>

7am – 5 pm **Registration Desk Open**  
7 – 8:30 am **Embassy Suites Breakfast**  
8 – 8:05 am **Welcome and Introduction**  
8am – 12 pm **Morning Lecture Presentations**

- CMC Arthritis: Options for Treatment
- Customizing Orthotic Interventions for CMC Arthritis
- Isometric Strengthening: What Have We Been Missing?
- Detailed Intrinsic Anatomy Dissection
- Beyond the Catch: Problem Solving the Stubborn Trigger Finger Release
- Effective Treatment Approaches for Lateral Elbow Pain: To Cut or Not to Cut
- Getting Back to the Basics: Effective Treatment for Lateral Elbow Pain
- Clinical Experience: Benefits of Medrol Dosepaks
- Grip Strength and Aging: Indications for the Hand Therapist
- Anatomy of the Serratus Anterior and Its Impact on Shoulder Function
- Why "Aggressive" Therapy Does Not Work in Hand Therapy
- Rotator Cuff Repair Video: Key Considerations in Surgical Techniques that Influence Post-op Therapy
- Steps to Achieve Excellent Outcomes for Rotator Cuff Repairs: Keeping it SIMPLE!
- Importance of Setting Expectations After a Nerve Transfer
- Desensitization Techniques and WHY They Work
- Orthotic Video: Here We Go Again...The Munster Fabrication

9:45 – 10:15 am **Exhibitor Education**  
12 – 1 pm **Lunch**

1 – 3:30 pm **Afternoon Lecture Presentations**  
• Understanding Pickleball Players and Related Upper Extremity Injuries  
• The Hand Therapist's Role in Ergonomic Assessment and Intervention  
• Managing Nail Bed Trauma in Surgical Practice  
• Nailed It: Therapy After Nail Bed Trauma  
• Interpreting Research Articles for the Practicing Clinician  
• The Effect of Growth Plate Injuries in the Pediatric Population  
• Understanding Unique Characteristics of Pediatric Upper Extremity Fracture Rehabilitation

3:30 – 4 pm **Exhibitor Education**  
4 – 5:30 pm **Afternoon Instructional Sessions**

Same sessions offered on Thursday.

## Saturday, May 2<sup>nd</sup>

7:30 – 5:30 am **Registration Desk Open**  
8 – 12 pm **Anatomy, Orthotics, Evaluation Lab**

# Course Registration Form

Early registration is highly recommended!

## Registration Information

- 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](http://www.HandCareConference.com)
- Registrations by mail may be paid by credit card or check in U.S. funds payable to:  
**Orthopedics Indianapolis**  
**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.

## Credit Card Information

Card Type:  Visa  MasterCard  American Express  Discover

Card Number: \_\_\_\_\_ 3 Digit Security Code: \_\_\_\_\_

Name on Card: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Signature: \_\_\_\_\_

## Participant Information

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): \_\_\_\_\_

Cell Number: \_\_\_\_\_ Work Number: \_\_\_\_\_

T-Shirt Size (check one):  XS  S  M  L  XL  2XL  3XL

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, April 30<sup>th</sup> Session Number: \_\_\_\_\_

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

- I Hands-On Orthotics Lab: Midshaft Humeral Orthosis
- II Hand and Wrist Joint Mobilization
- III Kinesiology Taping

Friday, May 1<sup>st</sup> Session Number: \_\_\_\_\_

- IV Post-op Wound Care 101:  
What ALL Hand Therapist Should Know!
- V Ugh...The PIP Just Won't Straighten:  
Exploring Orthotic Options

# Hotel Reservations

Reservations may be made directly with the hotel. The deadline for the special rate is **Saturday April 11<sup>th</sup>**.

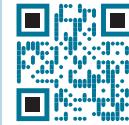
It is extremely important to make your hotel reservations as early as possible! Be sure to make the reservation before the cutoff date as the Indianapolis area is extremely busy in the spring.

## Embassy Suites by Hilton Noblesville Indianapolis Conference Center

13700 Conference Center Drive South Noblesville, IN 46060

Telephone: 1.317.674.1900 / Room Rate: \$171

Let the hotel know you are attending Hand Care 2026!



Scan the QR code or  
click [here](#) to schedule  
your reservations  
online.

# General Information

## Meeting Location

Embassy Suites by Hilton Noblesville  
Indianapolis Conference Center

- Be sure to ask for the Hand Care 2026 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@htsc.com](mailto:handcareconference@htsc.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](http://www.HandCareConference.com) or email: [handcareconference@htsc.com](mailto:handcareconference@htsc.com)

## Continuing Education Credits

Hand Care 2026 constitutes 19 contact hours of continuing education credits. One CEU is equivalent to 10 contact hours or 10 PDUs of continuing education. Hand Care 2026 provides 1.9 CEUs, which is equal to 19 PDUs. The contact hours may be applied to the HTCC recertification requirements in "Category A."

## Special Functions

- The Hand Care faculty and staff want to be sure you have a great time in Indianapolis!
- An Exhibitors' Reception is planned for **Thursday, April 30<sup>th</sup>** 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 and 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 and orthotics lab.

## Course Meeting Planners

Danielle Sparks and Jessica Grogan