

9th ANNUAL CANADIAN SOCIETY OF HAND THERAPISTS CONFERENCE



SPECIALIZED TOPICS IN HAND REHABILITATION

FRIDAY MAY 6 & SATURDAY MAY 7, 2016 AT THE CHELSEA HOTEL IN TORONTO, ONTARIO



CSHT 2016 CONFERENCE PROGRAM

PRESIDENT'S MESSAGE

Join CSHT as we celebrate our 9th Annual conference. This year the program will feature a diverse range of topics that span the essential core of any hand therapist's clinical practice. Don't miss out on what truly will be a 'conference to clinic' learning experience.

CSHT is glad to once again be back in the city of Toronto. It's always a pleasure to visit Toronto and May is a beautiful time of year to visit. There's SO MUCH to see and do - check out what will be going on during the conference at: [Tourism Toronto](#)

A great amount of volunteer work goes into planning this event. I'd like to extend a huge thank-you to the members of the conference committee. You've planned an amazing event. I'm looking forward to learning, networking, collaborating and being inspired!

See you in Toronto!

Trevor Fraser



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CSHT 2016 CONFERENCE PROGRAM

FRIDAY, May 6

- 07:00 - 08:00 Registration and Continental Breakfast
- 08:00 - 08:15 Presidential Address - CSHT President (*Trevor Fraser*)
- 08:15 - 08:45 Wound healing and clinical decision making (*Linda Maedel*)
- 08:45 - 09:30 Zone specific management of flexor tendon injuries to the hand (*Amanda Higgins*)
- 09:30 - 10:00 Unfolding and addressing flexor tendon pitfalls (*Shrikant Chinchalkar*)
- 10:00 - 10:30 Poster Viewing, Exhibitors and Refreshments
- 10:30 - 12:00 Panel: Small Joint Injuries Track:
 - Mechanism and biomechanics of digital motion (*Steven McCabe*)
 - Soft tissue injury to the PIP joint (*Jean-Francois Ouellet*)
 - Management of intra-articular fractures of the PIP joint (*Shrikant Chinchalkar*)15 minute Q&A
Moderator: *Juliana Larocerie-Salgado*
Expert Panel: *Steven McCabe, Jean-Francois Ouellet, Shrikant Chinchalkar*
- 12:00 - 13:00 Lunch
- 13:00 - 13:30 Scientific papers
- 13:30 - 14:15 Therapeutic management of extra-articular hand fractures (*Wendy Tilley*)
- 14:15 - 15:00 Demystifying joint stiffness (*Rebecca Saunders*)
- 15:00 - 15:30 Poster Viewing, Exhibitors and Refreshments
- 15:30 - 17:00 Break-out sessions
- 17:00 - 18:30 AGM
- 18:30 Wine & Cheese

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SATURDAY, May 7

- 07:00 - 08:00** **Breakfast**
- 08:00 - 08:10** **Announcements**
- 08:10 - 08:55 Peripheral nerve transfers in upper extremity (*Dimitri Anastakis*)
- 08:55 - 09:40 Therapy consideration in nerve transfers (*Christine Novak*)
- 09:40 - 10:00 Use of technology in hand therapy practice: where are we heading?
3D printing (*JulieLynn Wong*)
- 10:00 - 10:30** **Poster Viewing, Exhibitors and Refreshments**
- 10:30 - 12:00** **Wrist & Carpal kinematics panel**
- Proprioception and neuromuscular control of the wrist (*Jean-Francois Ouellet*)
 - Surgical management of carpal instability (*Herb von Schroeder*)
 - Therapeutic management of carpal instability (*Jean-Francois Ouellet*)
- 15 minute Q&A**
Moderator: *Marianne Williams*
Expert Panel: *Herb von Schroeder, Jean-Francois Ouellet, Joey Pipicelli*
- 12:00 - 13:00** **Lunch**
- 13:00 - 13:30 Scientific papers
- 13:30 - 14:15 Zone specific management of extensor tendon injuries (*Rebecca Saunders*)
- 14:15 - 14:30 Awards, closing remarks, door prizes
- 14:30 - 15:00** **Poster Viewing, Exhibitors and Refreshments**
- 15:00 - 16:00 Breakout session

Breakout Sessions Topics

Friday (1.5 hr)

- Orthotic management of Secondary Deformities of the Hand (*Rebecca Saunders*)
- Elbow Instability (*Joey Pipicelli*)
- Update in Wound care (*Linda Maedel*)

Saturday (1 hr)

- Managing shoulder pathology secondary to hand trauma (*Tracy Elliot*)
- Physiology of motion and clinical application of CPM in upper extremity conditions (*Shrikant Chinchalkar*)
- Clinical examination of compressive neuropathies (*Christine Novak*)

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FACULTY

Dimitri Anastakis, MD

Dr. Dimitri Anastakis obtained his medical degree from the University of Toronto in 1988. He then completed his Plastic and Reconstructive Surgery training at the University of Toronto in 1995. He was an R. S. McLaughlin Fellow and studying brachial plexus and peripheral nerve surgery at the Clinique de Longeraie in Lausanne, Switzerland. He holds a Masters of Health Professions Education from the University of Illinois at Chicago, and a Masters of Health Care Management from Harvard University.

Dr. Anastakis is a Professor of Surgery in the Faculty of Medicine, University of Toronto. He is also appointed to the Bloomberg Faculty of Nursing at the University of Toronto. Dr. Anastakis is currently a Hand Surgeon in the University Hand Program, University Health Network and is a respected clinician with a large clinical practice focused on brachial plexus and peripheral nerve surgery and reconstruction of the paralyzed upper extremity. Dr. Anastakis has studied technical skills teaching and assessment, and visual spatial abilities in surgical skills acquisition. Currently, he is studying structural and functional cortical changes following peripheral nerve injury, repair and rehabilitation.

Shrikant J. Chinchalkar, M.Th.O, B.Sc.OT, OTR, CHT

Shrikant Chinchalkar is a hand therapist at the Hand & Upper Limb Centre, St. Joseph's Health Centre in London, Ontario, Canada. He has over 40 years of clinical experience in treating upper extremity conditions and over 30 years of teaching experience. He designed and developed Hand Therapy programs at four major teaching centers in Canada. He conducted many instructional courses on upper extremity rehabilitation in over 20 countries in the world and has won many awards for his presentations. He was awarded the "Dr. Paul Brand Award of Excellence" by ASHT, "Award of Leadership" by CAOT, and the "Award of Excellence" by the Sisters of St. Joseph's Hospital. He authored five book chapters and has published 26 papers and 15 abstracts in numerous peer-reviewed journals related to Upper Extremity Surgery and Therapy.

Tracy Elliott, PT, BSc.PT, BPHE/BSc. (Hon)

Tracy graduated as a physiotherapist from the University of Western Ontario in 2003 earning the Barbara Edwardson Orthopaedics Award. She has worked at the WSIB Specialty Shoulder Upper Limb clinic working closely with the shoulder surgeons at the Roth McFarlane Hand & Upper Limb Centre in London for over 10 years. She is a member of the American Society of Shoulder and Elbow Therapists and is an examiner for the physiotherapy competency examination (practical component). She's organized shoulder conferences at the Roth McFarlane Hand & Upper Limb Centre in 2012 & 2014 and has been an invited speaker for hand therapy conferences.

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Amanda Higgins, BSc.OT, OT Reg(NB)

Amanda Higgins is a clinical occupational therapist in upper extremity and burn rehabilitation at the Saint John Regional Hospital (SJRH) in New Brunswick, Canada. Amanda has occupied this position for the past 12 years. Amanda has presented on how the Wide Awake Approach to Hand Surgery has influenced various hand treatment programs developed and used at the SJRH. She has attended and presented at the 2007 and 2010 IFSHT congresses, the 2009 AAHS (American Association of Hand Surgery) in Maui, Hawaii and CSHT (Canadian Society of Hand Therapists) in Toronto, and 2010 AAHS in Boca Raton, USA. She was also asked to speak at the ASHT California Chapter 2010 in San Jose on flexor tendon management. In 2012 she participated on two panel discussions at the AAHS meeting regarding extensor tendon management and the use of relative motion splinting. Amanda earned her Bachelor of Science at Mount Allison University in Sackville, New Brunswick and a Bachelor of Science in Occupational Therapy at Dalhousie University in Halifax, Nova Scotia, Canada.

Linda Maedel, BSc.PT, FCAMPT, CHT, CGIMS

Linda Maedel graduated as a physiotherapist from the University of British Columbia in 1995 (Class President). In 2000, she attained both her Fellow of the Canadian Academy of Manipulative Physiotherapy (FCAMPT) and Certified Hand Therapist (CHT) designations. Linda is also a Certified Gunn Intramuscular Stimulation Practitioner (CGIMS). She has served the Richmond community for over 20 years in both the private and public sectors. Linda is the owner of Empower Physiotherapy, the first and only one-to-one physiotherapy clinic in Richmond.

Linda Maedel has over 18 years of direct wound care experience, working closely with the plastic surgeons at the Richmond Hospital and acting as the outpatient clinical wound care resource person. She has given many presentations from informal settings to national conferences. Linda has been teaching the Hand Therapy curriculum including wound care at UBC's Department of Physical Therapy since 2007. She currently holds the rank of Clinical Assistant Professor in the Department of Physical Therapy, UBC Faculty of Medicine

Steven McCabe, MD MSc, FRCS(C)

Dr Steven McCabe obtained his medical degree from the University of Toronto in 1980. He then completed his Plastic and Reconstructive Surgery training at Western University, London, Ontario in 1995. He completed a Fellowship in Hand Surgery at Sunnybrook Health Science Centre in Toronto and a 2 year Fellowship in Hand and Microsurgery at the Christine M. Kleinert Institute from Hand Microsurgery in Louisville. He holds a Masters in Clinical Epidemiology from McMaster University, Hamilton, Ontario. He worked in Louisville, Kentucky from 1991 to 2012 and then moved to Toronto to become the Medical Director of the University Hand Program, University Health Network. He is an Associate Professor of Surgery at the University of Toronto. He has over 55 publications, and written 2 books and 16 chapters.

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Christine B. Novak, PT, PhD

Christine Novak is an Associate Professor (Department of Surgery & Program in Physical Therapy, University of Toronto) and a Scientist at Toronto Rehab and Research Associate at the Toronto Western Hospital Hand Program (University Health Network). With over 120 peer review publications, her research has focused on clinical outcomes and assessment of patients with nerve and musculoskeletal disorders, particularly nerve injury and compression. She has served on the Board of Directors of the American Association for Hand Surgery and American Society of Peripheral Nerve and currently on the Editorial Board of the Journal of Hand Surgery, HAND and Physiotherapy Canada.

Jean-François Ouellet, BSc OT, CHT

Occupational Therapist at Kinatex (Longueuil and Brossard) and at Synergo (St-Jean-sur-Richelieu). With over 12 years in treating wrist and hand injuries, Jean-Francois also performs consultant services for various professional hockey teams. He has frequently been an invited speaker at CSHT and provincially with local plastic surgeons. Jean-François teaches wrist and hand musculoskeletal evaluation courses for General Practitioners on an annual basis.

Joey G. Pipicelli, MSc.OT, CHT

Joey G. Pipicelli is a sessional instructor within the School of Occupational Therapy at Western University in London, Ontario. He is also a Hand Therapist at one of Canada's most dynamic hand therapy centre's, the Roth | McFarlane Hand and Upper Limb Centre. Joey has numerous publications within various peer-reviewed journals and has co-authored 2 book chapters. Currently he is in his third year of his PhD Studies within the School of Health and Rehabilitation Studies at Western University. He is an active member of the Canadian Society of Hand Therapists serving as a regional representative, Scientific Co-Chair for the 3rd and 4th Annual Meetings and was the Program Chair for the 2012 Meeting in Toronto.

Rebecca J. Saunders, PT/CHT

Rebecca Saunders is a physical therapist and CHT. She is the clinical specialist for research and staff development at The Curtis National Hand Center at Medstar Union Memorial Hospital in Baltimore, Maryland. She has 28 years of experience treating hand and upper extremity injuries. Rebecca has presented research and lectured on various topics nationally and internationally for hand therapy and hand surgery meetings. She is a contributing author and editor of Hand and Upper Extremity Rehabilitation: A Practical Guide. Her special interests include complex hand injuries, tendon injuries, tendon transfers, and the extensor mechanism.

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Herb von Schroeder, MD, MSc, FRCS(C)

Dr Herb von Schroeder completed his Residency in Orthopaedics at the University of Toronto and then completed Clinical Fellowships in Toronto and Louisville, Kentucky and Research Fellowships in Toronto and San Diego, California. He is currently a Hand and Wrist Surgeon in the University Hand Program, University Health Network and an Associate Professor at the University of Toronto. He is Cross-Appointed in the Divisions of Orthopaedic and Plastic Surgery and Faculty of Dentistry (Research). He has over 65 published papers and written 12 book chapters. His clinical interests are scaphoid, scapholunate reconstruction, wrist arthroscopy, and small joint arthroplasty.

Wendy Tilley, BScOT

Wendy graduated from the University of Alberta in 1985 with a Bachelor of Science in Occupational Therapy. She began work at the University of Alberta Hospital in 1986 covering many services before settling into Burns and Plastics and ultimately just Plastics by 1990. She has co-authored a chapter in Hand Clinics on the treatment of upper extremity burn injuries and other research work through collaboration with plastic surgery residents. She holds the title of Adjunct Associate Professor within the faculty of Rehabilitation Medicine at the University of Alberta in Edmonton and lectures on the subjects of orthotics, rheumatology and hand rehabilitation. Outside of the faculty, Wendy has given numerous courses to therapists throughout Alberta and the Canada. In the past she has won an innovation award for the development of a new orthotic and clinical teaching awards in the class and in the field of practice. In June 2010 she was the recipient of the Claudette Brown Award of Excellence in Plastic Surgical Nursing and Rehabilitation awarded by the Plastic Surgeons of Edmonton.

Julielynn Wong, MD, MPH

Julielynn Wong is a Harvard-educated, award-winning physician, innovator, and communicator. Dr. Wong is the founding director of the Center for Innovative Technologies and Public Health and created 3D4MD, a global health program that makes 3D printable medical supplies. She trained in space medicine at NASA Johnson Space Center and is a pioneer in 3D printing medical devices in austere environments. Dr. Wong has reported for ABC World News, Forbes and the Huffington Post, and made numerous television appearances, including an Emmy-nominated series on Discovery Channel.

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HOTEL INFORMATION

CHELSEA *Hotel* TORONTO

The 2016 Canadian Society of Hand Therapists Conference will be held at the Chelsea Hotel in downtown Toronto, Ontario. Chelsea Hotel, Toronto is conveniently located in the downtown area and is accessible via taxi or transit from the city's major international airport.

33 Gerrard Street West
Toronto, ON M5G 1Z4

Individual Room Reservations:

The CSHT Conference Group Rate is \$145.00 + tax per night (Chelsea room).

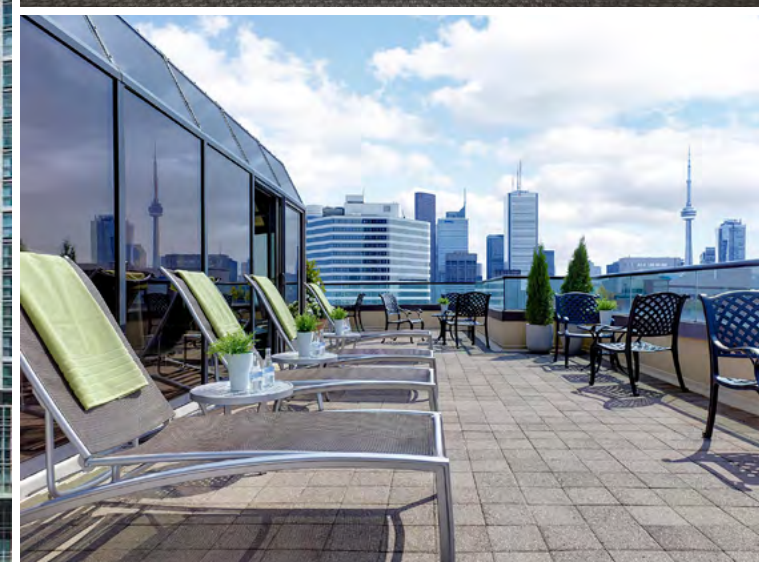
Delegates may call into the hotel directly at **1-800-243-5732** or **416-595-1975** to make their individual reservations.

They must identify themselves as part of the Canadian Society of Hand Therapists Annual Conference to take advantage of the discounted room rates.

Alternatively, delegates may reserve their rooms online at this link:
[Canadian Society of Hand Therapists](#)

The final day for delegates to reserve their rooms and receive the discounted rate is **Thursday, April 7, 2016**. After this date, the rooms and rates will be subject to our availability.

Visit www.chelseatoronto.com for more hotel information.



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CONFERENCE FEES

Early Bird Deadline is
April 21, 2016

Register online at
www.csht.org

CSHT Members

Full meeting early bird fees: \$475.00

Late registration: \$555.00

One day registration: \$290.00

Non-Members

Full meeting early bird fees: \$555.00

Late registration: \$630.00

One day registration: \$370.00

Therapy Assistants / Students

Full meeting: \$345.00

One day registration: \$265.00

Cancellation Fee

A full refund minus a \$100 administration fee is available prior to April 21, 2016.

No refunds available after April 21, 2016.

Please forward any questions to:

Marianne Williams,
Conference Chair
marianne.williams@uhn.ca
416-603-5800 x2534

Acknowledgements:

Karen Laundry,
Scientific Program Chair

Juliana Larocerie Salgado,
Main Program Chair

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Call for Papers: CSHT Conference, May 6-7, 2016

The Canadian Society of Hand Therapists (CSHT) invites you to share your innovative clinical practice and/or the results of your research on hand and upper extremity topics at the 9th Annual Meeting in vibrant downtown Toronto, Ontario. We welcome scientific or clinical abstract submissions, which are peer reviewed and may be accepted for an oral presentation or poster presentation. All accepted abstracts will be published in the CSHT newsletter - In Hand. Please note that CSHT allows abstracts previously submitted to other meetings. You may submit as many abstracts as you wish.

Scientific submissions include systematic reviews, scoping reviews, and original research in the quantitative or qualitative traditions.

Clinical submissions may include case studies, descriptions of new or newly adapted splint designs or other treatment strategies, or descriptions of clinical treatment programs.

Format of Abstract Submission:

- Abstract submissions for a poster presentation should be a maximum of 250 words
- Abstract submission for a paper presentation should be a maximum of 500 words
- All submissions must include the following information:
 - Name of presenter(s) (this will be blinded for the review process)
 - Name(s) of co-author(s)
 - E-mail address of primary author
 - Title of presentation
 - Statement of Clinical OR Scientific submission
 - Statement of preference for a Paper OR Poster format

The presenter of the poster or paper must be registered for the conference on the day they are to present. Student rates area available.

E-mail abstracts to:

Karen Landry
Scientific Chair, CSHT Conference 2016
landryk@dal.ca

Extended Deadline for abstract submission:

February 21, 2016

Notification of abstracts accepted:

March 1, 2016

For more conference information,
please visit www.csht.org.

See you in Toronto!!



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