

10th ANNUAL CANADIAN SOCIETY OF HAND THERAPISTS CONFERENCE



THE FUTURE OF HAND THERAPY

FRIDAY APRIL 21 & SATURDAY APRIL 22, 2017 AT THE COAST COAL HARBOUR HOTEL IN VANCOUVER, BRITISH COLUMBIA



CSHT 2017 CONFERENCE PROGRAM

PRESIDENT'S MESSAGE

CSHT will celebrate our 10th annual conference in beautiful Vancouver, BC. The conference was last hosted in Vancouver in 2011. We're so glad to be back and know Vancouver will once again be a great host city.

There's always so much to do and see – take a moment and visit the [Tourism Vancouver website](#) to plan your 'extra-curricular' activities.

Our theme this year will be the 'Future of Hand Therapy'. We will peer into the crystal ball and see how the science of hand therapy will develop as we move into the digital age. The program will highlight future trends, including the latest in evidence to guide your future practice. We know you will be inspired and amazed at what the future holds for Canadian hand therapists.

A special thanks to the invited faculty, conference organizers and volunteers that make this event possible. Everything you need to know about the conference including online registration information can be found in this brochure as well at our website www.csht.org. Don't miss the premier event of the Canadian hand therapy season – register today!

See you in Vancouver!

Trevor Fraser
President – CSHT

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CSHT 2017 CONFERENCE PROGRAM

FRIDAY, April 21

- 07:00 - 08:00** **Registration and Continental Breakfast**
- 08:00 - 08:15** **CSHT Presidential Address** (*Trevor Fraser*)
- 08:15 - 08:45 Current state and future directions for hand therapy:
An international perspective. (*Lynne Feehan*)
- 08:45 - 09:30 Integrating technology into hand therapy (*Joy MacDermid*)
- 09:30 - 10:00 Surgical management of phalangeal fractures (*Amera Murabit*)
- 10:00 - 10:30** **Poster Viewing, Exhibitors and Refreshments**
- 10:30 - 11:00 Nerve transfers:
Improving outcomes in the complex nerve injured patient (*Sean Bristol*)
- 11:00 - 12:00 Complex Regional Pain Syndrome:
Advancing rehabilitation through better evaluation and treatment
(*Tara Packham*)
- 12:00 - 13:00** **Lunch**
- 13:00 - 13:30 Scientific papers
- 13:30 - 14:30 Evidence-based management of upper extremity tendinopathy (*Alex Scott*)
- 14:30 - 15:00 The future of occupational therapy programs in Canada (*Karen Landry*)
- 15:00 - 15:30** **Poster Viewing, Exhibitors and Refreshments**
- 15:30 - 16:30 Break-out sessions
- 16:30 - 18:00** **AGM**
- 18:00** **Wine & Cheese**

Friday Breakout Sessions Topics (1 hr)

- The carpal 'puzzle': a hands-on lab creating a working wrist model
(*Lynne Feehan / Julianne Howell*)
- EMG triggered E-stim (Part 1/2)
(*Shrikant Chinchalkar & Kyle Lee*)
- Publishing in the Journal of Hand Therapy
(*Joy MacDermid*)

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SATURDAY, April 22

- 07:00 - 08:00 **Continental Breakfast**
- 08:00 - 08:10 **Announcements**
- 08:10 - 09:00 Ulnar side of the wrist: 'The big black box' (*Bertrand Perey*)
- 09:00 - 10:00 Case Presentations - What do you do?
Panel from across Canada
- 10:00 - 10:30 **Poster Viewing, Exhibitors and Refreshments**
- 10:30 - 11:30 The simplified mechanics of the complex thumb
(*Shrikant Chinchalkar*)
- 11:30 - 12:00 Relative-motion applications (*Julianne Howell*)
- 12:00 - 13:00 **Lunch**
- 13:00 - 13:30 Scientific papers
- 13:30 - 14:15 3D printing and prosthetics: e-NABLE project (*Ivan Owen*)
- 14:15 - 14:30 Closing remarks & Awards Presentation
- 14:30 - 15:00 **Poster Viewing, Exhibitors and Refreshments**
- 15:00 - 16:00 Breakout sessions

Saturday Breakout Sessions Topics (1 hr)

- The Ulnar-sided wrist pain dilemma
(*Lynn Feehan & Julianne Howell*)
- EMG triggered E-stim (Part 2/2)
(*Shrikant Chinchalkar & Kyle Lee*)
- Manual therapy for hand therapists
(*Linda Maedel*)



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Sean Bristol MD, FRCS(C)

Sean is a Clinical Assistant Professor, Division of Plastic Surgery at the University of British Columbia (UBC). His practice resides within Providence Health Care at the Vancouver Acute and BC Children's Hospital.

Sean is the co-founder of UBC Brachial Plexus and Complex Peripheral Nerve Clinic and specializes in upper extremity complex nerve injured patients.

Outside of work, Sean enjoys cycling, golf and spending time with his family.

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.

Lynne Feehan PT, PhD, CHT

Lynne is a physiotherapist, CHT who completed her PhD at the University of British Columbia in 2007 and subsequent post-doctoral fellowship training in 2014, with over 30 years of clinical experience, primarily in hand therapy in a variety of clinical settings. Lynne is currently lead clinical research in rehabilitation at Fraser Health in the Vancouver, BC and a clinical associate professor at UBC. Her research background is extensive with a primary focus on early mobilization of hand fractures and detection of early microstructural bone damage in the hands of people with rheumatoid arthritis. She is a chapter author in Rehabilitation of the Hand & Upper Extremity (6th Edition, 7th edition in progress) and has numerous peer-reviewed journal publications. She is a Past-President of IFSHT and CSHT and has served twice as chairperson for triennial IFSHT conferences. Lynne continues to be very active in supporting continuing education in hand therapy internationally.

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Julianne Wright Howell PT, MS, CHT

Juli is most passionate about patient care, which by the way has inspired more questions than answers. Her innovative clinical skills and contributions to professional literature are varied. These include exploring the concept of relative motion, techniques for rehabilitation of wrist instabilities, management of mallet fingers, the burned hand and hand fractures. She has received numerous awards, authored many publications in peer-reviewed scientific journals and textbooks. Juli continues to be motivated by hand surgeon and therapist colleagues at home and globally.

Karen Landry BScOT, MSc, CHT

Karen completed both her BScOT ('85) and MSc (Rehabilitation Research) ('10) at Dalhousie University in Halifax, Nova Scotia and has been a Certified Hand Therapist since 1991. Currently she divides her time between a Faculty position at Dalhousie's School of Occupational Therapy and a Hand Therapy private practice position at Empower Physical Rehabilitation in Lower Sackville, just outside of Halifax. Teaching clients, colleagues, and students has been a long-standing interest and critical part of Karen's practice but she also values learning from these groups as well! As the former President of CSHT, Karen strongly advocates and promotes high-quality professional development and thoroughly enjoys attending the annual CSHT conference. When not working, Karen spends her time on or near the ocean as much as possible - kayaking, hiking or boating.

Joy MacDermid PT, PhD

Joy is a professor at the School of Physical Therapy at Western University and has research affiliations with both the Universities of Western Ontario and McMaster. Her academic appointments include the James Roth Research Chair in Musculoskeletal Health and the CIHR Chair (Gender, Work and Health - Muscle and Tone). Her research interests include: clinical measurement specifically development and evaluation of self-report and performance-based pain and disability measures; neuromusculoskeletal disorders; knowledge transfer for implementing research to influence best practice. She is an inductee of the Canadian Academy of Health Sciences and Knowledge Ambassador for CIHR (Quality of Life Research). Her professional activities are too numerous to list but Joy is the current Editor-in-Chief of the Journal of Hand Therapy.

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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 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.

Amera Murabit MD, FRCS(C)

Amera is a board-certified plastic surgeon with extensive training and experience in a diverse number of plastic surgery subspecialties, including pediatric, cleft, craniofacial, and cosmetic surgery. She is a member of the Plastic Surgery Group at City Centre and practices within the Fraser Health Authority, including the Surrey Memorial Hospital, Royal Columbian Hospital, and Jim Pattison Outpatient Centre.

Ivan Owen

Ivan Owen is an artist from Washington State, USA & co-inventor of the first open-source 3D printable prosthetic hand. He has worked for the past three years in the areas of design, fabrication & outreach related to the ways in which rapid prototyping technology can serve as a valuable tool in the creation of assistive devices. He presently works as the Makerspace Lab Manager at the University of Washington Bothell.

Tara Packham OTReg(Ont), PhD

Tara Packham is a clinician scientist at Hamilton Health Sciences, currently working clinically in hand rehabilitation and conducting research looking at the impact of post-stroke pain on participation in upper extremity rehabilitation and the evolution of persistent upper quadrant pain after breast cancer. She trained as an occupational therapist at McMaster University, and then returned there for graduate studies in Rehabilitation Sciences under Dr. Joy MacDermid. Tara is also a certified somatosensory therapist for the treatment of pain. She is the author of 20 peer-reviewed publications, 2 book chapters, and has given 44 peer-reviewed conference presentations at national and international meetings, a regular peer-reviewer for the Journal of Hand Therapy, and a caffeine addict.

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Bertrand Perey MD, FRCPC

Bert is a licensed orthopaedic surgeon in the Province of British Columbia. He graduated from medical school at Dalhousie University in 1985 and subsequently completed his internship at Dalhousie, orthopaedic residency program at UBC and finally post-residency training in orthopaedic and upper extremity reconstruction at Harvard University.

Bert has been a staff surgeon at Royal Columbian Hospital since July of 1997. His field of expertise includes upper extremity reconstruction and orthopaedic trauma with special interest in hand, wrist, and elbow surgery. He is a clinical faculty member with UBC. Bert is presently chairman of the Department of Orthopaedics at the Royal Columbian and Eagle Ridge Hospitals, as well as chief of surgery at the Royal Columbian Hospital. He's past president and currently on the Board of Directors of the British Columbia Hand Society and vice-president of the Canadian Hand Society.

Alex Scott PT, PhD

Alex is a graduate of the UBC Physical Therapy program, and the UBC Experimental Medicine PhD program. He is currently an Assistant Professor in the Department of Physical Therapy, UBC. His research targets a widespread problem, overuse injuries and chronically painful tendon disorder in workers and athletes. His research has been highlighted and supported locally by organizations including the WorksafeBC, Professional Association of BC and the Health Sciences Association, nationally through CIHR sponsored events and seminars, and internationally including sponsorship by the Canada-Scandinavia Foundation and the Swedish Research Council. He maintains active collaborations with Oslo University, Umeå University, and University of Paris. His work has been incorporated into widely used web-based clinical guidelines such as UpToDate®, and the Journal of Orthopaedic and Sports Physical Therapy clinical guideline on Achilles tendinopathy.

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HOTEL INFORMATION

The 2017 Canadian Society of Hand Therapists Conference will be held at the Coast Coal Harbour Hotel, Vancouver, British Columbia. Coast Coal Harbour Hotel is conveniently located in the downtown area and is accessible via taxi or transit from the city's major international airport.

Coast Coal Harbour Hotel by APA
1180 West Hastings Street, Vancouver, BC V6E 4R5

Individual Room Reservations:

The CSHT Conference Group Rate is \$169.00 + tax per night for double occupancy.

Delegates may call into the hotel directly at **1-800-663-1144** or **604-697-0202** 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 www.coasthotels.com using Group Code: **CCC-GFC5445** or our meeting name.

The final day for delegates to reserve their rooms and receive the discounted rate is **Tuesday, March 21, 2017**. After this date, the rooms and rates will be subject to our availability.

Ground Transportation:

Taxi: A taxi from the Vancouver airport to the host hotel will cost approximately \$35.

Skytrain: Skytrain is Vancouver's public subway system. There's a station conveniently located at the Vancouver airport. Follow signage in the airport or ask at the information desk. There's only 1 line (Canada line) and you will take the train all the way to the last station - Waterfront. Cost is \$9 (due to additional airport fee) but only \$4 from downtown to airport. Once downtown, the host hotel is a quick 5 min walk from the Waterfront station.

Visit www.coasthotels.com for more hotel information.



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CONFERENCE FEES

Early Bird Deadline is
April 7, 2017

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 7, 2017.

No refunds available after April 7, 2017.

CONTINUING EDUCATION UNITS (CEU)

CEU Certificate

13 contact hours (CEU) will be confirmed
with an official certificate upon completion
of the conference. HTCC will ACCEPT these
contact hours.

American attendees please note: Due to differing
standards for each state, attendees are advised to
check with their local state licensing board. CSHT
believes the quality of our program meets the
highest standards and SHOULD be accepted by
most state licensure boards.

Please forward any questions to:

Trevor Fraser,
Conference Chair
president@csht.org

Acknowledgements:

Karen Landry,
Scientific Program Chair

Celine Cantin,
Main Program Chair

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Call for Papers: CSHT Conference, April 21-22, 2017

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 10th Annual Meeting in vibrant downtown Vancouver, British Columbia. 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 2017
landryk@dal.ca

Deadline for abstract submission:

February 1, 2017

Notification of abstracts accepted:

March 1, 2017

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

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