



CANADIAN SOCIETY OF  
HAND THERAPISTS  
SOCIÉTÉ CANADIENNE DES  
THÉRAPEUTES DE LA MAIN

# CSHT 2024 Conference Program

CHELSEA HOTEL, TORONTO, ON, CANADA  
FRIDAY APRIL 26TH AND SATURDAY APRIL 27TH, 2024



Toronto, ON (Photo Credit: <https://www.flickr.com/photos/choudhrysaab/3450268808>)

# Conference Program - Friday April 26th

CSHT 2024 CONFERENCE: TORONTO ON

Please note details may change leading up to the 2024 Conference in April.

8:00 AM	Welcome	CSHT President <b>Jean-François Ouellet</b> and CSHT Conference Committee	
8:15 AM	Main Sessions	<b>Joey Pipicelli:</b> Unstable Hand Fractures	
		<b>Shrikant Chinchalkar:</b> Intra-articular Hand Fractures	
		Panel Discussion moderated by <b>Susan Hannah:</b> Managing Stiffness Post Hand Fractures	
10:00 AM	Break		
10:30 AM	Concurrent Sessions	<b>Andrea Chan:</b> Pediatric Hand Surgery	<b>Alison Blain:</b> Understanding Pain Medications for the Hand Therapist
		<b>Emily Ho:</b> Hands Together - Therapeutic Management of the Complex Paediatric Hand	<b>Tara Packham:</b> Pain Neuroscience Education
		<b>Vivian Dim:</b> Wound Management for Hand Therapists	<b>Joey Pipicelli:</b> Treating Elbow Stiffness
12:15 PM	Lunch		
1:00 PM	Main Sessions	<b>Shrikant Chinchalkar:</b> What's New in Zone 5-7? Preventing Complications in Extensor Tendon Rehabilitation	
1:30 PM	Scientific Sessions	TBA	
2:30 PM	Break		
3:00 PM	Main Session	<b>Herb von Schroeder:</b> Wrist Instability - Surgical Mangement	
		<b>Ann Porretto-Loehrke:</b> Conservative Management of Wrist Instability	
4:30 PM	Closing Remarks		
4:45 PM	CSHT Annual General Meeting		
5:30 PM-7:00 PM	CSHT Wine and Cheese		

# Conference Program - Saturday April 27th

CSHT 2024 CONFERENCE: TORONTO ON

Please note details may change leading up to the 2024 Conference in April.

8:00 AM	Welcome	CSHT Conference Committee and Executive Committee		
8:15 AM	Concurrent Sessions	<b>Juliana Larocerie:</b> Rehabilitation Post Nerve Transfers	<b>Jean-François Ouellet</b> and <b>Barbara Shankland:</b> Innovations in Hand Therapy Practice	
		<b>Tracy Elliott:</b> Scapular Dyskinesia - What do Hand Therapists Need to Know?	<b>Julie Entwistle:</b> Coaching and Private Practice	
9:45 AM	Break			
10:15 AM	Main Sessions	<b>Joy MacDermid:</b> Patient-Rated Outcome Measures		
		<b>Christine Novak:</b> Sensory Evaluation - Choosing the Right Assessment Measures		
		<b>Pat McKee:</b> Therapeutic Management of the Painful Thumb		
		<b>Heather Baltzer:</b> Minimally Invasive Options for Thumb CMC OA and Implications for Hand Therapy		
12:15 AM	Lunch			
1:00 PM	Main Sessions	<b>Ann Porretto-Loehrke:</b> Manual Therapy for Addressing Wrist Stiffness		
		<b>Jean Paul Brutus:</b> Compressive Neuropathies		
2:00 PM	Awards	CSHT Executive		
2:30 PM	Break			
3:00 PM	Break-out Sessions	<b>Ann Porretto-Loehrke:</b> Clinical Examination of the Wrist and Stability Testing	<b>Tara Packham:</b> Stimulation Pod and Implications for Hand Therapy	<b>Tracy Elliott:</b> Shoulder Examination



# Conference Program - Featured Speakers

CSHT 2024 CONFERENCE: TORONTO ON

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## Keynote Speaker: Ann Porretto-Loehrke

Ann Porretto-Loehrke is a skilled clinician with a passion for teaching and clinical treatment of upper extremity disorders. She provides practical information that can be used immediately in the clinic. Ann has been practicing for 30 years and teaching continuing education courses for the past 20. She serves as the Clinical Development Coordinator at the Hand to Shoulder Center in Appleton, Wisconsin. Ann is a Certified Hand Therapist (CHT) and a Certified Orthopedic Manual Therapist (COMT) for treatment of the upper quadrant through the International Academy of Orthopedic Medicine (IAOM). Ann received a bachelor's degree in physical therapy from Marquette University in 1994 and completed a post-professional Doctorate in Physical Therapy (DPT) degree from Drexel University with a specialty in hand and upper quarter rehabilitation in 2007. She is also certified in dry needling through Myopain Seminars, as a Certified Myofascial Trigger Point Therapist (CMTPT). Ann is a lead instructor who co-developed the Hand & Upper Extremity Track through IAOM, a set of 6 manual therapy courses designed specifically for hand and upper extremity specialists. She co-authored a chapter in Rehabilitation of the Hand & Upper Extremity on nerve compression syndromes of the elbow and forearm, as well as published two peer-reviewed articles entitled "Clinical Manual Assessment of the Wrist" and "Taping Techniques for the Wrist" in the 2016 Journal of Hand Therapy's special edition of the wrist. Ann has presented at numerous conferences including Canadian Society of Hand Therapist Annual Conferences in 2018 and 2022, American Society of Hand Therapists (ASHT) annual conferences, Philadelphia meeting, TRIA Hand Conference, and Teton Hand Conferences. She also teaches online courses for MedBridge education and fostered the development of MedBridge's CHT Prep program.



Ann Porretto-Loehrke

# Conference Program - Featured Speakers

CSHT 2024 CONFERENCE: TORONTO ON

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## Heather Baltzer



Heather Baltzer

Dr. Baltzer is a hand surgeon and a clinician investigator at University Health Network and Krembil Research Institute. Dr. Heather Baltzer is the Head of the Division of Plastic Surgery, UHN and Director of the Hand Surgery group at Toronto Western with a clinical interest in peripheral nerve and hand surgery. Dr. Baltzer completed her Master of Science in Medical Biophysics at the University of Toronto prior to her medical school training at the University of Toronto. Her plastic surgery residency was in the Division of Plastic and Reconstructive Surgery, University of Toronto. She went to Mayo Clinic in Rochester, Minnesota for her Hand, Wrist and Microsurgery fellowship. She has completed a further post-graduate degree in Health Services Research in the Institute for Health Policy, Management and Evaluation at the University of Toronto. Her research focuses on health care utilization and population health economics among hand trauma populations using large administrative databases. She also has an active translational research program focusing on basilar thumb arthritis.

## Jean Paul Brutus

Dr. Brutus was born in Belgium and graduated from medical school in Brussels in 1995. He developed a passion for hand surgery and completed his residency in plastic and reconstructive surgery in Brussels and also trained for a year at the city's most prestigious private hand surgery centre. He then completed a fellowship in hand and upper extremity surgery at SUNY Upstate Medical University in Syracuse, New York, as well as a research fellowship at the Institute for Human Performance, which is housed at the same school. Dr. Brutus is certified by the Belgian Board of Plastic Surgery and is also fully licensed by the Collège des médecins du Québec. Dr. Brutus moved to Montreal in 2005 when he accepted a position as a Professor of Plastic Surgery at Centre hospitalier de l'Université de Montréal, where he taught and practised hand surgery until 2010. During that time, he also practised at Hôpital de la Cité-de-la-Santé in Laval. Since 2010, he practices exclusively at his private practice in Montreal.



Jean Paul Brutus

# Conference Program - Featured Speakers

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## Andrea Chan

Dr. Andrea Chan completed a Masters of Arts (Anthropology & Forensic Science) at McMaster before attending medical school and orthopaedic surgery residency at the University of Toronto. She has completed the Adult Upper Extremity and Hand Fellowship at Western University Roth|McFarlane Hand and Upper Limb Centre (RM-HULC) and a Paediatric Upper Extremity and Hand Fellowship at Cincinnati Children's Hospital Medical Center (CCHMC). Her clinical practice is currently split between the UHN TWH Hand Program and Toronto's SickKids.



Andrea Chan

## Shrikant J. Chinchalkar

Shrikant J. Chinchalkar, OTR, CHT, worked as a Senior hand therapist at the Roth-McFarlane Hand & Upper Limb Centre, St. Joseph's Health Centre in London, Ontario, Canada for 26 years. He has over 48 years of clinical experience in treating upper extremity conditions, nearly 40 years of teaching and 30 years of research experience. He designed and developed Hand Therapy programs at four major teaching centres in Canada including Roth-McFarlane Hand & Upper Limb Centre in London, Ontario. In addition, he designed Brachial Plexus and Peripheral Nerve Injury, Elbow, Wrist and Hand Rehabilitation programs at these hospitals in Canada. In addition, he designed the most structured "Hand Therapy Fellowship program" for training of therapists at this centre. He worked as a guest lecturer at University of Manitoba, University of Toronto and Western University in Canada. He conducted many instructional courses on upper extremity rehabilitation in over 28 countries in the world and has won many awards for his presentations. He has over 300 presentations to his credit. He was awarded the "Dr. Paul Brand Award of Excellence" by the American Society of Hand Therapists (ASHT), "Award of Leadership" by the Canadian Association of Occupational Therapists (CAOT), "Award of Excellence" by the Sisters of St. Joseph's Hospital, "Best Educator" by the Western University, "Most Outstanding Prestigious Alumni" by the Nagpur University in India, the "Lifetime Membership Award" by the Canadian Society of Hand Therapists (CSHT) and an award of "Excellence in Teaching and Coaching" by the administration of the St. Joseph's Hospital. In 2017 the Hand Therapy fellowship program was named after him. It is now called as "Chinchalkar Hand Therapy Fellowship Program" at the Roth-McFarlane Hand & Upper Limb Center. In 2019 he received a "Life Time Achievement Award" by the International Federation of Society of Hand Therapists (IFSHT) in Berlin. Recently in 2019 he was chosen as an Honorary Advisor to the Asia Pacific Wrist Association in Seoul, Korea during their annual conference. Shrikant is also an "Honorary Advisor to Society of Hand Therapy, India". He is a member of "Education Committee of IFSHT". Shrikant has authored six book chapters and has published more than 40 papers and 15 abstracts in numerous peer-reviewed journals related to Upper Extremity Surgery and Therapy.



Shrikant J. Chinchalkar



# Conference Program - Featured Speakers

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## Tracy Elliott

Tracy Elliott has worked as a shoulder physiotherapist at the Roth McFarlane Hand & Upper Limb Centre for the past 18 years. She specializes solely in shoulder assessment and treatment in collaboration with the Roth McFarlane Hand & Upper Limb Centre shoulder surgeons. She has presented at conferences in Canada and a webinar in the US; focused on shoulder assessment and rehabilitation. She has organized shoulder conferences and presented at the hand therapy symposiums at the Roth McFarlane Hand & Upper Limb Centre. She is currently working as a lecturer at Western University for a shoulder course that is part of the Upper Extremity Rehabilitation Master's Program.



Tracy Elliott

## Julie Entwistle



Julie Entwistle is an occupational therapist who ran a successful private practice for over 15 years before selling this in 2019. Julie now uses her experience in business and MBA education to help other healthcare professionals as a business and leadership coach. As a coach, Julie empowers professionals to build their business confidence and competence so they can run, grow, and develop legacy practices that are focused and optimally successful. Julie knows that when professional service businesses do better, their clients and families also benefit.

Julie Entwistle

# Conference Program - Featured Speakers

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Emily S. Ho

## **Emily S. Ho**

Dr. Emily S. Ho is an Assistant Professor in the Department of Occupational Science and Occupational Therapy at the University of Toronto and an advanced practice occupational therapist in the Division of Plastic and Reconstructive Surgery at The Hospital for Sick Children, Toronto, Canada. She has over twenty years of clinical and research experience in paediatric hand and upper limb rehabilitation. Dr. Ho is known internationally as a leader in assessment and evaluation of children and youth with brachial plexus birth injuries and congenital hand and upper limb differences. As a clinician-investigator, her research focuses on understanding, measuring, and evaluating participation and well-being in children and youth with upper limb conditions. She strives to place the voice of youth with upper limb conditions at the centre of her research, partnering with them through research initiatives that focus on physical and mental well-being to empower independent living.



Juliana Larocerie

## **Juliana Larocerie**

Juliana Larocerie is a certified hand therapist at the Roth-McFarlane Hand & Upper Limb Center in London, Ontario. Juliana graduated in 2003 with a bachelor in occupational therapy from the Federal University of Pernambuco, Brazil, and completed a master's degree in Rehabilitation Sciences from Queen's University, Kingston, in 2006. She has contributed to teaching clinical conditions in the hand and upper limb rehabilitation in the Queen's and Western Universities Occupational Therapy Programs, and instructional courses at various Hand Surgery and Therapy meetings, including ASHT, IFSHT, CSHT, EFSHT and the Latin American Brachial Plexus Congress. She is also a co-instructor in the Chinchalkar Hand Therapy Fellowship Program at the Roth McFarlane Hand and Upper Limb Centre. She has authored peer-reviewed papers and a book chapter, and has received Awards for Excellence in Research at Queen's University, and three-time award winner of the Best Scientific Session at CSHT Annual Conferences.



# Conference Program - Featured Speakers

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## Joy MacDermid

Dr. Joy MacDermid is a clinical epidemiologist, physiotherapist, hand therapist and Distinguished Professor of Physical Therapy at Western University. She holds a Canada Research Chair in Musculoskeletal Outcomes and Knowledge Translation and The Dr. James Roth Chair in Musculoskeletal Measurement and Knowledge Translation.

She is a Fellow of the Canadian Academy of Health Sciences and The Royal Society of Canada. Dr. MacDermid is also the Co-director of the Clinical Research Lab at The Hand and Upper Limb Centre in London, Ontario. She pioneered patient-reported outcome measures for the hand and upper extremity that are widely used to assess functional outcomes. Her research focuses on upper extremity function, musculoskeletal health, design and evaluation of surgical and rehab interventions/programs, public safety personnel health, work injury, implementation science, and the impact of sex and gender on health.



Joy MacDermid

## Pat McKee



Pat McKee

Pat McKee, Associate Professor Emeritus, Department of Occupational Science and Occupational Therapy at the University of Toronto, has taught anatomy, hand therapy, biomechanics, orthotics (splinting), ergonomics and occupational therapy to students and therapists worldwide for 40+ years. Pat co-authored the textbook "Orthotics in Rehabilitation: Splinting the Hand and Body", as well as numerous peer-reviewed articles and book chapters. She co-developed the *Anatomy Glove Learning System*, now used by medical and allied health professionals and students in 40 countries. <http://www.anatomysoftwear.com>. She was honoured with the Lifetime Achievement Award from IFSHT in 2019. Among her many international invited presentations, most recently, she was the keynote speaker for European Federations of Societies of Hand Therapy, Rimini Italy, May 2023.

# Conference Program - Featured Speakers

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## Christine Novak

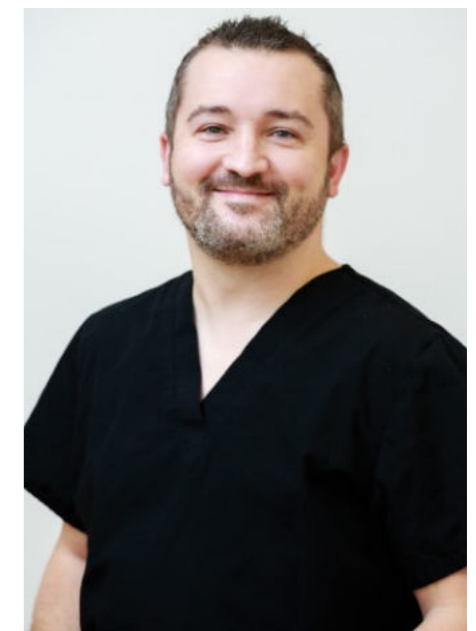
Christine Novak, PT, PhD, is an Associate Professor in the Division of Plastic, Reconstructive & Aesthetic Surgery at the University of Toronto. Her research has focused on clinical outcomes, assessment of patients with nerve and musculoskeletal disorders and factors related to upper extremity disability. She has over 170 peer review publications and numerous book chapters and national and international presentations. Dr. Novak is past-President of the American Society of Peripheral Nerve, has served on the Board of Directors of the American Association for Hand Surgery and is on the Editorial Board of HAND and the Journal of Hand Surgery Am.



Christine Novak

## Jean-François Ouellet

Jean-François graduated from McGill University with a B Sc. (O.T.) in 2003 and holds a current registration to practice in the province of Quebec as an Occupational Therapist (OEQ member). He has been working in private practices since 2003 exclusively treating elbow, wrist and hand injuries. He has been a Certified Hand Therapist since 2009. He was coordinator of the Montreal Hand Interest Group for 8 years. He worked as an assistant-teacher for orthotic labs at McGill University from 2009 to 2014. He has been an invited speaker at numerous Quebec Hand Surgery Conferences (ASCPEQ) as well as for the Canadian Society of Hand Therapists (CSHT). Jean-François has been mentoring other therapists and has a passion for sharing his knowledge. He regularly teaches wrist and hand examination courses to GPs through GMFs. He also works with professional athletes from various fields and associations (NHL, MLS, UFC, CFL, olympians, performing artists, QMJLH,...). He has joined Kinatex Brossard in 2023. He serves as President for the Canadian Society of Hand Therapists.



Jean-François Ouellet

# Conference Program - Featured Speakers

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## Tara Packham

Dr. Tara Packham is an occupational therapist with over 25 years of experience in hand and upper limb rehabilitation, which birthed an interest in pain research. She has published over 70 papers and book chapters on topics related to pain and hand therapy, and was proud to represent Canada as the keynote speaker at the most recent IFSHT congress. Tara is an assistant professor in the School of Rehabilitation Science at McMaster University in Hamilton, Ontario where she teaches and tweets about hand therapy, pain research and knowledge translation.

Tara Packham



## Joey Pipicelli

Joey Pipicelli graduated from Western University with a MScOT in 2003 and became a Certified Hand Therapist in 2008. He has been working as a Hand Therapist at the Roth | McFarlane Hand and Upper Limb Centre (RM-HULC) in London, Ontario since 2009. Currently, he serves as Coordinator of the Chinchalkar Hand Therapy Fellowship program within the RM-HULC. He is a Lecturer at Western University with the School of Occupational Therapy and Upper Extremity Rehabilitation Advanced Health Care Practice program within the Faculty of Health Sciences. He teaches orthotic fabrication and various facets of upper extremity rehabilitation. With CSHT, he currently serves as the Vice-President. He has also served as the Annual Meeting Conference Program Co-Chair in 2012 and 2016, Scientific Chair in 2010 and 2011 and has held the role of Regional Representative for the London, Ontario area for more than 10 years. Joey is passionate about sharing his knowledge with students and therapists who have an interest in hand therapy practice and participates in clinical teaching to medical students, residents, and orthopaedic and plastic surgery fellows during their training at the RM-HULC. He has been an invited presenter at CSHT, ASHT, ASSH and IFSHT Meetings on multiple occasions.

Joey Pipicelli



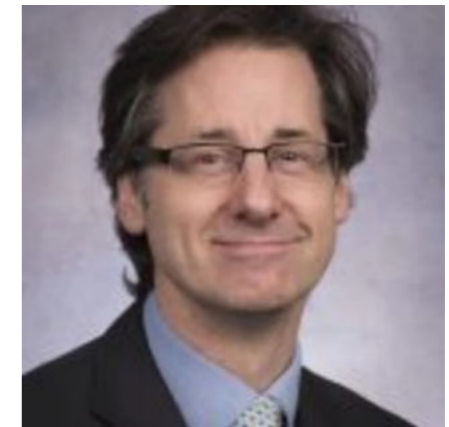
# Conference Program - Featured Speakers

CSHT 2024 CONFERENCE: TORONTO ON

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## Herb von Schroeder

Dr. Herb von Schroeder MD, MSC, FRSC, is an Associate Professor and an Orthopaedic Surgeon at the University of Toronto. His education, post graduate degrees, and training were earned at the Universities of British Columbia, Ottawa, Toronto, California and Kentucky. Dr. von Schroeder's subspecialty area of expertise is in Hand and Wrist surgery, including trauma, sport injuries, and wrist reconstruction. He has published over 100 scientific articles and book chapters in his field and frequently travels nationally and internationally to teach and lecture on topics relating to Hand and Wrist surgery. He has a busy academic and tertiary care practice at the University Health Network and is a consultant for the Workers' Compensation Specialty Clinics, Toronto Maple Leafs, the NHL Players Association, and consults on many local and international amateur and professional athletes.



Herb von Schroeder

# CSHT 2024 CONFERENCE: TORONTO, ON

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## Conference Fees

**Early Bird Deadline** is March 11, 2024

Registration will be available online at [www.csht.org](http://www.csht.org)

### CSHT Members:

2 Day Early Bird Registration (before March 11, 2024): \$595 + tax

2 Day Late Registration (after March 11, 2024): \$685 + tax

1 Day Registration: \$445 + tax

**Join and Save!** Early Bird Registration plus CSHT Membership: \$595 + 75 + tax

### Non-Members:

2 Day Early Bird Registration: \$745 + tax

2 Day Late Registration: \$855 + tax

1 Day Registration: \$555 + tax

### Students/Rehabilitation Assistants:

Student 2 Day Registration: \$515 + tax

Student 1 Day Registration: \$335 + tax

Student 2 Day Registration (conference presenter): \$345 + tax

Student 1 Day Registration (conference presenter): \$225 + tax

### Cancellation Fee

A full refund minus \$100 administration fee is available prior to April 19, 2024. No refunds available after April 19, 2024.

### Contact Hours

An estimated 13 hours of total content eligible for HTCC Contact Hours. Certificates will be available\*

\*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.

# CSHT 2024 CONFERENCE: TORONTO, ON

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## Venue Information

The 2024 CSHT Conference will be held in Toronto, ON April 26-27th, 2024 at the beautiful and centrally located Chelsea Hotel.

**Location:** 33 Gerrard St. West, Toronto ON, Canada

**Accommodation at the Chelsea Hotel:** We are pleased to offer CSHT Conference Participants a discounted group rate of \$299/night + taxes and any fees for the duration of the event (after double occupancy, each additional person sharing a room will be charged \$30/night + tax). Please note a limited number of rooms are available and reservations must be made by March 25, 2024.

**Accommodation may be booked online at the following link to take advantage of the CSHT Group Rate Discount:**

<https://be.synxis.com/?adult=1&arrive=2024-04-25&chain=10316&child=0&clearcache=all&config=initialConfig&currency=CAD&depart=2024-04-28&group=CSH042524&hotel=59052&level=hotel&locale=en-US&rooms=1>

Individuals may also call the hotel directly, toll free 1-800-CHELSEA (243-5732) or 416-595-1975. Conference participants must also identify themselves as part of Canadian Society of Hand Therapists Annual Conference or Group Res ID CSH042524 to take advantage of the discounted group rate.

All reservations must be cancelled by 4:00pm EST 48 hours (2 days) prior to arrival. Cancellations made within 48 hours of arrival will result in a charge of a 1 night stay plus taxes. A valid credit card is required at time of booking.

Please visit the Chelsea Hotel website for additional information:

<https://www.chelseatoronto.com/en/hotel>

## Directions to the Venue:

### By Car:

Pearson Airport is approximately 30 km and 30-45 minutes west of the city centre depending on traffic. Taxis are located on the ground level of Terminal 1 and the arrivals level of Terminal 3. Fares average approximately \$60.

### Parking:

The Chelsea Hotel underground pay parking entrance is located on the south side of Gerrard St. between Yonge St and Bay St.

### UP Express

Trains between downtown Toronto and Pearson Airport take 25 minutes and run every 15-30 minutes (approx. 6 am - 1 am daily, check schedules). Tickets are approximately \$15 one way.

### Transit:

The Chelsea hotel is located on the TTC Subway Line 1. Take the train to Dundas station and walk north on Yonge street before turning left at Gerrard St. An adult fare is approximately \$4.



## CSHT 2024 CONFERENCE: TORONTO, ON

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CSHT wishes to thank our 2024 Conference Committee: Program Chair Juliana Larocerie, Scientific Chairs Tara Packham and Andrea Hebert, and Conference Chair Marianne Williams for their tremendous work!