

**2012 Combined Meeting of
The Canadian Society for Surgery of the Hand
&
The Canadian Society of Hand Therapists**



**May 4-5, 2012
Toronto Delta Chelsea Hotel
Toronto, Ontario, Canada**



President's Message



Dear Colleagues,

We would like to invite you to join us in Toronto for the 5th Annual Meeting of the Canadian Society of Hand Therapists. Our meetings have grown tremendously in the past four years – with contributions from nationally and internationally recognized speakers and combining forces with MANUS (Canadian Society for Surgery of the Hand) for joint meetings. The bridges we are strengthening with MANUS benefit both professions by acknowledging hand therapy as a specialized area of practice as well as enhanced patient outcomes. We are recognized by the American Society of Hand Therapists as well as the International Federation for Societies of Hand Therapists.

Your conference committee has worked hard to provide an exciting and impressive program. This will be an outstanding opportunity to share information and for new knowledge acquisition. You will be certain to go home with many new ideas to implement in your practice! Attending our Annual Meeting renews my enthusiasm in our profession, affirms my knowledge, enhances my critical thinking skills and expands my network of colleagues. I am confident it will do the same for you.

Toronto is a fabulous city to visit, so take some time to experience it - fine dining, exquisite shows, and even consider running the Toronto Marathon on May 6th!

See you in Toronto!

Karen Landry



CSHT EXECUTIVE

President
Karen Landry

Vice-President
Heather Griffiths

Secretary
Amanda Higgins

Treasurer
Susan Kean

CSHT Newsletter Editor
Kelly Ross

CONFERENCE COMMITTEE

Conference Chair
Marianne Williams

Program Chair
Joey Pipicelli

Scientific Chair
Tara Packham

CSHT Regional Representatives

Alberta

Calgary Desiree Kadelbach
desiree.kadelbach@albertahealthservices.ca

Edmonton Wendy Tilley
tilley@telusplanet.net

British Columbia

Vancouver Trevor Fraser
trevortfraser@gmail.com

Victoria Christina Smith
otxena@hotmail.com

Kamloops Sylvia Johnston
jerry_johnson@telus.net

Manitoba

Winnipeg Carol Zimmerman
czimmerman@exchange.hsc.mb.ca

Newfoundland

St. John's Lori Collins

New Brunswick

Moncton Marcia Campbell
marcia.campbell@horizonnb.ca

Northern New Brunswick Annie Robichaud
annie.robichaud@vitalitenb.ca

Nova Scotia

Halifax Lisa Rand
lisa.rand@cdha.nshealth.ca

Ontario

London Joey Pipicelli
joey.pipicelli@hotmail.com

Ottawa Dominique Beelen
dbeelen@ottawahospital.ca

Toronto Marianne Williams
marianne.williams@uhn.on.ca

Prince Edward Island

Lisa Rand
lisa.rand@cdha.nshealth.ca

Quebec

Montreal & Area Jean-Francois Ouellet
ouelletjeanfrancois@hotmail.com

Saskatoon

Saskatchewan Michelle Street
michelle.street@saskatoonhealthregion.ca

CONFERENCE PROGRAM

FRIDAY MAY 4, 2012

- 7:00-8:00 **Registration and Continental Breakfast**
- 8:00-8:10 **Opening Address – CSHT President – Karen Landry**
- 8:10-8:30 **Extra-Articular Hand Fractures – Surgeon’s Perspective – Brent Graham**
- 8:30-9:10 **Fracture Healing and Implications for Hand Therapy – Trevor Fraser**
- 9:10-9:30 **Early Protected Motion Following K-Wired Finger Fractures – Sue Kean**
- 9:30-10:00 **Expert Panel Discussion – Hand Fractures**
- 10:00–10:30 **Refreshment Break, Poster and Exhibitor Viewing**
- 10:30–11:00 **Psychosocial Issues Related to Hand Injuries – Susan Hannah**
- 11:00-11:30 **Risk & Protective Factors Leading to Chronic Pain in the Hand – Joel Katz**
- 11:30-12:00 **Clinical and Scientific Paper Presentations – Part I**
- 12:00-13:30 **Networking Lunch with Exhibitors**
- 13:30-14:00 **Cortical Plasticity Following Upper Extremity Injury, Reconstruction, and Rehabilitation – D. J. Anastakis**
- 14:00-14:45 **Function and Cortical Plasticity – Christine Novak**
- 14:45-15:00 **Questions and Answers**
- 15:00-15:30 **Refreshment Break, Poster and Exhibitor Viewing**
- 15:30-16:45 **Concurrent Breakout Sessions - Rank in Order of Preference**
- I. Innovative Hybrid Thermoplastic-Neoprene Orthotic Fabrication – Pat McKee**
Learn techniques of bonding thermoplastic and neoprene/fabric *without adhesive* (1) to make comfortable neoprene-lined orthoses or (2) to reinforce prefabricated orthoses with thermoplastic. Apply these techniques through the fabrication of a neoprene-lined thumb orthosis. Learn how to make a neoprene finger sleeve using iron-on seam tape. A brief presentation of a few client stories will demonstrate the benefits of these innovative orthotic designs in clinical practice.
- II. Small Joint Injuries – Jean-Francois Oullett**
Session will review management of small joint injuries to the finger including volar plate injuries, mallet injury, intra-articular fractures, pathoanatomy of PIP joint contracture, rehabilitation following contracture release procedures, and mobilization orthoses to regain motion.
- III. Carpal Instability – Shrikant Chinchalkar**
Session will review anatomy and carpal kinematics, instability patterns, and various management strategies.
- 17:00–18:00 **CSHT Annual General Meeting – CSHT MEMBERS ONLY**
- 18:00-20:00 **Networking Wine and Cheese for All Delegates**

Program is subject to change without notification.

CONFERENCE PROGRAM

SATURDAY MAY 5, 2012

COMBINED SESSIONS WITH
MANUS & CSHT

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| 7:00-8:00 | Registration and Continental Breakfast |
| 8:00-8:05 | Welcome Address - MANUS President – Patrick Harris |
| 8:05-8:30 | Controversies of Flexor Tendon Repair – Patrick Harris |
| 8:30-8:55 | Controversies in Extensor Tendon Repair – Nancy McKee |
| 9:00-9:45 | Controversies in Tendon Rehabilitation – Shrikant Chinchalkar |
| 9:45-10:15 | Expert Panel Discussion – Tendon Injuries |
| 10:15-10:45 | Refreshment Break, Poster and Exhibitor Viewing |
| 10:45-11:30 | Scientific Papers II |
| 11:30-12:00 | Evidence-Based Practice – Joy MacDermid |
| 12:00-13:30 | Networking Lunch with Exhibitors for MANUS and CSHT Delegates |
| 13:30-14:00 | Controversies with Distal Radius Fractures – Ken Faber |
| 14:00-14:30 | Controversies with Post-Operative Rehabilitation of Distal Radius Fractures – Diane Coker |
| 14:30-15:00 | Scaphoid Fractures – Why Worry if Pain Improves?– Herb von Schroeder |
| 15:00-15:15 | Expert Panel Discussion – Distal Radius and Scaphoid Fractures |
| 15:15-15:30 | Closing Ceremonies |
| 15:30-16:00 | Refreshment Break, Poster and Exhibitor Viewing |
| 16:00-17:15 | Concurrent Breakout Sessions - Rank in Order of Preference |

I. Anatomy, Dysfunction, and Treatment of TFCC Injuries – Diane Coker

Session will review anatomy and pathology of the distal radioulnar joint and the triangular fibrocartilage complex. Current management concepts and guidelines will be reviewed.

II. How to Publish Successfully in the Journal of Hand Therapy – Joy MacDermid

Session is designed for clinicians and junior researchers who wish to write for scientific publication in the Journal of Hand Therapy. This workshop includes presentation, group work, and writing exercises designed to assist authors in manuscript submission.

III. Extensor Tendon Management in 2012 – Theoretical and Practical Approach – Teresa Wesolowski

Anatomy, biomechanics and treatment of the extensor tendon injuries will be presented. Participants will be able to review and share ideas as well as fabricate various orthoses commonly used when managing such injuries.

IV. MANUS General Meeting – MANUS MEMBERS ONLY

FACULTY

D.J. Anastakis, MD, MHPE, MHCM, FRCSC, FACS, FICS

Interim Vice Dean, Continuing Education and Professional Development and Professor of Surgery, Faculty of Medicine, University of Toronto. Consultant at the University Health Network, Hand Program (Toronto Western Hospital), Toronto, Ontario.

Shrikant J. Chinchalkar, M.TH.O., BScOT, OTR, CHT

Department of Hand Therapy, Hand & Upper Limb Centre, St. Joseph's Health Care, London, Ontario.

Diane Coker, PT, DPT, CHT

Director of Hand Therapy, South Country Orthopedic Specialists located in Southern California. Core Lecturer in the Kaiser Permanente/APTA Hand Therapy Fellowship. Adjunct Faculty at Loma Linda University.

Kenneth Faber, MD, MHPE, FRCSC

Associate Professor, Schulich School of Medicine and Dentistry, The University of Western Ontario. Consultant at the Hand and Upper Limb Centre, St. Joseph's Health Care in London, Ontario.

Trevor Fraser, BScPT, CHT, CGIMS

Clinical Director – Hand Therapy Centres, Vancouver, British Columbia. Past President of the West Coast Hand Therapy Association. 2011 CSHT Conference Chair. Regional Representative to the Canadian Society of Hand Therapists.

Brent Graham, MD, MSc, FRCSC

Assistant Professor, Department of Surgery, University of Toronto. Consultant at the University Health Network, Hand Program (Toronto Western Hospital), Toronto, Ontario.

Susan Hannah M.Ed, BScOT, OT Reg. (Ont.), CHT

Hand and Wrist Specialty Program, Altum Health, University Health Network, Toronto, Ontario.

Patrick Harris, MD, FRCSC

Professor of Surgery, Faculty of Medicine at the University of Montreal, Consultant at the Centre Hospitalier de l'Université de Montréal, Montréal, Quebec.

Joel Katz, PhD, CPsych

Professor and Canada Research Chair in Health Psychology, Department of Psychology and School of Kinesiology and Health Science, York University, Toronto, Ontario.

Sue Kean, BScPT, CHT

Saint John Regional Hospital in Saint John, New Brunswick. Current Treasurer, Canadian Society of Hand Therapists.

Joy MacDermid, BScPT, MSc, PhD

Past President of the American Society of Hand Therapists. Associate Professor within the School of Rehabilitation Science, McMaster University in Hamilton, Ontario. Co-director of the Clinical Research Lab with the Hand and Upper Limb Centre, St. Joseph's Health Care in London, Ontario.

Pat McKee, MSc, OT Reg. (Ont.), OT(C)

Associate Professor, Department of Occupational Science and Occupational Therapy, University of Toronto, Toronto, Ontario.

FACULTY

Nancy McKee, M.D., FRCS, FACS

Professor of Surgery, Division of Plastic Surgery, Department of Surgery, Institute of Medical Science, University of Toronto. Consultant, Mount Sinai Hospital, Toronto, Ontario.

Christine Novak, BScPT, MSc, PhD

Associate Professor, Department of Surgery, University of Toronto. Scientist, Toronto Rehab. Research Associate, Hand Program, University Health Network, Toronto, Ontario.

Jean-François Ouellet, BScOT, CHT

Occupational Therapist at Clinique Musculo-Squelettique (Longueuil) and Centre de Médecine Industrielle (St-Jean-sur-Richelieu). Assistant Teacher, McGill University. Department of Hand Therapy Centre Hospitalier Universitaire de Montréal.

Herb von Schroeder, MD, MSc, FRCSC

Associate Professor, Department of Surgery, University of Toronto. Consultant at the University Health Network, Hand Program (Toronto Western Hospital), Toronto, Ontario.

Teresa Wesolowski, BScPT, CHT

Clinical Resource Specialist, Hand Therapy, University Health Network (Toronto Western Hospital), Toronto, Ontario.



CONFERENCE DETAILS

Registration can be only be completed online by visiting www.CSHT.org.

Please note online registration will be available beginning February 15, 2012.

REGISTER ONLINE NOW - [click here](#)

Please check www.csht.org for any further details. Breakfast, lunch, refreshments and conference materials are included in the conference fees. All registration is subject to availability.

Not a Member? Join CSHT to take advantage of member registration fees. Visit www.csht.org for more membership details.

Conference Fees:

Early Bird Deadline is April 9, 2012

| | <u>CSHT Members</u> | <u>Non-Members</u> |
|-------------------------------|---------------------|--------------------|
| Full Meeting Early Bird Fees: | \$450.00 | \$525.00 |
| Late Registration: | \$500.00 | \$575.00 |
| One Day Registration: | \$250.00 | \$300.00 |

Cancellation Fee: A full refund minus a \$100 administration fee is available prior to April 9th, 2012. No refunds available after April 9th, 2012.

Please forward any questions to the Host Organizing Committee Chair:

Marianne Williams: Marianne.Williams@uhn.on.ca



Conference Hotel Information



The 2012 Joint Meeting of the Canadian Society of Hand Therapists and Canadian Society for Surgery of the Hand will be held in the heart of beautiful downtown Toronto. The **Delta Chelsea** is close to shopping (just steps away from the Eaton's Centre the world's third largest shopping complex) entertainment, museums, theatre, and world class restaurants.

Services and Facilities:

Guest rooms feature upgraded amenities for superior comfort and convenience, high-speed internet access, two on-site restaurants, and adult fitness centre (which includes an indoor pool, whirlpool, sauna, and the latest in exercise equipment). Please visit www.deltachelsea.com for further details. Contact the **Delta Chelsea** today to book your reservation.

The CSHT Conference Group Rate is \$140.00 plus tax per night. Only limited conference rate rooms are available! Call today - 1.800.CHELSEA.

Call for Abstracts

The Canadian Society of Hand Therapists (CSHT) invites you to share the results of your research and contribute to the 5th Annual Meeting by submitting a scientific or clinical abstract. Submitting an abstract to our Annual Meeting means that it will be peer reviewed and may be accepted for an oral presentation or poster presentation. All accepted abstracts will be included in the CSHT Newsletter – In Hand. Please note that CSHT welcomes abstracts previously submitted to other meetings. You may submit as many abstracts as you wish.

Format of Abstract Submission:

- Abstract submissions for poster presentation should be a maximum of 250 words
- Abstract submission for paper presentation should be a maximum of 500 words
- All submissions must include the following information:
 - Name of presenter(s)
 - Names of co-authors
 - E-mail address of primary author
 - Title of presentation
 - Indicate whether it is a Clinical or Scientific submission
 - Indicate whether it is a paper or poster presentation

E-mail abstracts to:

Tara Packham, OT Reg. (Ont.), MSc
Scientific Chair, CSHT Conference 2012

Packhamt@hhsc.ca

Deadline for abstract submission: February 1, 2012

Notification of abstracts accepted: February 28, 2012

Deadline for early bird registration: April 9, 2012

