



**May 2 – 3, 2014**

**Delta Halifax**

**Halifax, Nova Scotia**

**Canada**



CANADIAN SOCIETY OF  
HAND THERAPISTS

SOCIÉTÉ CANADIENNE DES  
THÉRAPEUTES DE LA MAIN

**LIMITED REGISTRATION**

Dear Colleagues,

Welcome to Halifax, Nova Scotia for the **2014 Canadian Society of Hand Therapists Conference!** We are thrilled you could join us on the East Coast!

The Canadian Society of Hand Therapists' mandate is to offer access to high quality educational opportunities related to practice in hand and upper extremity rehabilitation. This year's theme is " Pearls in Hand Rehabilitation" – and our intent is for you to take home as many "pearls" that we can provide! We are excited to offer an innovative keynote address by Judy Colditz, "Keep Your Hands Off My Stiff Hand!", as well as many additional educational sessions including an anatomy lab, splinting workshops, specialized topics on treating wrist issues and much more!

We invite you to participate in conference sessions, meet with colleagues, visit with exhibitors and tour our wonderful city! Halifax is the capital of Nova Scotia and boasts the largest population in Atlantic Canada. At its core, the urban life in Halifax is rich with museums, universities, restaurants, and nightlife. Easily accessible, the rural areas offer picturesque and quaint towns that should not be missed. Visiting this area will offer ample opportunity to enjoy Maritime culture and down home hospitality!



Your host organizing committee:

Susan Kean, Heather Griffiths, Amanda Higgins

Karen Landry, Kelly Ross

Tina Comeau-Doucet (not pictured)



Dear Colleagues,

The CSHT Executive is delighted to welcome you to the 7<sup>th</sup> Annual CSHT Conference! The executive and our enthusiastic group of volunteers have been diligently working to bring you a program that will meet the needs of all levels of learning and we expect you will be inspired, motivated and challenged!

Many activities are planned in the extensive educational schedule, but we encourage you to join us for a number of other events throughout the weekend. We are fortunate once again to have the support and contributions from our Exhibitor partners. Be sure to visit their booths and gain new knowledge on the wide variety of displays and products that they showcase. We are also pleased to highlight our Poster Presentation displays. These always provide innovative and important scholarly works to promote growth in our professions. Don't miss their exciting work! On Friday, we encourage you to attend our CSHT Annual General Meeting. If you do not currently hold a membership, there will be an opportunity to join during the conference. Following the AGM, join us for a Wine and Cheese "sociable" to meet new colleagues and reconnect with those you know.

Thank you for joining us in Halifax. I look forward to seeing you!

Karen Landry,

*President, CSHT*



**President  
Karen Landry**

**Secretary  
Amanda Higgins**

**Vice-President  
Heather Griffiths**

**Treasurer  
Susan Kean**

**CSHT Newsletter Editor  
Kelly Ross**

**Program Co-Chairs: CSHT Executive  
Conference Chair: Tina Comeau-Doucet  
Scientific Chair: Tara Packham**

7:00–8:00	Registration and Continental Breakfast
8:00–8:15	Opening Address CSHT President: <i>Karen Landry</i>
8:15–9:00	Surgical Management of Scapholunate Advanced Collapse (SLAC) and its Complications: <i>Andrew Trenholm</i>
9:00 – 10:00	Wrist & Hand Sports Related Injuries: <i>Jean-Francois Ouellette</i>
10:00–10:30	Refreshment Break, Poster and Exhibitor viewing
10:30–11:30	Take Your Meds! Best Practices for Exercise Dosage in the Upper Extremity: <i>Trevor Fraser</i>
11:30–12:00	Clinical and Scientific Paper Presentations: Part I
12:00–13:00	Networking Lunch and Exhibitor Viewing
13:00–15:00	Concurrent Breakout Sessions: Choice of one 2 hour session <ul style="list-style-type: none"> <li>• Anatomy Lab (2 hours): <i>Dalhousie University</i></li> <li>• Tips &amp; Tricks for Orthotic Fabrication with Orfit Industries (2 hours): <i>Debby Schwartz</i></li> <li>• Traction Splinting for Intra-articular Hand Fractures (2 hours): <i>Tara Packham</i></li> <li>• Reimbursement Issues: A Changing Climate (2 hours): <i>Sylvia Rogan</i></li> </ul>
15:00–15:30	Refreshment Break, Poster and Exhibitor viewing
15:30–16:00	Nerve Transfers: <i>David Tang</i>
16:00–16:30	Use of Cannabis-like Compounds to Manage Joint Pain: <i>Jason McDougall</i>
17:00–18:30	CSHT Annual General Meeting: CSHT MEMBERS ONLY
18:30–20:30	Wine and Cheese Sociable: <i>Sponsored by POP</i>



- 7:00–8:00 Registration and Continental Breakfast
- 8:00–10:00 Keynote Address: Keep Your Hands Off My Stiff Hand: *Judy Colditz*
- 10:00–10:30 Refreshment Break, Poster and Exhibitor Viewing
- 10:30–11:30 How to Get Better Results with Hand Fractures: *Don Lalonde*
- 11:30–12:00 Clinical and Scientific Paper Presentations: Part II
- 12:00–13:00 Networking Lunch and Exhibitor Viewing
- 13:00–13:45 Pearls from Years of Practice: Creative Solutions for Challenging Cases: *Marie Eason Klatt*
- 13:45–14:15 Extensor Tendon Biomechanics: *Shrikant Chinchalkar*
- 14:15–14:30 Closing Ceremonies
- 14:30–15:00 Refreshment Break, Poster and Exhibitor viewing
- 15:00–17:00 Concurrent Breakout Sessions: Choose one 2 hour session, or two 1 hour sessions.
- Mobilizing Hand Stiffness in the Real World (2 hours): *Judy Colditz*
  - The Shoulder - Proximal Control for Distal Function (1 hour): *Mark Davidson*
  - Cumulative Trauma (1 hour): *Shrikant Chinchalkar*
  - Ligament Reconstruction Tendon Interposition (LRTI) Post-Operative Management ( 1 hour): *Lisa Rand / Michelle Richards*



# Concurrent Session Abstracts

<b>Friday, May 2</b>  <b>13:00- 15:00</b>	<b>Choose one 2-hour session</b>
	<p><b>1. Anatomy Lab: <i>Dalhousie University</i> <span style="float: right;">2 hours</span></b>  This session will provide a directed review on prosected cadavers in Dalhousie University’s Anatomy Lab. Experienced lab instructors will be assisting groups of learners to enhance the understanding of anatomical structures and relationships that are relevant to Upper Extremity therapy. This is an excellent opportunity to “revisit” your anatomy lab days...without the pressure of an exam!</p> <p style="text-align: center;">*****</p> <p><b>2. Tips &amp; Tricks for Orthotic Fabrication with Orfit Industries: <i>Debby Schwartz</i> <span style="float: right;">2 hours</span></b>  Hands-on participation will allow attendees to experiment with the latest Orfit innovative materials. Demonstration of Orfit Strips, Orficast, multicolored precuts and Orfitubes is on the program. Time permitting, participants will have the opportunity to observe and fabricate the following:</p> <ul style="list-style-type: none"> <li>• Mallet and Boutonniere orthoses</li> <li>• Yoke or Relative motion orthosis</li> <li>• Trigger finger orthosis</li> <li>• Swan neck orthosis</li> </ul> <p>In addition, demonstration and/ or presentation of the following orthoses will be offered with helpful hints and instructions:</p> <ul style="list-style-type: none"> <li>• Static progressive orthoses for stiff fingers using a simple bobbin</li> <li>• Dynamic orthoses for extensor tendons using Orfitubes</li> </ul> <p>Learning Objectives:</p> <ol style="list-style-type: none"> <li>1. Contrast and compare a variety of low temperature thermoplastic materials</li> <li>2. Gain skills in fabrication of simple finger orthoses</li> <li>3. Gain knowledge of several time saving tips in orthotic fabrication</li> </ol> <p style="text-align: center;">*****</p>

**3. Traction Splinting for Intra-articular Hand Fractures: Tara Packham 2 hours**  
 Participants will understand the anatomy and pathomechanics of intra-articular hand fractures (IAHF), and be introduced to a classification system for these fractures. Participants will become familiar with the principles of traction for the management of IAHF in the PIP, MCP and CMC joints. Participants will be introduced to the breadth of evidence in the literature, including splint designs and reported outcomes for the use of traction constructs (both static and dynamic). Participants will have the opportunity to construct traction components for several styles of static and dynamic splints, including options for the application of skin traction.

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**4. Reimbursement Issues: A Changing Climate: Sylvia Rogan 2 hours**  
 This session will be a focus group to discuss issues related to a changing climate for reimbursement for Occupational Therapy services, particularly those working in the area of Hand Therapy. Issues that will be discussed include: How do Occupational Therapists better market themselves in this reimbursement environment? The importance of the use of the title CHT and restrictions by most provincial Colleges; and, the absence of Occupational Therapy services on extended health care plans and the hurdles we face to get our service listed on plans.

**Saturday,  
 May 3  
 15:00–  
 17:00**

**Choose EITHER one 2-hour session OR two 1-hour sessions**

**1. Mobilizing Hand Stiffness in the Real World: Judy Colditz 2 hours**  
 This practical session will focus on the “how-to” of applying the concepts discussed in the general session. There will be generous time for questions and answers and attendees are encouraged to bring case examples of patients with stiffness to discuss. Included will be review of clinical methods for applying the *active direction* approach and the *CMMS* (casting motion to mobilize stiffness) approach, including a video of cast application.

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- 2. The Shoulder - Proximal Control for Distal Function:** **1 hour**  
**Mark Davidson**  
 With the small sternoclavicular joint forming the only direct bony connection between the upper extremity and the trunk there is a massive dependence on motor control around the shoulder girdle in order to execute all the functional movements of the arm. As a result proper and efficient use of the hand depends on a stable shoulder girdle from which to work. This has been demonstrated by studies that have shown that shoulder position alone can have a significant impact on grip strength measures. This session will discuss movement patterns and motor control concepts of the shoulder girdle that can help optimize function of the hand.
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- 3. Cumulative Trauma: Shrikant Chinchalkar** **1 hour**  
 Cumulative trauma disorders (CTD) are caused by ergonomic risk factors. These risk factors include: sustained or awkward posture, repetition, as well as force and vibration affecting the muscles, tendons, sheath, nerves, blood vessels and/or a combination of all of these structures. Common findings of CTD include pain, inflammation, and loss of sensory and motor function affecting the use of the upper extremity. CTD is assessed and diagnosed using a number of objective clinical, radiological, and nerve conduction measures which include static and dynamic/provocative testing, sensory and strength testing, x-rays, MRI and/or nerve conduction studies. The management of CTD is based on the objective findings and clinical symptoms consisting of conservative or surgical intervention. This presentation discusses the pathophysiology of CTD, differential diagnosis as well as surgical and non-surgical management of this entity.
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- 4. Ligament Reconstruction Tendon Interposition (LRTI) Post-Operative Management: Lisa Rand / Michelle Richards** **1 hour**  
 This session will outline the variety of surgical techniques used at the QEII Health Sciences Centre in Halifax and post-operative management based on best practice guidelines. The goal of the session is to provide the therapist with knowledge in managing thumb CMC joint reconstruction for the best possible results.

**Shrikant J. Chinchalkar, M.Th.O, BSc OT, OTR, CHT**  
Hand and Upper Limb Centre, St. Joseph's Health Centre, London, Ontario.

**Judy Colditz, OT/L, CHT, FAOTA**  
Founder of HandLab, *Raleigh, North Carolina USA*  
*www.handlab.com*

**Marie Eason Klatt, OT Reg (Ont), CHT, MScCH**  
University of Toronto Lecturer with Department of Occupational Science and Occupational Therapy, St. Joseph's Health Centre, (Toronto), as the Advanced Practice Clinician – Hand Therapy and the Professional Practice Leader in Occupational Therapy, Toronto, Ontario

**Mark Davidson, BSc PT**  
Owner of Davidson Physiotherapy  
Riverview, New Brunswick

**Trevor Fraser BSc(PT), CHT, CGIMS**  
Co-Owner healthOne Physiotherapy & Hand Clinic  
Vancouver, British Columbia

**Don Lalonde, MD, FRCSC**  
Professor Surgery, Dalhousie University, Head of Plastic Surgery Department, Saint John Regional Hospital  
Saint John, New Brunswick

**Jason McDougall, PhD**  
Associate Professor in the Departments of Pharmacology and Anaesthesia at Dalhousie University.  
Halifax, Nova Scotia

**Jean-Francois Ouellet, BSc OT, CHT**  
Occupational Therapist at Kinatex Longueuil and Synergo St-Jean-sur-Richelieu. Assistant professor at McGill University. Consultant for Hand Therapy Centre at Centre Hospitalier Universitaire de Montréal.

**Tara Packham, OT Reg(Ont), PhD(c)**  
Hand Therapy Clinic, Hamilton Health Sciences. PhD student, School of Rehabilitation Sciences, McMaster University, Hamilton, Ontario. International Associate Editor, E-News for Somatosensory Rehabilitation.

**Lisa Rand, BSc OT (Reg NS), CHT**  
Queen Elizabeth II Health Sciences Center

**Michelle Richards, BSc OT (Reg NS)**

Queen Elizabeth II Health Sciences Center  
Halifax, Nova Scotia

**Sylvia Rogan, OT Reg (Ont), CHT**

Hand and Upper Extremity program Sunnybrook Health Sciences Centre,  
Canadian Clinical Consultant for Touch Bionics, Toronto, Ontario

**Debby Schwartz, OTD, OTR/L, CHT**

Product and Educational Specialist, Physical Rehabilitation, Orfit Industries America  
Jericho, NY

**David Tang, MD, FRCSC**

Plastic & Reconstructive Surgeon, Assistant Professor of Surgery, Dalhousie University,  
Surgical Foundations Program Director, Halifax, Nova Scotia

**J. Andrew I. Trenholm, MD, MSc, FRCSC**

Assistant Professor of Surgery Dalhousie University, Clinical Assistant Professor of Surgery Memorial  
University, Upper Limb and Trauma Surgery, Division of Orthopaedic Surgery, Halifax, NS





It is an honour to serve as the Scientific Chair for the 7th Annual Meeting of the Canadian Society of Hand Therapists. The depth and breadth of clinical expertise and research in hand and upper limb conditions in Canada is evidenced by the poster and oral presenters who will share both scientific progress and clinical pearls.

Come join with CSHT members, clinicians, surgical colleagues, graduate trainees and students as we showcase our innovative and collaborative research, evidence-informed practice and inter-professional education within this peer-reviewed forum for hand rehabilitation.

Tara Packham, OT Reg.(Ont), PhD(c)  
Scientific Chair, 2014 CSHT Conference

[packhamt@hhsc.ca](mailto:packhamt@hhsc.ca)

Registration can only be completed online by visiting [www.csht.org](http://www.csht.org) .  
Online registration will be available beginning February 1, 2014.

**To REGISTER ONLINE visit**

[www.csht.org/conference](http://www.csht.org/conference)

Breakfast, lunch, refreshments and conference materials (via downloading from CSHT website) 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](http://www.csht.org) for membership details.

## CONFERENCE FEES

**Early bird deadline is April 1, 2014.**

	<u>CSHT Member</u>	<u>Non- Member</u>	<u>Therapy Assistant / Student</u>
<b>Full meeting early bird fees</b>	\$450.00	\$525.00	\$325.00
<b>Late registration</b>	\$525.00	\$600.00	
<b>One day registration</b>	\$275.00	\$350.00	\$250.00

**Cancellation Fee:** *A full refund minus a \$100 administration fee is available prior to April 1, 2014. No refunds available after April 1, 2014.*

Please forward any questions to:

**Amanda Higgins** [AHigginsOT@gmail.com](mailto:AHigginsOT@gmail.com)



The 2014 Canadian Society of Hand Therapists Conference will be held at the **Delta Halifax** in downtown Halifax, Nova Scotia. Situated on the beautiful and historic Halifax harbour, the Delta Halifax is located in the heart of the city making it ideal for exploring the quaint shops, lively pubs and charming harbor of Halifax.

### **Services and Facilities:**

Guest rooms feature high-speed internet access, an on-site restaurant, and an adult fitness centre and pool. Please visit [www.deltahotels.com/Hotels/Delta-Halifax](http://www.deltahotels.com/Hotels/Delta-Halifax) for further details. Contact the **Delta Halifax** today to book your reservation.

The CSHT Conference Group Rate is \$139.00 + tax per night (standard room). Conference room rates are available until **April 1, 2014**. Call today, or go to the on-line booking tool – **Block Code "HAHAND"**

1-888-423-3582

<https://www.deltahotels.com/Groups/Delta-Halifax-Groups/Canadian-Society-for-Hand-Therapists>

The Canadian Society of Hand Therapists (CSHT) invites you to share the results of your research and contribute to the 7<sup>th</sup> 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 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 preference for poster or paper presentation.

### **E-mail abstracts to:**

Tara Packham, OT Reg. (Ont.), MSc  
Scientific Chair, CSHT Conference 2014  
[packhamt@hhsc.ca](mailto:packhamt@hhsc.ca)

**Deadline for abstract submission: February 1, 2014.**

**Notification of abstracts accepted: March 1, 2014.**

**Deadline for early bird registration: April 1, 2014.**



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