

WELCOME TO CALGARY

Dear Colleagues,

Welcome to the blue skies of Calgary, Alberta for the **2013 Canadian Society of Hand Therapists Conference**.

Your conference committee has created an exciting program to meet the needs of professionals specializing in the rehabilitation of clients with various upper extremity injuries. This year's focus is on "Specialized Topics" including an innovative keynote address by Judy Colditz, "Is the Thumb Born Knowing?". Additional topics include research, treatment of nerve injury, treatment of the burned hand, and a variety of practical sessions that focus on the "how to" of hand therapy.

We invite you to participate in conference sessions, meet with colleagues, and visit with exhibitors.

Calgary is ideally situated – with the Canadian Rockies (including Banff, Lake Louise and the Columbia Icefields) to the west, the "Badlands" and Dinosaur Provincial Park to the east, and scenic Waterton National Park to the south. West Edmonton Mall, one of the largest shopping centres in the world, is a short journey north.

Choose the **2013 Canadian Society of Hand Therapist Conference** to meet your professional and continuing education needs, expand your knowledge of the rehabilitation of clients with upper extremity injuries, and stay awhile to visit...



Your host organizing committee:

Désirée Kadelbach, Pat McDonald, Margie Hass, Kathy Tulloch

CONFERENCE PROGRAM

Friday May 3, 2013

Limited Registration

Program is subject to change without notification.

- 7:00–8:00 **Registration and continental breakfast**
- 8:00–8:15 **Opening Address – CSHT President – Karen Landry**
- 8:15–8:45 **Clinical Decision Making for Surgery of the Thumb – Doug Humphreys**
- 8:45–10:30 **KEYNOTE ADDRESS: Is the Thumb Born Knowing? – Judy Colditz**
- 10:30–11:00 **Refreshment break, poster and exhibitor viewing**
- 11:00–11:30 **Are You *Handy* when it Comes to Research? – Maoliosa (Mo) Donald**
- 11:30–12:00 **The ABC's of EMGs – Chris White**
- 12:00–13:00 **Networking lunch and exhibitor viewing**
- 13:00–14:30 **Clinical and scientific paper presentations**
- 14:30–15:00 **Refreshment break, poster and exhibitor viewing**
- 15:00–17:00 **Concurrent breakout sessions:** Choice of one 2 hour, or two 1 hour sessions.
- **Rebalancing the Thumb with Orthotic Intervention – Judy Colditz (2 hours) –**
An interpretation of the principles discussed in the morning's presentation "Is the Thumb Born Knowing?" The focus will be decision making about and construction of / choice of key thumb orthotics for all three thumb joints to influence rebalancing of motion under load.
 - **Wound Care Update – Lynn Keeling (1 hour) –** A review of wound management strategies and products for use in hand injuries. Considerations for wound care during immediate post-operative periods when mobility may be restricted, and regimes that manage wound care needs but do not interfere with functional progression will be highlighted. The session will include demonstration and opportunity for hands-on use of products. A collaborative practice model will be presented.
 - **Rehabilitation of the Musician's Hand: Applied Ergonomic Principles – Joan Warrington (1 hour) –** A discussion of considerations in early rehabilitation of the musician following surgery or trauma, assessment and treatment of non-specific pain, and late rehabilitation principles using the musical instrument. Case studies will highlight 1) a pianist with non-specific pain, 2) a violinist recovering from a fractured wrist, and 3) a clarinetist with a hypermobile right thumb MP joint.
 - **Rehabilitation of Elbow Trauma – Shrikant Chinchalkar (1 hour) –** A discussion of elbow anatomy, biomechanics, and stepwise considerations for maximizing elbow mobility and function. The elbow, a notoriously unforgiving joint, is prone to contracture following injury. However, successful rehabilitation can be achieved through control of inflammation, early range of motion and functional use of the upper extremity. Useful treatment techniques include modalities, exercise programs, splinting, continuous passive motion and muscle re-education.
- 17:00–18:00 **CSHT Annual General Meeting – CSHT MEMBERS ONLY**
- 18:00–20:00 **Networking wine and cheese for all delegates in the Garden Patio Room.**

Sponsored by POP



CONFERENCE PROGRAM

Saturday May 4, 2013

Limited Registration

Program is subject to change without notification.

- 7:00–8:00 **Registration and continental breakfast**
- 8:00–8:45 **Surgery for the Upper Extremity Nerve Injury – Raj Midha**
- 8:45–9:45 **Nerve Injury and Cortical Plasticity – Christine Novak**
- 9:45–10:30 **A Re-examination of Sensory Evaluation Techniques – Tara Packham**
- 10:30–11:00 **Refreshment break, poster and exhibitor viewing**
- 11:00–11:30 **The Burned Hand – Duncan Nickerson**
- 11:30–12:00 **Scars: Assessment, Interventions and Outcomes – Joanne Cheal**
- 12:00–13:15 **Lunch**
- 13:15–13:45 **Get Informed About the Evidence for Ultrasound and Interferential Current: An Update – Iain Muir**
- 13:45–14:15 **Diagnostic Imaging – Vaughan Bowen**
- 14:15–14:30 **Closing Ceremonies**
- 14:30–15:00 **Refreshment break, poster and exhibitor viewing**
- 15:00–17:00 **Concurrent breakout sessions:** Choice of one 2 hour, or two 1 hour sessions.
- **Subacute and Chronic Edema Management in the Upper Extremity – Vivian Dim (2 hours)** – An introduction to the lymphatic system, a look at traditional edema management techniques and the rationalization of current treatment approaches. The session will present alternate ways of managing edema such as postural considerations, importance of exercise and general arm range of motion, bandaging and taping options, and "chip bags". Emerging scar management strategies will also be reviewed.
 - **The Assessment of Wrist Pain – Vaughan Bowen (1 hour)** – The presentation will describe a technique that can be used for analyzing the cause of a patient's wrist pain. It will show how this multicompartamental, multilayered joint can be broken down into small components, each of which can be assessed for traumatic or pathological problems. It will show how history is the key to diagnosis, physical examination vital for confirmation, and emphasize the role of clinical investigations as an adjunct for evaluating the type and extent of the problem identified. The presentation will also illustrate how incorrect analysis can be misleading and may produce the wrong diagnosis.
 - **Sensory Evaluation: Practical Session – Tara Packham (1 hour)** – A review of assessment techniques for sensory evaluation, including protective and discriminative sensations, as well as allodynia. A discussion of innovative techniques will include: 1) measures of cold intolerance, and 2) mapping techniques using monofilaments to define and quantify areas of numbness and allodynia, in order to inform sensory re-education.
 - **Pathomechanics and Management of Finger Deformities – Shrikant Chinchalkar (1 hour)** – The intricacy of hand motion depends on critical architecture and precise control of specific forces that are required for specific function. Following an injury or disease process tendon vectors change, and may result in swan neck or boutonniere deformities. In addition, adjacent digits may undergo pathomechanical changes due to the quadriga effect. This presentation discusses the details of the pathomechanics of swan neck and boutonniere deformities, as well as management based on biomechanical analysis.

CONFERENCE DETAILS

Registration can only be completed online by visiting www.csht.org .
Online registration will be available beginning February 11, 2013.

To REGISTER ONLINE - [click here](#)

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 for membership details.

CONFERENCE FEES

Early bird deadline is April 1, 2013.

	<u>CSHT Member</u>	<u>Non- Member</u>	<u>Therapy Assistant / Student</u>
Full meeting early bird fees	\$450.00	\$525.00	\$325.00
Late registration	\$525.00	\$575.00	
One day registration	\$275.00	\$325.00	\$250.00

Cancellation Fee: A full refund minus a \$100 administration fee is available prior to April 1, 2013. No refunds available after April 1, 2013.

Please forward any questions to the Host Organizing Committee Chair:

Désirée Kadelbach: desiree.kadelbach@albertahealthservices.ca