

HAND AND UPPER LIMB SYMPOSIUM

SURGERY & REHABILITATION OF THE UPPER LIMB

ROTH | MCFARLANE
HAND & UPPER LIMB CENTRE

June 2 – 3, 2023

SYMPOSIUM DESCRIPTION

This 2 day symposium for health professionals will focus on rehabilitation of the elbow, wrist and hand.

The Roth|McFarlane Hand & Upper Limb surgeons and therapists will share their expertise on the elbow, wrist and hand with an opportunity to view a live cadaver dissection for an in-depth review of the anatomy.

SYMPOSIUM DETAILS

Registration can be completed online by visiting:

www.sjhc.london.on.ca/hulc/handtherapy

Morning coffee, refreshments and lunch are included in the cost of registration

Roth | McFarlane HULC Faculty

Sarah Baier – MScOT, CHT

Dr Genevieve Dostaler – MD, FRCSC, MHA

Tracy Elliot -BSc (Hon), BPHE, BScPT, RCAMT

Dr Ruby Grewal – MD, MSc, FRCSC

Dr Graham King – MD, MSc, FRCSC

Juliana Larocerie – BScOT, MSc, CHT

Luann MacDonald – MScOT, CHT

Andy Morton-BScOT, CHT

Joey Pipicelli – MScOT, CHT

Dr Stahs Pripotnev – BSc, MD, FRCSC

Emily Seeley – BScOT, CHT

CONFERENCE LOCATION:

Shuttleworth Auditorium, Monsignor Roney Building (Zone D),
Cheapside Entrance St. Joseph's Hospital,

268 Grosvenor St., London, ON,

Parking is available from the Cheapside Street Entrance circle and the Grosvenor Street parking garage; \$9/day

CONFERENCE FEES

Registration: \$500

One day registration \$250

Students: \$300

One day registration \$150

*No Refunds after May 26th, 2023

ACCOMMODATIONS

The Park Hotel London

242 Pall Mall Street, London ON

Use the following link to book a Suite:

<https://be.synxis.com/?arrive=2023-06-01&chain=10237&depart=2023-06-04&group=SJHCHULS23&hotel=1472>

please ask for the Hand & Upper limb Symposium room block



Other options near the hospital include Ivey Spencer Leadership Centre, Guest House on the Mount and various AirBnB listings

QUESTIONS? Please contact:

Hand_therapy@sjhc.london.on.ca

519-646-6001

Invited Faculty:

Tara Packham



Tara is an occupational therapist with over 25 years of experience in hand and upper limb rehabilitation, and is a certified somatosensory therapist for the treatment of pain (CSTP). She completed her research training at McMaster University with Dr. Joy MacDermid, focusing on evaluation and rehabilitation of complex regional pain syndrome (CRPS). Now an assistant professor in the School of Rehabilitation Sciences at McMaster, Tara's program of research in the IMPRinT lab is focused on advancing our understanding and management of persistent pain, and moving evidence into practice. She serves on the editorial board of the Journal of Hand Therapy and is a senior editor at Pain Medicine, with over 60 peer-reviewed publications. She lives near Hamilton, Ontario with her husband, dog and backyard chickens.

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 35 countries. <http://www.anatomysoftware.com> Among her many international invited presentations, she is the keynote speaker for European Federations of Societies of Hand Therapy, Rimini Italy, May 2023.

Shrikant J. Chinchalkar



Shrikant J. Chinchalkar, worked as a Senior hand therapist at the Roth|McFarlane Hand & Upper Limb Centre for 26 years. He has over 50 years of clinical experience in treating upper extremity conditions, nearly 40 years of teaching and 30 years of research experience. He has over 300 presentations to his credit in over 28 countries. He was been the recipient of many awards including the **"Dr. Paul Brand Award of Excellence"** by the American Society of Hand Therapists, **"Award of Leadership"** by the Canadian Association of Occupational Therapists (CAOT), the **"Lifetime Membership Award"** by the Canadian Society of Hand Therapists and in 2019 he received a **"Life Time Achievement Award"** by the International Federation of Society of Hand Therapists. He designed the Hand Therapy Fellowship program at the R|M HULC which is named after him. It is now called as **"Chinchalkar Hand Therapy Fellowship Program"** to honor his legacy. 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 46 papers and 15 abstracts in numerous peer-reviewed journals related to Upper Extremity Surgery and Therapy.

Friday June 2, 2023

7:30 - 8:00

Registration & Refreshments

8:00

Welcome Address

Dr. Graham King - Medical Director – Roth/McFarlane Hand and Upper Limb Centre

8:15 - 9:45

Flexor Tendons: Basics and Beyond

8:15

Anatomy, Biomechanics and Flexor Tendon Repair

Dr. Stahs Pripotnev

8:45

The Evolution of Flexor Tendon Rehabilitation

Joey Pipicelli

9:15

Therapeutic Management of Complications

Juliana Larocerie

9:45 - 10:30

The Battle Against the Stiff Hand

Shrikant Chinchalkar

10:30 - 11:00

Networking Refreshment Break

11:00 – 12:00

The Dynamic Thumb

11:00

Anatomy, Biomechanics and Pathomechanics of the 1st CMC Joint

Pat McKee

11:30

The Two S's of Treatment: Stability and Strengthening

Luann MacDonald

12:00 - 13:00

Networking Lunch

13:00 - 15:00

BREAKOUT SESSIONS: Registrants will choose one of the following:

A **Unlocking the Wrist** – Shrikant Chinchalkar & Pat McKee

A 3D, hands-on experience to gain an in depth understanding of wrist anatomy, biomechanics and pathomechanics.

B **Clinical Evaluation of the Elbow** - Joey Pipicelli

Hand Therapists are often the first-line assessors in patient's who suffer from elbow pain, weakness and instability. This session will provide a detailed review and systematic approach to elbow assessment.

C **Orthotic Fabrication for the Stiff Hand** – Emily Seeley

This 2 hour hands-on workshop will focus on simple, tips and tricks to enhance flexion and extension of the fingers. Participants will also learn how to fabricate a simple static-progressive flexion and extension orthosis.

15:00 - 15:30

Networking Break

15:30 - 16:00

Distal Radius Fractures: Evolution of the Evidence

Dr. Ruby Grewal

16:00 – 16:30

Management of Distal Radius Fractures: Considerations of the Sixth Sense

Sarah Baier

Saturday June 3, 2023

7:30	Morning Refreshments
8:00 – 9:15	The Incredible World of Extensor Tendon Injuries Shrikant Chinchalkar
9:15 - 10:00	Making Sense of the Sensitization Tara Peckham
10:00 - 10:30	Networking Refreshment Break
10:30 - 12:00	Live Cadaver Dissection. A Review of Hand Anatomy, Common Injuries, Surgical Repair and Rehabilitation Dr. Genevieve Dostaler and Juliana Larocerie
12:00 - 13:00	Networking Lunch
13:00 - 15:00	BREAKOUT SESSIONS: Registrants will choose one of the following
A	Clinical Assessment of the Wrist and Hand – Andy Morton A detailed review of anatomy, biomechanics and clinical evaluation. This session will also review hands-on manual assessment techniques used to obtain an accurate diagnosis.
B	Mapping Painful Numbness: Introduction to Somatosensory Evaluation – Tara Packham Somatosensory rehabilitation is a method for the evaluation and treatment of neuropathic pain. It draws on contemporary understandings of functional neuroanatomy to address both sensory loss and gain (allodynia). While it can be used for the entire body it can be especially useful for conditions commonly seen in upper limb practice including CRPS, painful scars, nerve compressions and burns. This session will introduce the methods of assessment in somatosensory rehabilitation (allodynography, the rainbow scale, and esthesiography) and how these can be applied in a hand therapy context.
C	Scapular Mechanics and Rehabilitation – Tracy Elliott This session will review scapular anatomy, mechanics and function. We will work through assessment of the scapula statically and dynamically to identify scapular dyskinesis and address possible causative factors. Lastly, we will work through practical treatment and rehabilitation to treated altered scapular position and mechanics.
15:00 - 16:30	Elbow Instability
15:00	Classification and Management of Elbow Instability Dr. Graham King
15:45	Therapeutic Management of Elbow Instability Joey Pipicelli
16:30	Closing Remarks