

2017

Hand and Upper Limb Symposium

Specialized Topics of the Upper Extremity



November 3-4, 2017

**Roth I McFarlane Hand and Upper Limb Centre
St. Joseph's Health Care
London, Ontario, Canada**



Friday November 3, 2017

7:15-8:00

Registration & Refreshments

HAND FRACTURES AND SMALL JOINT INJURY

8:00-8:15

Welcome Address – Roth-McFarlane Hand & Upper Limb Centre
Director - Dr. Graham King & Conference Chair - Lesley von Dehn

8:15-10:00

Live Interactive Cadaveric Dissection and Anatomy Review of Volar and Dorsal Structures of the Hand and Wrist
Dr. Christine Nicholas, MD & Shrikant J. Chinchalkar, BScOT, M. Th. O., OTR, CHT

GENERAL SESSION TOPICS

10:00–11:00

Therapeutic Management of Complex Regional Pain Syndrome
Aviva Wolff, EdD, OTR, CHT

11:00–12:00

What is Relative Motion and How to Apply to Various Hand Conditions
Jean-François Ouellet, BScOT, CHT

12:00-13:00

Networking Lunch with Exhibitors

DISTAL RADIUS FRACTURE

13:00-13:30

Contemporary Management of Distal Radius Fractures
Dr. Ruby Grewal, MD, MSc, FRCSC

13:30-14:30

Therapeutic Management of Distal Radius Fractures
Aviva Wolff, EdD, OTR, CHT

BREAKOUT SESSIONS: REGISTRANTS WILL CHOOSE ONE OF THE FOLLOWING SESSIONS TO ATTEND

14:30-16:30

- I Orthotic Fabrication Lab - Emily Seely, BScOT, CHT**
This session will provide the attendee with the foundational skills to fabricate basic static orthoses for common hand and wrist injuries.
- II Ulnar-Sided Wrist Pain: A Treatment Algorithm - Aviva Wolff, EdD, OTR, CHT**
Diagnosing and managing ulnar-sided wrist pain can be challenging. This breakout session will present an algorithm that will allow participants to categorize and organize their assessment based on differential diagnostic testing. Diagnostic maneuvers and imaging techniques will be reviewed. Therapeutic Management will be discussed with pearls.
- III Rehabilitation of Extensor Tendon Injuries - Jean-François Ouellet, BScOT, CHT**
This session will review extensor tendon anatomy and biomechanics, surgical management following injury, post-operative rehabilitation following repair, case examples as well as review the current evidence for management.

Saturday, November 4, 2017

8:00-8:30

Registration & Refreshments

HAND FRACTURES AND SMALL JOINT INJURY

8:30-9:15

Therapeutic Management of Extra-Articular Metacarpal and Phalangeal Fractures

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

9:15-10:00

Therapeutic Management of PIP and DIP Joint Injuries

Jean-François Ouellet, BScOT, CHT

10:00-10:30

Light Refreshments and Transition to Breakout Sessions

BREAKOUT SESSIONS: REGISTRANTS WILL CHOOSE ONE OF THE FOLLOWING SESSIONS TO ATTEND

10:30-12:30:

- I Anatomy 101 – Cadaveric Lab – Lead by Shrikant J. Chinchalkar, Orthopaedic and Plastic Surgery Residents, Schulich School of Medicine and Dentistry, Western University**
Fresh frozen cadavers will be used to review anatomical structures of the wrist and hand. The focus will be on tendons, ligaments, pulleys, nerves, and bony landmarks.
- II Advanced Splinting – Leslie Rizo, BScOT, CHT**
This session will provide the attendee with the foundational skills to fabricate various static-progressive and/or dynamic orthoses to address stiffness.
- III. Physical Examination of the Wrist and Elbow – Joey Pipicelli, MScOT, CHT**
This session will guide participants through a systematic clinical examination of the wrist and elbow. Assessment and provocative tests will include wrist and elbow instability, tendinopathy, and compressive neuropathies.

12:30-13:30 **Networking Lunch with Exhibitors**

OPTIMIZING OUTCOMES FOLLOWING FLEXOR TENDON REPAIR:

13:30-14:00

Surgical Considerations to Tendon Repair and Implications to Hand Therapy

Dr. Doug Ross, MD, FRCSC

14:00-15:00

Rehabilitation of Flexor Tendon Injuries to Zones I-IV

Juliana Laracerie-Salgado, OT, MSc, CHT

15:00-15:30

Flexor Tendon Panel Discussion / Questions and Answer Period

15:30-15:50

Ask the Experts – Bring Your Own Cases

15:50-16:00

Closing Ceremonies

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

Department of Hand Therapy, Roth | McFarlane Hand and Upper Limb Centre, St. Joseph's Health Care London

Ruby Grewal, MD, MSc, FRCSC

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

Jean-François Ouellet, BScOT, CHT

Occupational Therapist at CMI Longueuil and Groupe Synergo St-Jean-sur-Richelieu, Quebec.

Joey Pipicelli, MScOT, CHT, PhD (C)

Department of Hand Therapy, Roth | McFarlane Hand and Upper Limb Centre, St. Joseph's Health Care London

Leslie Rizo, BScOT, CHT

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Douglas Ross, MD, MEd, FRCSC

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Juliana Larocerie-Salgado, BScOT, MSc, CHT

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Emily Seeley, BScOT, CHT

Department of Hand Therapy, Roth | McFarlane Hand and Upper Limb Centre, St. Joseph's Health Care London

Aviva Wolff, EdD, OTR, CHT

Upper Extremity Research and Hand Therapy within the Rehabilitation Department & Clinician Scientist, Leon Root, MD Motion Analysis Laboratory, Hospital for Special Surgery, New York, New York



CONFERENCE DETAILS

Registration can be completed online by visiting:

<https://apps.sjhc.london.on.ca/?q=forms/2017-hand-and-upper-limb-symposium>

Morning coffee/tea, lunch, afternoon refreshments and conference materials are all included in the cost of registration. All registration is subject to availability.

CONFERENCE FEES

\$475.00 - Early bird prior to October 6, 2017

\$525.00 - Late registration after October 6, 2017

One Day Registration – \$275.00

**Occupational/Physical Therapy Students, Residents or Kinesiologists
\$275.00**

**One Day Registration for Occupational/Physical Therapy Students, Residents or Kinesiologists
\$200.00**

Cancellation Fee: A full refund minus a \$50 administration fee is available prior to October 20, 2017. No refunds available after October 21, 2017. No registrations will be taken after October 21, 2017.

ACCOMMODATION



Station Park All Suite Hotel

242 Pall Mall Street

London, Ontario

519-642-4444, 1-800-561-4574

<http://www.stationparkhotel.com>

The Station Park All Suite Hotel is located in the heart of downtown London. It is close to restaurants, shopping, the Grand Theatre and is within walking distance to St. Joseph's Health Centre. It includes whirlpool, sauna and exercise room. Contact the Station Park All Suite Hotel to book your reservation.

Please use the following link:

<http://bit.ly/2sJUPafHAND>

when making reservations to ensure a group rate.

Over 680,000 patient visits, Over 90,000 surgeries, 350 fingers reattached

Roth | McFarlane Hand and Upper Limb Centre Celebrates 25 Years of Care

For the past 25 years the Roth | McFarlane Hand and Upper Limb Centre (HULC) has been advancing care for patients with upper limb injuries and disorders in Southwestern Ontario - and around the world. Founded at St. Joseph's Hospital in 1992 by doctors James Roth and Robert McFarlane, HULC has grown to become the largest upper limb centre in Canada. HULC is recognized as a world-renowned centre of excellence in education, research, and the diagnosis, care and treatment of patients with complex conditions affecting hands, wrists, elbows and shoulders.

In partnership with Western University and Lawson Health Research Institute, HULC's accomplishments in the past 25 years have been ground-breaking influencing patient care locally, regionally, nationally and around the world. "One of our biggest achievements includes the design and implementation of new joint replacements for the shoulder, elbow and wrist. These replacements were designed by HULC surgeons and are used globally," says Dr. Graham King, HULC Medical Director and St. Joseph's Hospital Site Chief of Surgery. Other developments include patient assessment tools to evaluate treatment outcomes for upper limb conditions that are used worldwide and have been translated into multiple languages; an award winning rapid detection system for prosthetic joint infections and the development of new techniques to improve upper limb function for patients with spinal cord injuries through our Peripheral Nerve Clinic, states Dr. King.

25 years - by the numbers:

- Over \$26 million dollars in research funding
- Over 850 articles published in medical journals
- Over 680,000 patient visits
- Over 200,000 therapy visits
- Over 300 medical professionals trained (orthopedic and plastic surgeons, emergency room and other physicians, nurses, physiotherapists and occupational therapists)
- Over 90,000 surgeries
- 350 fingers reattached
- Seven arms reattached

Division of Hand Therapy:

Specifically, the Division of Hand Therapy consists of a 7.2 FTE staffing complement of both Occupational and Physical Therapists. All of the therapists have obtained advanced training in managing disorders of the upper limb. Most of our therapists have obtained the Certified Hand Therapy credential through the Hand Therapy Certification Commission. Many of our therapists have been invited to represent HULC at various hand and upper limb Conferences around the world. Our department has published numerous manuscripts in peer-reviewed journals on various facets of hand therapy. We offer both occupational and physical therapy placement opportunities and also offer the only formalized Hand and Upper Limb Therapy Fellowship Program in Canada.



Roth | McFarlane Hand and Upper Limb Centre

Hand Therapy Fellowship Program

Therapists often have the desire to expand their knowledge, scope of practice, and gain expertise in a particular field or specialty practice area. One such area developed from the traditional physical dysfunction role is hand and upper extremity rehabilitation. The advent of the Hand Therapy Certification, which is granted by the Hand Therapy Certification Commission Incorporated, USA, has strengthened the practice of hand therapy as it has become recognized as a specialized area. In order to gain expertise within hand therapy, therapists require significant continuing post-graduate education. Recognizing this the Roth | McFarlane Hand and Upper Limb Centre has developed a Hand Therapy Fellowship Program for interested and motivated Occupational Therapists or Physical Therapists who have a keen interest in developing the necessary skillset to be proficient in providing hand therapy.

Program Description:

Our Hand Therapy Fellowship Program offers a comprehensive 600 hour hand and upper extremity rehabilitation fellowship designed for both entry level or experienced Occupational Therapists or Physical Therapists who have a minimum of one year of direct clinic experience and desire additional theoretical and clinical hand and upper extremity rehabilitation expertise. This learning can be achieved on a full time basis over four months or part time (no less than three days per week) over 6 months. A fellow will be assigned to a mentor (Occupational Therapist or Physical Therapist) who will facilitate learning and evaluate progress.

Emphasis is placed on learning anatomy, physiology, biomechanics, pathology, functional utilization of the upper extremity, and research methodology. The fellow will be given the opportunity to utilize various Roth | McFarlane Hand and Upper Limb Centre learning resources such as cadaveric video demonstrations of elbow, wrist, and hand pathologies, observe various live upper extremity surgical procedures, participate in various Roth | McFarlane Hand and Upper Limb Centre teaching rounds and journal club meetings. The fellow will also work in collaboration with plastic and orthopaedic surgery residents within our facility. Significant priority is placed upon collaboration with plastic and orthopaedic surgery residents and fellows within our facility. Significant priority is placed upon hands-on clinical training which includes patient evaluation and examination, treatment program implementation, hands-on orthotic fabrication (which will include static, dynamic, and static progressive designs) and problem-solve through the various complications seen within hand therapy practice. Furthermore, support for research initiation and implementation is provided.