

Hand Therapy

TNOTA 2024

Evelyn Daniel OT/L, CHT

Andrew Hamrick, OT/L

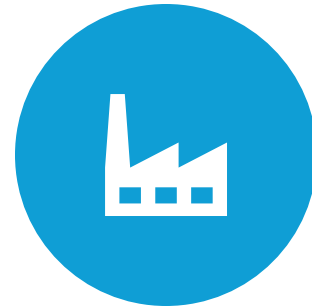
What makes hand Therapy different?



ORTHOPEDIC
SETTING



CHT (CERTIFIED
HAND THERAPIST)



SPLINT
FABRICATION



ADL CREATIVITY

Requirements for CHTs

OT or PT degree

Practice for 3 years

- Concentration of experience directly with upper extremity diagnoses

Sit for 2nd boards examination

Recertify every 5 years:

- 2000 hrs in upper extremity work experience
- 80 hours CEUs



Evelyn's Story

- Undergrad: Univ Tennessee Martin 2010-2013
 - Major: Biology
- Grad: Univ Tennessee Health Science Center 2013-2015
 - Degree: Masters of Occupational Therapy
- Certified Hand Therapist 2019
- Clinic Director for 2 hand therapy clinics in Memphis
 - GREAT team; 3 full time therapists, 1 PRN therapist, and 3 students

Drew's Story

- Undergraduate of Mississippi State University in Kensiology
- Graduate of UTHSC (May 2020)
- Outpatient Hand Therapy Clinic (nearly 2 years)
- Home Health in Mississippi (Nearly 2 years)
- Outpatient Hand Therapy (to current)



Specialized Techniques

Dry needling

Modalities

Taping

Splinting

Manual Therapy

Protocols for Diagnoses

Kinesio Taping

FULL LENGTH ARTICLE · Volume 37, Issue 2, P201-208, April-June, 2024

The efficacy of taping on elbow proprioception in healthy individuals: A single-blinded randomized placebo-controlled study

[Kevser Sevik Kacmaz, PT, PhD](#) ^a  · [Bayram Unver, PhD, PT, Prof.](#)^b

[Affiliations & Notes](#)  [Article Info](#) 

Versatility of Hand Therapy

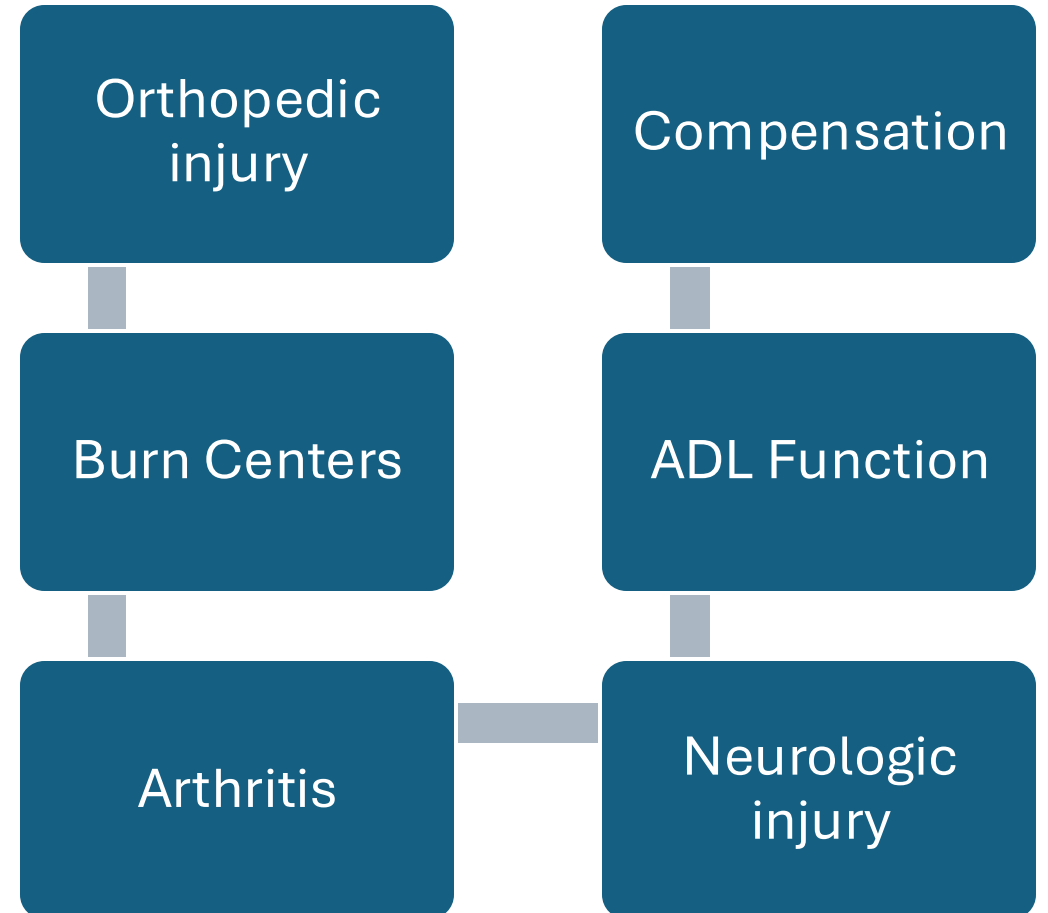
Orthopedic Conditions occur across all settings

All ages can be orthopedic patients

Post op, conservative, "pre hab"

Hospital, outpatient, home health

Use of Hand therapy in alternate settings





Misconceptions

- "I had to have an A in anatomy to be a hand therapist"
- "I had to be the top of my class to be a hand therapist"
- "I had to do a level II to be in hand therapy"

- What have you heard?

Diagnoses We See

Shoulder,
elbow, wrist,
and hands

Flexor tendon/
extensor
tendons

Broken bones
with internal,
external fixation

Dislocations,
jams, sprains

Overuse injuries

Chronic injuries

Preventative dx
like arthritis

Grip Strength

Grip Strength: An Indispensable Biomarker For Older Adults

[Richard W Bohannon¹](#)

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Grip Strength (cont'd)

- *“A link between grip strength and depression has been demonstrated among residents of 6 low and middle income countries⁵⁸ as well as Brazil⁵⁹ and Korea.⁶⁰ Using a cutpoint of less than 30kg for men and 20kg for women for weak grip, Ashdown-Franks et al found a prevalence of depression of 8.8% among adults classified as weak versus 3.8% among adults not classified as weak.⁵⁸”*



Common Splints

Relative
Motion
Orthosis (RMO)

Thumb Spica

Resting Hand
Splints

RMO

Relative motion extension management of zones V and VI extensor tendon repairs:
Does international practice align with the current evidence?

[Melissa J. Hirth, B \(OT\), MSc \(Hand & Upper Limb Rehab\)](#) ^{a,b,c}  · [Julianne W. Howell, PT, MS, CHT](#)^d ·

[Ted Brown, PhD, MSc, MPA, BScOT\(Hons\), GCHPE, OT\(C\), OTR, MRCOT, FOTARA, FAOTA](#)^c ·

[Lisa O'Brien, PhD, B App Sci \(OT\), M Clin Sci \(Hand & Upper Limb Rehab\), Grad Dip Ergonomics, Grad Cert Clinical Research Methods](#)^c

Volunteer!!



References

Hirth, M. J., Howell, J. W., Brown, T., & O'Brien, L. (2020).

Relative motion extension management of zones V and VI extensor tendon repairs: Does international practice align with the current evidence? *Journal of Hand Therapy*, 34(1). <https://doi.org/10.1016/j.jht.2019.12.016>

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