The 22nd Annual Wisconsin Hand Experience℠ is sponsored by the University of Wisconsin-Milwaukee, College of Health Sciences Outreach Office. Conference attendees will see evidence based state-of-the-art scientific sessions and workshops outlining hand therapy through the continuum of care.

**FACULTY**

**Jeanine Beasley**, EdD, OTRL, CHT, FAOTA
**Jennifer Dodson**, OTR/L, CHT
**Steven Grindel**, MD
**David Meister**, MD
**Tara Packham**, PhD, OTReg(Onl)
**Theresa Parry**, OTR, CHT, COMT

**Ann Porretto-Loehrke**, PT, DPT, CHT, COMT, CMTPT
**Jeffrey Reed**, OTR, CHT
**David Ross**, MD
**Nalini Sehgal**, MD
**Lynn Steffes**, PT, DPT, CHC

**SATURDAY WORKSHOPS**

1. Orthotic Fabrication
2. Evaluation and Treatment Considerations of Shoulder Impingement
3. Somatosensory Rehabilitation Principles for Management of Neuropathic Pain
4. Manual Therapy Approach to Differential Diagnosis and Treatment of Lateral Elbow Pain
5. Joint Mobilization Techniques for the Wrist and Digits
11:00  REGISTRATION OPENS
12:00  WELCOME AND INTRODUCTION

12:15  DRY NEEDLING: MECHANISMS AND PRACTICAL APPLICATION FOR THE HAND THERAPIST
This presentation will provide an overview of utilizing dry needling as an effective tool in managing upper extremity pain and dysfunction. This will include a review of pertinent anatomy, a discussion of dry needling’s history, theory and integration into treatment planning, dry needling ethics and procedures. Specific practical application ideas and cases will be presented.
Jeffrey Reed, OTR, CHT, Advocate Aurora Health, Franklin, WI

1:00  TREATMENT OF PRE-DYNAMIC WRIST INSTABILITY
This presentation will focus on the hand therapist’s challenging task of treating patients with wrist instability. It will provide a discussion of conservative management versus surgical intervention. It will also discuss treatment techniques including orthoses, proprioceptive exercise, manual therapy principles and patient education for scapho-lunate, DRUJ and midcarpal instabilities.
Theresa Parry, OTR, CHT, COMT, Hand to Shoulder Center of Wisconsin, Appleton, WI

1:45  BREAK

2:15  PROGRESSION OF DEGENERATION WITH SLAC AND SNAC WRISTS AND SURGICAL OPTIONS
The most common forms of post-traumatic arthritis of the wrist are scapholunate advanced collapse (SLAC) and scaphoid non-union advanced collapse (SNAC). SLAC and SNAC can lead to painful and debilitating wrists. This presentation will discuss the anatomy and patterns of joint wear attributed to SLAC and SNAC. It will examine different salvage procedures (four-corner fusion, proximal row carpectomy, etc.) to decrease pain and restore stability and strength. A patient, surgeon, and therapist team approach will be emphasized to ensure optimal functional outcomes.
Steven Grindel, MD, Froedtert and the Medical College of Wisconsin, Milwaukee, WI

3:00  OPTIMAL DOCUMENTATION AND COMPLIANCE
This presentation will provide a review and discussion of key elements of documentation that demonstrate value and insure coverage of hand therapy services in all settings and for all payers. Discover key areas of evaluations required to correctly select and code proper evaluation levels. It will also explore functional reporting elements necessary to establish initial and ongoing medical necessity, elements of daily notes to insure coverage and guidelines for top payers.
Lynn Steffes, PT, DPT, CHC, Steffes & Associates Consulting Group, New Berlin, WI

3:45  OPTIMAL BILLING AND COMPLIANCE
Optimal billing for services is a key element to any hand therapy provider. Explore billing and coding provisions to better understand optimal billing strategies. This presentation will identify CPT codes utilized for billing and the provisions for selecting and supporting these codes, outlining ways to support splinting and intervention coding.
Lynn Steffes, PT, DPT, CHC, Steffes & Associates Consulting Group, New Berlin, WI

4:30  PANEL DISCUSSION
5:00  ADJOURN

THURSDAY LEARNING OUTCOMES
- Identify areas where dry needling may be effective in the upper extremity
- Identify known risks to dry needling
- Identify differences between superficial and deep dry needling and indications
- Explain how dry needling can be integrated into a patient’s plan of care and effective in the management of active or latent trigger points
- Describe how dry needling can be effective in the management of scars
- Identify patients who may benefit from dry needling as an intervention
- Compare and contrast when patients with wrist instability can be managed conservatively versus surgically
- Identify the progression of OA in the wrist
- Describe the basic treatment principles for wrist instability including orthosis use, proprioceptive exercise and neuromuscular re-education
- Explain how wrist instability treatment applies to scapho-lunate instability, DRUJ instability and volar midcarpal instability
- Describe the anatomy and patterns of joint wear in the wrist
- Summarize different salvage procedures for SLAC and SNAC wrists with their expected outcomes with therapy
- Outline four key areas of evaluations required to correctly select and code proper evaluation levels
- Identify functional reporting elements necessary to establish initial and ongoing medical necessity
- Describe three key roles for a progress report and how to meet standards
- List five elements of daily notes to insure coverage
- Explore coverage guidelines for top payers
- Identify billing and coding provisions in the top three payers
- List the top 10 CPT codes utilized for billing and understand the concepts of relative value
- Identify appropriate billing codes and provisions for selecting and supporting those codes
- Outline three ways to support both orthotics and intervention coding in billing documentation
7:30  EXHIBITS OPEN
8:00  WELCOME AND INTRODUCTION

8:05  MANAGEMENT OF FLEXOR AND EXTENSOR REPAIRS AND CADAVERIC DISSECTION
Flexor and extensor tendon injuries are common problems that almost always require formal therapy. A successful patient outcome often depends more on therapy than any surgical intervention. This presentation will review common and unique flexor and extensor tendon injuries and treatments. Real cases will be presented and discussed along with cadaveric dissection.
David Meister, MD, Hand to Shoulder Specialists of Wisconsin and Orthopaedic Hospital of Wisconsin, Milwaukee, WI

9:45  CURRENT CONCEPTS AND CONSIDERATIONS IN FLEXOR TENDON REHABILITATION WITH AN EMPHASIS ON ZONE II
This presentation will provide a brief overview of the evolution of flexor tendon rehabilitation. Current concepts and essential considerations for treatment of each flexor tendon zone will be presented with an emphasis on zone II. Evidence-based practice, client factors and preferences, surgical findings and the treating therapists’ clinical expertise will be discussed. Factors that influence outcomes and returning patients to their meaningful occupations will be examined.
Jennifer Dodson, OTR/L, CHT, University of Florida Health Jacksonville, Jacksonville, FL

10:30  BREAK

11:00  EXTENSOR TENDON REHABILITATION
This presentation will provide a detailed discussion of the current evidence for extensor tendon rehabilitation. This will include a variety of interventions such as therapeutic management of the mallet finger, short arc motion (SAM) for zones III and IV, special concerns for boutonniere and swan neck conditions, and managing zone V with relative motion.
Jeanine Beasley, EdD, OTRL, CHT, FAOTA, Grand Valley State University, Grand Rapids, MI

11:45  SCAR ADHERENCE FOLLOWING TENDON REPAIR: TECHNIQUES TO MAXIMIZE GLIDING AND FUNCTION
A variety of evidenced based interventions will be presented for managing scar adherence including: orthoses, scar massage and other interventions.
Jeanine Beasley, EdD, OTRL, CHT, FAOTA, Grand Valley State University, Grand Rapids, MI
Jennifer Dodson, OTR/L, CHT, University of Florida Health Jacksonville, Jacksonville, FL

12:30  LUNCH

1:30  COMPLEX REGIONAL PAIN SYNDROME: DIAGNOSTIC CRITERIA AND MANAGEMENT
Complex regional pain syndrome (CRPS) is a potentially disabling pain condition. It is characterized by regional pain and a cluster of symptoms and signs in affected limbs. This session will discuss the diagnosis of CRPS based on Budapest clinical criteria which provide acceptable sensitivity and specificity. The presentation will include the multiple, complex and poorly understood pathophysiological mechanisms underlying clinical manifestations of CRPS. It will emphasize the importance of a multidisciplinary approach to treatment to reduce pain, restore mobility and function and address psychological distress. The essential components of patient education and self-management will also be discussed.
Nalini Sehgal, MD, UW Health, Madison, WI

2:15  SOMATOSENSORY REHAB PRINCIPLES: AN INTRODUCTION
Somatosensory rehabilitation is a method of assessment and treatment for neuropathic pain developed in Switzerland by Claude Spicher, a Swiss hand therapist. This session will introduce participants to the essential concepts of somatosensory rehabilitation and the state of the evidence supporting these techniques.
Tara Packham, PhD, OTReg(Out), The School of Rehabilitation Sciences at McMaster, Ontario, Canada

3:00  BREAK
3:30 SURGEON’S PERSPECTIVE WITH BOTH TOTAL (ANATOMIC) AND REVERSE TOTAL SHOULDERS

This presentation will provide an overview of the differences between total (anatomic) and reverse shoulder arthroplasty. It will include patient factors, surgical indications and techniques, rehabilitation and outcomes.

David R. Ross, MD, Orthopedic Institute of Wisconsin, Racine, WI

4:15 THERAPIST MANAGEMENT OF TOTAL SHOULDER ARTHROPLASTY AND REVERSE TOTAL SHOULDER ARTHROPLASTY

Shoulder arthroplasty is a diagnosis now commonly seen in the clinic. Become familiarized with the two types of shoulder arthroplasties and how post-operative rehabilitation varies for each. This presentation will provide a summary of rehabilitation progression, goals, common pitfalls and expected clinical outcomes.

Ann Porretto-Loehrke, PT, DPT, CHT, COMT, CMTPT, Hand to Shoulder Center of Wisconsin, Appleton, WI

5:00 PANEL DISCUSSION

5:30 EXHIBITOR RECEPTION

FRIDAY LEARNING OUTCOMES

- Describe anatomy including the delicate balance between flexor and extensor tendon mechanisms
- Identify mechanisms and zones of injury and how they guide orthotic intervention
- Identify surgical treatments including primary repairs as well as common tendon transfers to restore function
- Identify potential complications associated with each flexor tendon zone of injury
- Compare the differences in flexor tendon early active protocols and the available literature that supports these protocols
- Summarize the role of client factors, available evidence, surgical findings and your own clinical expertise when considering which flexor tendon protocol to use
- Identify a specific digit extensor tendon present at each zone (I-V)
- Select a mallet orthosis that improves patient compliance
- Explain how the short arc motion (SAM) protocol at zone III and IV can prevent tendon adherence
- Describe how the relative motion orthosis protects the repaired zone V extensor tendon
- Identify an orthosis for extrinsic tendon tightness
- Describe a low-cost intervention to provide a low load prolonged stretch to a scar and tendon
- Summarize the current evidence on scar massage
- Identify various therapeutic exercises to incorporate into the treatment plan to address scar adherence between structures
- Describe Budapest Criteria for diagnosis of CRPS
- Summarize the heterogeneous clinical presentation of CRPS
- Articulate rationale for comprehensive multidisciplinary treatment in CRPS
- Discuss evidence for pharmacotherapy in CRPS
- Describe evidence for interventional therapies in CRPS
- Describe the basic principles of somatosensory rehabilitation for neuropathic pain
- Summarize the evidence supporting somatosensory rehabilitation
- Name the differences in surgical techniques for a total (or anatomic) shoulder arthroplasty (TSA) and reverse total shoulder arthroplasty (rTSA)
- Summarize the different patients that will benefit from TSA and rTSA
- Identify the key differences in the postoperative therapy and long term outcomes of TSA and rTSA
- Differentiate between the two types of procedures: total (or anatomic) shoulder arthroplasty (TSA) and reverse total shoulder arthroplasty (rTSA)
- Explain the post-operative precautions for TSA and rTSA
- Summarize rehabilitation progression and goals
- Clarify expected clinical outcomes
- Describe common pitfalls and lifetime restrictions
WORKSHOPS

1. **ORTHOTIC FABRICATION**
   This hands-on workshop will allow participants to fabricate a variety of orthoses relative to the course content. These orthoses will include: the yoke relative motion extension orthosis (RMEO) for extensor tendons zone V-VI, the yoke RMEO for boutonniere deformities, a serial cast for a PIP flexion deformity, and casting the mallet finger. The workshop will include demonstrations of these and other orthoses with ample time for participant fabrication and discussion of key concepts.
   Jeanine Beasley, EdD, OTRL, CHT, FAOTA, Grand Valley State University, Grand Rapids, MI

2. **EVALUATION AND TREATMENT CONSIDERATIONS OF SHOULDER IMPINGEMENT**
   This workshop will provide hands-on lab sessions to practice evaluations, special tests, treatment considerations, the kinetic chain approach and modifications to home exercise programs all while addressing pain, soft tissue imbalance and posterior glenohumeral joint hypomobility. Reliability and validity of evaluations will be examined and treatment protocols will be research based. Biomechanical studies will be discussed along with the importance of the scapula. A variety of terms from the literature will be introduced and reviewed to increase participants’ comfort level when discussing shoulder impingement with others.
   Jennifer Dodson, OTR/L, CHT, Florida International University, Jacksonville, FL

3. **SOMATOSENSORY REHABILITATION PRINCIPLES FOR MANAGEMENT OF NEUROPATHIC PAIN**
   Somatosensory rehabilitation is a method for the evaluation and treatment of neuropathic pain which originated in Switzerland two decades ago by Claude Spicher. It draws on contemporary understandings of functional neuroanatomy to address both sensory loss and sensory gain (allodynia). While it can be used for the entire body, it is especially useful for conditions commonly seen in upper limb practice such as complex regional pain syndrome (CRPS), painful scars, nerve compression syndromes and burns.
   Tara Packham, PhD, OTReg(On), The School of Rehabilitation Sciences at McMaster, Ontario, Canada

4. **MANUAL THERAPY APPROACH TO DIFFERENTIAL DIAGNOSIS AND TREATMENT OF LATERAL ELBOW PAIN**
   In this workshop, participants will dive into the challenging task of treating lateral elbow pain. An in-depth look at the elbow’s bony and soft tissue anatomy will be provided. Discussions will include the most efficient and comprehensive way to evaluate patients with elbow pain to determine if the “pain-generator” is a tendon, a nerve, a joint or a combination of structures. The most effective treatment strategies based on the exam findings will be explored. Participants will have the opportunity to learn and practice joint mobilization techniques as well as analyze the most up to date information regarding exercise. Gain the clinical confidence to successfully evaluate and treat your next “tennis elbow” patient!
   Theresa Parry, OTR, CHT, COMT, Hand to Shoulder Center of Wisconsin, Appleton, WI

5. **JOINT MOBILIZATION TECHNIQUES FOR THE WRIST AND DIGITS**
   Come and discover new ways to facilitate improved mobility using a systematic approach. The course combines lecture and lab to give hand therapists manual therapy techniques to improve motion at the wrist, thumb and fingers that can be used immediately in the clinic. This course is beneficial for both the new graduate and seasoned clinician alike!
   Ann Porretto-Loehrke, PT, DPT, CHT, COMT, CMTPT, Hand to Shoulder Center of Wisconsin, Appleton, WI

AMERICAN OCCUPATIONAL THERAPY ASSOCIATION

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This applies to self-study courses only.

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The Crowne Plaza Milwaukee Airport hotel is located off I-94, just under three miles from General Mitchell International Airport and less than 10 miles from downtown. In addition to free Wi-Fi access, the hotel offers a free 24-hour airport shuttle. The hotel has an indoor pool, fitness center, 24-hour business center and concierge service. Lodging rooms can be reserved at the rate of $99.00/night plus tax for single and double rooms. Participants should identify themselves as attendees with the UW-Milwaukee conference to receive the reduced rate.

Make reservations by calling the Crowne Plaza at (414) 764-5300 by April 8, 2020.
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Early registration is encouraged to guarantee space. Participants are accepted on a first-come, first-serve basis. Enrollment is confirmed upon receipt of registration and payment. Lunch and all breaks are included in course fees. You can choose from a variety of payment methods; a check, company purchase order (P.O.), money order or credit card (Visa, MasterCard, Discover, or American Express). Checks should be made payable to “University of Wisconsin-Milwaukee.”

Cancellations by participants must be received no later than April 5, 2020 for a refund less a $25.00 service charge. Registrants who must cancel after April 5, 2020 will be issued a credit certificate for the program fee paid less a $50.00 service fee. The credit certificate will expire on May 23, 2020 and may be applied to any University of Wisconsin-Milwaukee, College of Health Sciences Outreach Program; credit certificates cannot be used for co-sponsored programs. Program agendas, speakers and CEUs are subject to change. If UW-Milwaukee must cancel the course for any reason a 100% refund of the registration fee will be provided. If you have any questions, please call (414) 227-3123.

Please advise us at the time of registration if you have special needs. Requests will be kept confidential. Please submit special needs requests four weeks prior to the program date.

Wisconsin Hand Experience℠ 2020, Course #12594 : Entire Conference: $640
Approximate CEUs: 1.75 (17 hours, 30 minutes)

Thursday and Friday Only: $455
Approximate CEUs: 1.2 (12 hours)

Thursday and Saturday Only: $420
Approximate CEUs: 0.95 (9 hours, 30 minutes)

Friday and Saturday Only: $465
Approximate CEUs: 1.25 (12 hours, 30 minutes)

Thursday Only: $205
Approximate CEUs: 0.45 (4 hours, 30 minutes)

Friday Only: $250
Approximate CEUs: 0.75 (7 hours, 30 minutes)

Saturday Only: $215
Approximate CEUs: 0.5 (5 hours)

*CEUs are based on participant’s actual class hours. Agenda is subject to change based on instructor preference and time available. Speakers and programs subject to change.
Online: Online registration is recommended. Visit [www.uwm.edu/chsce](http://www.uwm.edu/chsce), scroll to WI Hand Experience℠ 2020 and use the “register now” link. Wisconsin Hand Experience℠ is course #12594.

Mail/Fax: If you register by mail or fax, all registrations will be processed on a first-come, first-served basis. You must rank your choices of Saturday workshops. While we will make every effort to accommodate first choices, please note that workshops have limited capacities.

**Those attending all three days will be given priority if registration is received prior to 3/9/2020.**

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**REGISTRATION**

Name: ________________________________

E-mail (required): ________________________________

Organization: ________________________________

Title: ________________________________

Daytime Phone: ________________________________

Mailing Address: ________________________________

City: ________________________________  State: ______ Zip: ______

State: _______ Zip: ______

☐ Check if you plan to attend the Friday reception.

☐ Please reserve a vegetarian lunch for me.

☐ Check if you prefer not to have your contact information released to other conference participants.

**SATURDAY WORKSHOPS**

Please choose and rank in order the program you would like to attend. You must list at least 3 choices.

1 = first choice, 2 = second choice, 3 = third choice

___ 1. Orthotic Fabrication

___ 2. Evaluation and Treatment Considerations of Shoulder Impingement

___ 3. Somatosensory Rehabilitation Principles for Management of Neuropathic Pain

___ 4. Manual Therapy Approach to Differential Diagnosis and Treatment of Lateral Elbow Pain

___ 5. Joint Mobilization Techniques for the Wrist and Digits

*Those attending all three days will be given priority choice*

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Please enroll me in: (circle day(s))

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The University of Wisconsin-Milwaukee College of Health Sciences-Outreach Office presents the 2020 Wisconsin Hand Experience

Hand Therapy Through the Continuum of Care

THURSDAY, MAY 7 - SATURDAY, MAY 9

Updated Billing, Documentation & Compliance Information Topics

Faculty:
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Register: www.uwm.edu/chsce