



American Society
of Hand Therapists®

2023 Annual Report

**ONE VISION,
MANY HANDS**

www.asht.org

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About ASHT

Founded in 1977, ASHT is an organization of occupational and physical therapists who specialize in evaluating and treating injuries and conditions of the upper extremity (shoulder, arm, elbow, forearm, wrist and hand).

ASHT is the only association dedicated to advancing the specialty of hand and upper extremity therapy by promoting education, advocacy, research and clinical standards.



Membership

ASHT is a growing society that welcomed 437 new members in 2023, re-captured 135 lapsed members and reported a 75-percent member retention rate overall.

The ASHT Board of Directors, leadership volunteers and staff have taken great strides to grow membership value. Our goal has been and continues to be building on past and present organizational accomplishments in an innovative, collaborative and global manner to meet the future needs of hand therapists, allied professional communities and patients.

President's Message

Kendyl Brock Hunter, OTR/L, CHT



On behalf of the American Society of Hand Therapists Board of Directors, professional staff and dedicated volunteers, I am pleased to share the 2023 ASHT Annual Report. As president, it has been a pleasure to work alongside such phenomenal individuals who have given their time and expertise to serve the society.

At the onset of my presidential year, I urged our members to be resilient and persistent in pursuing growth and development within our society. I've had the privilege of working with many of you over the past year and your unwavering perseverance has inspired me. Together, we have created a legacy of excellence defined by the personal touch we bring to everything we do. Let us continue to serve others with the same level of dedication and commitment that has made us strong.

We've had a very productive year with the implementation of new programs, divisions, projects and bylaw changes with our goal to further encourage engagement and reduce barriers to therapists' involvement. Highlighted are some of our lead initiatives.

We had **six bylaw revisions that took effect this year:**

1. Removing the requirement of prior board service for secretary/treasurer-elect candidates

2. Opening board member-at-large (BMAL) eligibility to associate members
3. Creating a new Outreach Division, adding a new division director/board member
4. Instituting a nomination and self-nomination element to the vice division director appointment process
5. Creating an ad-hoc advisory board to consult on legal and ethical issues, review resources and content, etc.
6. Establishing the Leadership Development Committee as a standing committee within ASHT's governance structure

Our new Outreach Division, which develops, implements and coordinates ASHT non-CEU educational offerings for members and non-member hand and upper extremity rehabilitation professionals, is established and currently recruiting volunteers. Outreach Division projects include student offerings, patient education, mentoring, *ASHT Times*, e-Community, social media/promotions, podcasts and working with the Technology & Communication Committee.

Under the guidance of Kim Masker, our incoming president-elect, the Leadership Development Task Force has now been transitioned to

a standing committee, allowing for more consistent resources for our planned initiatives. We are excited about the Leadership Development Cohort program, which is currently under development and is expected to be launched in January 2024. This will be an amazing resource for growing our next generation of leaders in the hand and upper extremity community.

The DEI Committee has been very active and recently published its strategic plan in the latest edition of the *ASHT Times*. The work of the DEI Committee has been focused on addressing the needs within the scope of the ASHT while honoring the perspectives of all members. I ask you to look for engaging opportunities to participate in this new and enthusiastic group.

A special thanks to our BMALs, Kim Kraft and Robert McClellan, for their endless energy and consistent support in driving projects through to completion and working in many ways to grow the society.

There are many more accomplishments outlined in the body of this report. I encourage you to take some time and review the fabulous work of our society.

It was my honor to serve you, and I look forward to the positive influences our future leadership will bring.



EDUCATION



PRACTICE



RESEARCH

Year in Review

Calendar cycle 2022-2023 was characterized by significant activities within each of the three pillars of ASHT's mission: Education, Practice and Research.



EDUCATION

Education

The ASHT Education Division has steadfastly committed to growing the specialty with hand and upper extremity therapy education for members and non-members alike. The society's educational portfolio continues to grow through a variety of live, virtual, hybrid and audio platforms. The division has 30 motivated, passionate volunteers with diverse backgrounds and interests, which allows the division to continue to expand and grow the society's offerings.

Hands in Motion Podcast

With a new episode released every two weeks, the Hands in Motion podcast offers discussion with prominent guests about treatment trends, hot topics, current evidence, case studies and alternative treatment areas within hand and upper extremity rehabilitation. Since 2021, the Hands in Motion podcast has aired **52 episodes**, attracted **1,315** subscribers and achieved an impressive milestone of **62,282 downloads**. Episodes in 2023 ranged from a therapist sharing their mission trip to Sierra Leone, Africa to help survivors of gas explosions, to a discussion with a prosthetist who works with kids born with congenital hand differences and builds terminal devices that allow them to participate in activities that are meaningful to them, to a discussion on congenital limb differences featuring an occupational therapist born with a limb difference who is helping to increase visibility and inclusion of the limb difference community.

Hand Therapy Review Course

The Education Division organized and hosted two in-person Hand Therapy Review Courses – Atlanta, GA and Baltimore, MD (**60 attendees**). The virtual course remains popular and has drawn **1,449 participants** since its inception in 2020. The virtual offering also includes a quarterly question-and-answer session hosted by faculty to enhance learners' experience. The virtual course will re-launch in 2024 with a content update. The Education Division launched a hybrid review course format, which includes two days of hands-on evaluation and treatment skills, a cadaver lab and full access to the virtual course (**80 attendees**).

Hands-on Orthotics

The division held 11 in-person Hands-on Orthotics courses (**160 attendees**). The virtual orthotics course – which offers an introductory, intermediate and advanced option – attracted **175 participants**. In 2024, the Education Division will host a large-scale regional orthotics course in Kansas City, MO.

Traveling Course

The “Foundations in Hand Therapy: Elbow to Finger Topics” traveling course was offered twice this year, **with 35 total attendees**. The manual therapy course, “Hands-on Therapy for the Hands-on Hand Therapist: Manual Therapy for the Upper Extremity,” has hosted seven courses with **160 attendees**.

Upper Extremity Institute

The Education Division will launch a new semester of the Upper Extremity Institute in September 2023 that will run through June 2024, featuring 10 online sessions. The format will include a case-based approach featuring presenters who will discuss the clinical management of shoulder, elbow, wrist and hand conditions. Each session includes a moderated live question-and-answer session. This offering continues to be free for members.

Test Prep for the CHT Exam, 4th Ed.

The *Test Prep for the CHT Exam: Study Outline & Clinical Reference, 4th Edition* remains an excellent study tool for the CHT Exam and a valuable clinical reference. This edition features current evidence, color photos and improved study questions with answers and rationale. All chapters are in printed form and the practice exam is completely online. Since its release in October 2021, more than **900 copies** have been sold.

Webinars

The Education Division organized and hosted 11 live webinars (**1,153 participants**). ASHT collaborated with the Practice and Research Division, our physician-partner organizations (AAHS, AAOS and ASSH) and industry suppliers to deliver a variety of clinical, practice and legislative topics. The on-demand library continues to grow and offer education at the convenience of the learner.

Pediatrics Course

The Education Division launched “Foundations in Pediatric Hand and Upper Extremity Rehabilitation.” This online course features 24 on-demand sessions, including topics such as polydactyly, clasped and trigger thumb, arthrogryposis, juvenile rheumatoid diagnoses, pediatric chronic pain management and much more.

Virtual Short Course Offerings

The Education Division is developing multiple virtual short courses that are expected to launch in 2024.

Mentoring Program

The Mentoring Program encourages and promotes networking and professional development through online resources, including a mentoring handbook, self-assessment tools, videos and a contract template. The program facilitated discussions and introductions via the mentoring e-Community page to help mentors and mentees find one another (**150 pairings**).

Student Center

The division continues to develop resources for physical and occupational therapy students. Resources include a how-to guide on forming a student hand therapy club, a learning workbook and many useful links to relevant courses, literature and reference material that will benefit the student learner. A series of student vlog videos will launch by the end of 2023, and the division initiated the development of a student learning agreement. The Student Self-Assessment Exam continues to be a popular resource and allows occupational and physical therapy students to test their knowledge of the basic concepts required during the clinical education experience.

Patient Education Resources

The Patient Education Resources continue to be one of the most accessed pages on the ASHT website. There were 19,150 page visits over the last year (2.1% of all website traffic; fifth most-accessed page on the website). Additionally, there were 16,699 downloads (35% of all downloads on the ASHT site). New resources added in 2023 include pediatric trigger thumb resource and a resource about the role of therapy in treating musicians.

Online Discussions

Education Division volunteers generated and facilitated discussion on the ASHT e-Community specific to the Hand Therapy Certification Exam and provided a place for course attendees to ask questions, share experience and post testimonials or suggestions and for attendees to ask presenters questions after each educational event.

Practice Division

ASHT remains dedicated to developing resources and support material for day-to-day practice issues. The Practice Division comprises three committees and a legislative consultant working to keep members informed about legislation, regulation and industry trends affecting the delivery and reimbursement of hand and upper extremity therapy services. Practice Division volunteers researched and responded to email and phone inquiries, and fielded e-Community questions about regulatory, reimbursement and general practice issues. The society's Practice Division activities included:

Advocacy Committee

- Reviewed legislation introduced in both the U.S. House of Representatives and Senate for potential impact on the delivery of hand and upper extremity therapy services.
- Identified and developed content for the ASHT Legislative Action Center (LAC).
- Tracked developments and new legislation in telehealth services.
- Tracked developments in the evolving debate over CMS Evaluation & Management reimbursement cuts.
- Collaborated with ASHT, AOTA and APTA on legislative issues impacting hand and upper extremity therapy.
- Reviewed and updated ASHT website resources related to advocacy issues.
- Reviewed and updated ASHT position papers in collaboration with the ASHT Research Division.
- Created outreach campaign to state allied organizations across the country to open a line of communication and develop a network of advocacy partners across the nation.

Federal and State Regulations Committee

- Reviewed legislation introduced in both the U.S. House of Representatives and Senate for potential impact on the delivery of hand and upper extremity therapy services.
- Monitored 2024 Centers for Medicare & Medicaid Services Physician Fee Schedule changes and the impact it may have on hand and upper extremity therapy practice.
- Organized and hosted a webinar exploring Medicare updates for the 2023 calendar year.
- Promoted and executed micro-volunteering opportunity for members to contribute as state liaisons.
- Reviewed and updated ASHT website resources related to federal and state regulations.
- Reviewed and updated ASHT position papers in collaboration with the ASHT Research Division.

Practice Management Committee

- Assisted in webinar exploring Medicare updates for the 2023 calendar year.
- Created and expanded resources on ASHT website for Practice Management, which are highlighted monthly in the e-Community posting.
- Reviewed and updated ASHT website resources related to practice management.
- Reviewed and updated ASHT position papers in collaboration with the ASHT Research Division.

Research Division

Research is a pillar of ASHT's vision of being a recognized leader in advancing the science and practice of hand and upper extremity therapy. ASHT is committed to supporting evidenced-based clinical practice and research focused on advancing the specialty. The society engaged in a variety of initiatives to build and support science, which informed our field over this year:

- Organized and hosted the monthly Journal Club, the official online forum for the *Journal of Hand Therapy* (**532 participants**). The Zoom-based format allows for an interactive live presentation and engaging question-and-answer session.
- Expanded the Student-Led Journal Club, designed to involve and educate students on appraising the current literature related to the hand and upper extremity (**233 participants**). Each session is run by students under the supervision of a faculty member or ASHT member.
- Facilitated and distributed **10** research surveys to ASHT membership.
- Published monthly Research Updates – summaries of original published research papers – to increase awareness of emerging evidence and relevant research from peer-reviewed journals in the field of hand and upper extremity rehabilitation.
- Collaborated with the ASHT Practice Division to develop a webinar on qualitative research, complete a position paper on using therapy extenders and update references for telehealth, which are posted on the Practice Management webpage.
- Collaborated with the ASHT Technology and Communication Committee on a carpometacarpal osteoarthritis video, which will be available on the ASHT website and YouTube channel in the fall.
- Continued a social media collaboration project with Elsevier (*Journal of Hand Therapy*) to highlight and increase awareness of and interest in upcoming articles prior to publication.
- Completed a survey study in collaboration with the Arthritis Foundation and initiated dissemination of study findings through a scientific session at the Annual Meeting and manuscript submission.
- Participated with the American Academy of Orthopaedic Surgeons on the development of the clinical practice guideline for the *Management of Carpal Tunnel Syndrome*.
- Revised the grading rubrics for the ASHT Annual Meeting poster and scientific session submissions to increase rigor and consistency in the evaluation process.
- Developed presentation guideline resources for presenters of scientific work at the ASHT Annual Meeting.
- Collaborated with the American Hand Therapy Foundation in the grant review process.
- Had "Assessment and treatment of non-surgical thumb carpometacarpal joint osteoarthritis: A modified Delphi-based consensus paper of The American Society of Hand Therapists" accepted for publication in the *Journal of Hand Therapy*.
- Awarded three research awards at the 2022 ASHT Annual Meeting:
 - *Best Paper Award*: Jenny Dorich, PhD, MBA, OTR/L, CHT, "A cognitive interviewing study to validate the content of a patient reported outcome measure for children with upper extremity"
 - *Best Poster Award*: Amy Todd, MS, OTR/L, CHT, "Well-being among individuals with upper limb amputation is strongly correlated with bimanual upper limb function, activity and participation levels, prosthetic satisfaction and lower rates of pain interference"
 - *First-Time Researcher Award*: Katherine Loomis, MA, OTR/L, CHT, "Musculoskeletal ultrasonography to support upper extremity rehabilitation: a scoping review"



International Committee

The ASHT International Committee was established with the purpose of advancing and supporting global hand and upper extremity therapy development. The committee has been active over the past year, facilitating initiatives supporting its goals.

Develop and/or promote educational opportunities for hand therapists working in developing countries

- Organized and hosted two Virtual Education Series (**60 participants across 15 countries**). ASHT is collaborating with Health Volunteers Overseas, where the educational presentations are being housed for ongoing access by therapists in Ghana.
- Conducted three “Foundations in Hand Therapy” courses in Argentina, Chile and Guatemala (**100 participants**).
- The American Association for Hand Surgery (AAHS) in partnership with the American Society of Hand Therapists (ASHT) established the International Reverse Therapy Fellowship in 2019. The selected Fellow receives \$10,000 from AAHS to be used toward a two-week visit to North America to train with two AAHS and ASHT membership therapist institutions. The fellowship also allows for travel to the AAHS and ASHT Annual Meetings.

ASHT is pleased to welcome Robert Sowa (Ghana) as the 2023 recipient.

Previous recipient:

2020/2022

Erastus Kambale Shuma (Kenya). Traveled to Hospital for Special Surgery and the Philadelphia Hand to Shoulder Center. Learn more about his experience [here](#).

- Generated and facilitated discussion on the ASHT International e-Community to offer networking with therapists from around the world on a wide range of topics from education and research to clinical treatment.

Facilitate networking and mentorship between US-based and international hand and upper extremity therapists

- The Companion Clinic program pairs U.S. therapists with international therapists for learning and mentoring opportunities between therapists practicing under diverse circumstances. In addition to the educational opportunities regularly offered, participating Certified Hand Therapists can obtain continuing education credits through the Hand Therapy Certification Commission and are encouraged to join the ASHT International e-Community.

- The committee is working to expand our contacts around the world, to cultivate relationships with therapists in developing countries. Over the past year, we have had regular communications with therapists in Bahrain, Colombia, Ghana, Kenya, Mexico and Ukraine to determine their needs and provide resources and support.

Facilitate member awareness of global and upper extremity therapy conditions

- The Annual Meeting International Invited Lecturer Luncheon is planned and hosted by the International Committee. We are looking forward to this year's faculty, Lynn Bassini, MA, OTR/L, CHT, who will be speaking on “Enhancing Global Health and Upper Extremity Therapy, Experiences, Challenges and Opportunities.”
- Facilitated member awareness of global issues through regular *ASHT Times* submissions. The current series, “*Hand Therapy Around the World*,” looks at hand and upper extremity therapy in various countries to highlight what our field looks like in different parts of the world including challenges, recent development and future needs.

Build and maintain collaboration with the International Federation of Societies of Hand Therapy (IFSHT)

- The International Federation of Societies for Hand Therapy (IFSHT) Member-to-Member Mentoring Program has paired the U.S. with Ghana and Bahrain to assist in developing a network of hand therapists within their countries and offer educational support to enhance their base of knowledge. The ASHT International Virtual Education Series and International e-Community education and networking are provided to therapists from these countries, as well as individual support.
- Collaborated with IFSHT to facilitate member awareness of IFSHT events and offerings. ASHT is also pleased to be the host country of the IFSHT-IFSSH Triennial Congress in 2025!



ASHT DEI Strategic Plan

Introduction

It is with sincere gratitude that the ASHT DEI Committee presents its strategic plan for advancing diversity, equity and inclusion in ASHT and the occupational and physical therapy professions.

In 2020, the ASHT Board of Directors, a select task force and staff began a conversation on steps to take to move from words to strategies and actions. In examining what made other allied organizations successful in their DEI efforts, the board identified the need for a strategy to build DEI efforts across ASHT. In 2021, the board took the important action of proposing a change to the Society's bylaws that added a standing Diversity, Equity and Inclusion Committee to its governance structure.

Our work began in August 2021 with the aim to thoughtfully infuse DEI principles throughout ASHT and the specialty, with the goal of ultimately supporting the equitable provision of hand and upper extremity rehabilitation.

Our work began with research, analysis and engagement of therapists, surgeons and other key ASHT stakeholders through surveys, interviews and listening sessions, and led to creating overarching goals and action items that provide a plan for ASHT to implement and reference to achieve long-lasting accessibility and inclusivity.

The work of the ASHT DEI Committee has been focused on how to address the needs within the scope of ASHT as a whole, while honoring the perspective of all members. We recognize this is a challenge in itself.

The plan presented here is imperfect as it stands. It is a working plan that needs to continue. This was challenging but vital work, and we are grateful to the dedicated committee members who shared their perspectives, experiences and ideas to create ASHT's first DEI Strategic Plan. But this is only the beginning. As a next phase, the committee will focus on strategy implementation – where we will explore role identification, responsibilities, actions and initiatives, timelines, metrics and the resources needed to execute the strategic plan.

We appreciate the board's support and commitment to moving these strategic concepts into action and outcomes that will make ASHT a more inclusive, welcoming organization that is strengthened by the diversity and engagement of our members.

Finally, we recognize that diversity, equity and inclusion cannot reside in one committee, division or area within ASHT or the specialty. The initiatives we will undertake in the months and years ahead will be woven into all areas of ASHT and will be part of the fabric of ASHT and its mission.

ASHT DEI Vision Statement

ASHT is dedicated to creating an inclusive, accountable and diverse organization. We welcome all that bring a unique perspective and professional expertise to advance our mission and the development of science, advocacy, research and wellness of every individual in our surrounding communities. ASHT is committed to identifying and removing barriers to educational opportunities, access and success for all our community members by implementing these established guidelines:



American Society
of Hand Therapists®

1

EXPLORE EXISTING ASHT GOVERNANCE POLICIES AND PRACTICES TO ENSURE INCLUSION AND EQUITY THROUGHOUT THE SOCIETY.

2

FOSTER RELATIONSHIPS WITH EXISTING ASHT COMMITTEES AND DIVISIONS AND PARTNER WITH ALLIED GROUPS TO SUPPORT DEI IN THE HAND AND UPPER EXTREMITY THERAPY SPECIALTY.

3

COMMUNICATE TRANSPARENTLY WITH ASHT MEMBERS AND THE HAND AND UPPER EXTREMITY THERAPY SPECIALTY ABOUT ASHT EQUITY AND INCLUSION INITIATIVES, PROCESSING AND INTEGRATING INSIGHTS FROM THE MEMBER COMMUNITY ALONG ASHT'S DEI JOURNEY.

ASHT DEI Values and Behaviors

1

INCLUSIVENESS

TREAT ALL INDIVIDUALS AND THEIR IDEAS WITH RESPECT AND OPENNESS.

2

ACCOUNTABILITY

ACKNOWLEDGE AND ASSUME RESPONSIBILITY FOR ACTIONS, PRODUCTS, DECISIONS AND POLICIES. APPLIED TO INDIVIDUAL ACCOUNTABILITIES ON THE PART OF MEMBERS AND ASHT.

3

DIVERSITY

RECOGNIZE AND CELEBRATE THE VAST RANGE OF SOCIAL AND INTERSECTIONAL IDENTITIES OF THE PEOPLE WITHIN ASHT.

4

COLLABORATION

WORK WITH ASHT COLLEAGUES AND PARTNERS THROUGH INFORMATION, IDEA-SHARING, AND INNOVATIVE THINKING TO CREATE SOLUTIONS BY LEVERAGING EVERYONE'S KNOWLEDGE, SKILLS AND ABILITIES.

ASHT DEI Strategic Goals

1

FOSTER *a culture of welcoming and belonging throughout ASHT*

2

DEVELOP *and promote DEI resources/toolkits throughout ASHT*

3

INCREASE *DEI education, awareness and programming within ASHT*

4

ENGAGE *allies and stakeholders to advance/live the ASHT DEI vision*

Journal of Hand Therapy

Message from the Editor

Joy C. MacDermid, BScPT, MSc, PhD

The *Journal of Hand Therapy* continues to publish high-quality science. In fact, we have seen a small increase in our impact factor this year showing that our work is highly cited both within and outside our field. More importantly, we have been able to achieve this while maintaining a focus on things that are of clinical importance to the specialty of hand therapy. For example, we know that case reports and studies that lack control groups are often poorly cited. For this reason, many journals that are seeking to increase their impact factor no longer allow for these submissions. However, we know these papers often address clinical innovations or clinical reasoning that are of value to hand therapy practice. Therefore, we continue to balance scientific rigor and scientific impact with clinical importance and clinical impact. Both are important to the credibility and advancement of the specialty of hand therapy.

For this reason, it is important that we have both scientific and clinical

reviewers. Many clinicians doubt that they are competent to review scientific papers. I certainly accept there may be aspects of scientific studies that clinicians are not comfortable evaluating, such as the statistics. However, hand therapists are the exact people who should best determine whether an article is of potential clinical relevance. Of course, we know clinical research studies may be of immediate relevance and basic science studies may be looking into things that have future relevance. However, a hand therapist reviewer can tell me whether interventions described in a study are consistent with current practice, would be feasible for implementation, whether the patients in study are like those seen in hand therapy clinics, and whether the findings have a potential clinical impact on practice. This feedback can be very valuable to academic researchers who may not have practiced in a hand therapy clinic. Therefore, I welcome clinicians who are interested in reviewing to contact me and express this interest,

as we need a deeper pool of clinical reviewers.

The last two years have been exceptionally challenging for the *Journal of Hand Therapy*. For a time, we were able to avoid publication delays; however, I regret that this was not the case over the past year. I wish to let everyone know that we are addressing these issues and catching up, but it is taking some time to recuperate. Be assured that we have a strong pool of submissions to draw from and continued support despite these challenges.

The challenges we have faced include the delayed impact of the pandemic since research labs were closed for a substantial period and





are just now resuming more normal operations. With the retirement of our long-standing Elsevier Production Editor Dr. Chris Baumle, who was extremely supportive of the journal, we went through a sequence of short-term editors from Elsevier until a more permanent replacement was found. Concurrently, we lost a long-standing production editor and went two years without journal office staff. With last year's special issue delayed, there is now a domino effect as we catch up. I apologize for these delays and have put measures in place, and we are now back on track. We have a new Elsevier editor with whom I have had conversations, and she will attend our annual journal editorial board meeting virtually. We also have a new production staff outside of the country who is becoming familiar with our journal and our editorial procedures. Finally, we have a contract being negotiated for office staff to support the North American office. All these solutions will result in a gradual return to our usual schedule, and a more timely response during the review process.

With all the demands during the pandemic, we are experiencing reviewer fatigue. Finding reviewers and getting timely reviews has become harder, and I appreciate the

dedicated pool of reviewers who remain committed to the journal. For those of you reading this who would like to review, please forward me your information and I will invite you to review a paper along with other reviewers.

Elsevier provides a variety of **support** for people wishing to improve their reviewer skills. Reviewing is like many things the more you do it the better you become at it. Most people who review find it helpful when they get to see the reviews of other reviewers. Don't be alarmed if your review looks different than others; we often want to see different perspectives or areas of expertise within the selected reviewers. If you know someone who you think would be a good reviewer, you could also approach them and ask if they would be willing for their name to be forwarded.

If you do get a review request from me and are unavailable, please decline the review as soon as you receive it. This allows me to move on to another person for a request rather than holding the position open for you for several weeks. Reviewer fatigue is something that many journals are currently experiencing and the post-pandemic changes, increasing job demands and the increasing number of

journals are contributing factors. Once again, the journal cannot exist without reviewers, and I fully appreciate the importance of their work and that they take time from other things to help ensure we can continue to produce high-quality science that supports hand therapy. Shortly, I will refresh the editorial board and some dedicated reviewers will be promoted to that role.

I remain firmly committed to ensuring that we have a clinically relevant and scientifically rigorous journal. I appreciate your support and patience with our recent challenges. Please feel free to contact me if you wish to review or have questions about submissions. At our next editorial board meeting, we will discuss future special issues, scientific rigor, clinical relevance and the potential for a new additional online-only special issue that we may add to the current four annual print issues. If you have any thoughts on any of these topics or others, you can contact me at editor.macdermid@gmail.com.

The *Journal of Hand Therapy* continues to serve as the recognized source of cutting-edge scientific and clinical articles for advancing the field of hand and upper extremity rehabilitation. Regularly published features include scientific/clinical articles, case reports, practice forums, research reports and departments, including book reviews and literature abstracts.

Manuscript Flow

SUBMISSIONS, EDITORIAL OUTCOMES AND PUBLISHED COUNTS

		Calendar Year 2022	2023 Year-to-Date
Submitted Manuscripts		260 (down 3 percent)	126 (down 26 percent)
Accepted Manuscripts		70 (down 5 percent)	47 (up 24 percent)
Rejected Manuscripts		158 (down 13 percent)	94 (down 1 percent)
Rejection Rate	Desk	54% (up 1 percent)	53% (down 9 percent)
	Standard	16% (down 2 percent)	13% (down 5 percent)
Published Manuscripts		35 (down 53 percent)	66 (up 89 percent)

Manuscript Speed

MEDIAN EDITORIAL SPEED FOR ACCEPTED AND REJECTED ARTICLES

	Calendar Year 2022	2023 Year-to-Date
Submission to First Desk Decision	52 days (up 108 percent)	28 days (down 59 percent)
Submission to First Standard Decision	117 days (up 21 percent)	119 days (down 15 percent)
Submission to Standard Editorial Outcome	226 days (up 30 percent)	241 days (down 11 percent)

MEDIAN EDITORIAL AND PUBLICATION SPEEDS FOR PUBLISHED ARTICLES

	Calendar Year 2022	2023 Year-to-Date
Submission to First Decision	104 days (up 68 percent)	104 days (down 20 percent)
Submission to Editorial Outcome	283 days (up 99 percent)	228 days (down 18 percent)
Submission to First Publication Online	325 days (up 38 percent)	253 days (down 16 percent)
Submission to Published Version of Record	624 days (down 6 percent)	923 days (up 43 percent)
Submission to Final Publication	638 days (down 6 percent)	944 days (up 43 percent)

Citation Impact

IMPACT FACTOR

Title	2018	2019	2020	2021	2022
Journal of Hand Therapy	1.532	1.504	1.950	1.908	2.0
Journal of Hand Surgery	2.090	2.124	2.230	2.342	1.9
Hand Surgery and Rehabilitation	0.571	0.961	0.969	1.419	1.1
Physical Therapy and Rehabilitation Journal	3.043	3.140	3.021	3.679	3.2

Index	Category	Journal of Hand Therapy Rank	Total Journals	Quartile
SCIE	ORTHOPEDECS - SCIE	49	86	Q3
SCIE	REHABILITATION - SCIE	34	68	Q2
SCIE	SURGERY - SCIE	114	212	Q3

TOP CITED ARTICLES 2023 YTD, PUBLISHED 2021-2022 (SCOPUS)

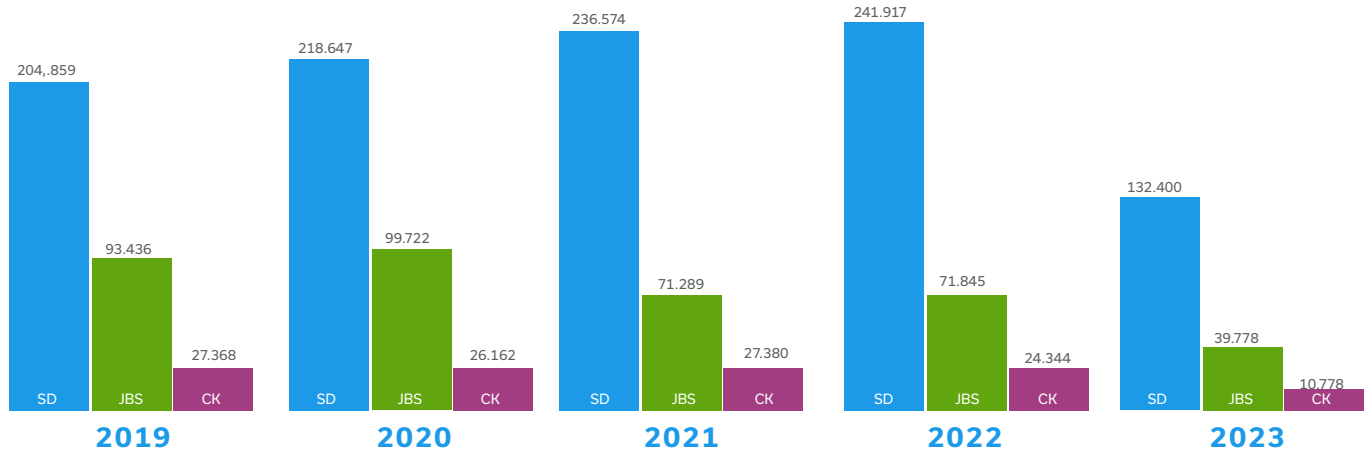
1. Postoperative hand therapy management of zones V and VI extensor tendon repairs of the fingers: An international inquiry of current practice, Hirth, M.J., Howell, J.W., Feehan, L.M., Brown, T., O'Brien, L., 2021
2. Relative motion extension management of zone V-VI extensor tendon repairs: Does international practice align with the current evidence? Hirth, M.J., Howell, J.W., Brown, T., O'Brien, L., 2021
3. The role of diagnostic ultrasound in carpal tunnel syndrome: An update and systematic review, Erickson, M., Lawrence, M., Lucado, A. 2022
4. Effectiveness of eccentric strengthening in the treatment of lateral elbow tendinopathy: A systematic review with meta-analysis, Chen, Z., Baker, N.A. 2021
5. Convergent validity and responsiveness of the Canadian Occupational Performance Measures for the evaluation of therapeutic outcomes for patients with carpometacarpal osteoarthritis, Cantero-Tellez, R., Villafane, J.H., Medina-Porqueres, I., Garcia-Orza, S., Valdes, K.A. 2021
6. Comparative efficacy of the dorsal application of Kinesio tape and splinting for carpal tunnel syndrome: A randomized controlled trial, Krause, D., Roll, S.C., Javaherian-Dysinger, H., Daher, N. 2021
7. Virtual health care and telehealth: Current therapy practice patterns, Szekeres, M., Valdes, K.A. 2022
8. Purdue manual dexterity testing: A cohort study of community-dwelling elderly, Rule, K., Ferro, J., Hoffman, A., Avila, J., Coca, C., Valdes, K.A., 2021
9. Lateral epicondylitis: A literature review to link pathology and tendon function to tissue-level treatment ergonomic interventions, Stegink-Jansen, C.W., Bynum, J.G., Lambropoulos, A.L., Patterson, R.M., Cowan, A.C. 2021
10. Overhead arm positioning in the rehabilitation of elbow dislocations: An in vitro biomechanical study, Manocha, R.H.K, Banayan, S., Johnson, J.A., King, G.J.W 2022

TOP CITED ARTICLES 2022, PUBLISHED 2020-2021 (SCOPUS)

1. A pilot study on the design and validation of a hybrid exoskeleton robotic device for hand rehabilitation, Haghshenas-Jaryani, M., Patterson, R.M., Bugnariu, N., Wijesundara, M.B.J. 2020
2. Leap Motion Controller-based training for upper extremity rehabilitation in children and adolescents with physical disabilities: A randomized controlled trial, Tarakci, E.T., Arman, N., Tarakci, D., Kasapcopur, O. 2020
3. Proprioception: How is it affected by shoulder pain? A systematic review, Ager, A.L., Borms, D., Deschepper, L., Dijkhuis, J., Roy, J.S., Cools, A. 2020
4. Effectiveness of eccentric strengthening in the treatment of lateral elbow tendinopathy: A systematic review with meta-analysis, Chen, Z., Baker, N. 2021
5. Investigation of reliability, validity and cutoff value of the Jebsen-Taylor Hand Function Test, Siđirtmaç, İ.C., Öksüz, Ç.
6. Computer workstation ergonomics: Current evidence for evaluation, corrections and recommendations for remote evaluation, Emerson, S., Emerson, K., Fedorczyk, J. 2021
7. The interaction between pain and movement, Merkle, S., Sluka, K.A., Frey-Law, L.A. 2020
8. Client preferences and perceptions regarding a written home exercise program or video self-modeling: A cross-sectional study, Ouegnin, A., Valdes, K.A. 2020
9. Effective self-stretching of carpal ligament for the treatment of carpal tunnel syndrome: A double-blinded randomized controlled study, Shem, K., Wong, J., Dirlikov, B. 2020
10. Evaluation of individual finger forces during activities of daily living in healthy individuals and those with hand arthritis, Riddle, M., MacDermid, J., Robinson, S., Szekeres, M., Ferreira, L., Lalone, E. 2020

Usage

FULL TEXT USAGE PER PLATFORM



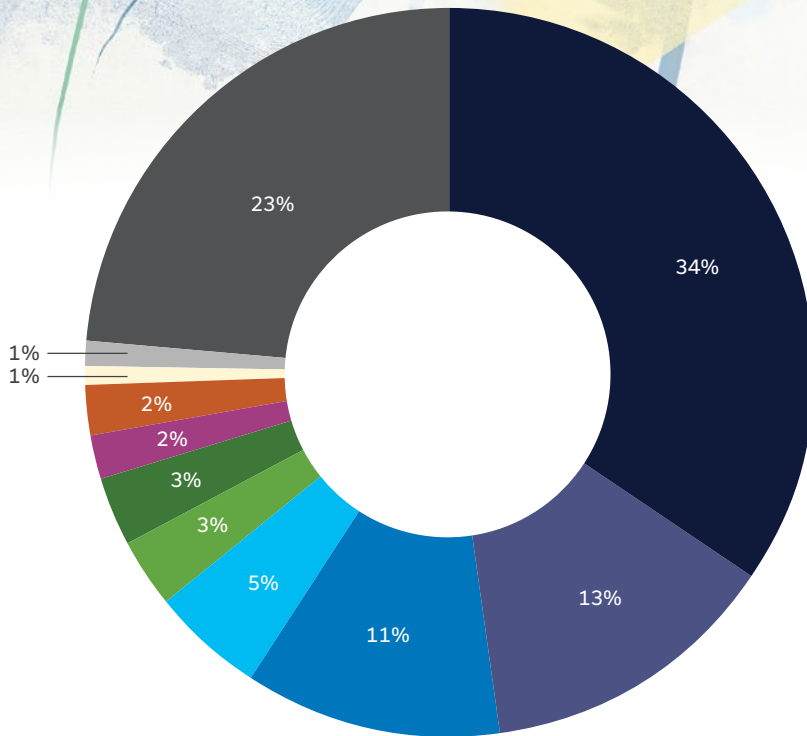
Platform	2021	2022	2023 YTD
Science Direct	236,574	241,917	132,400
Journal Branded Solutions	71,289	71,845	39,778
Clinical Key	27,380	24,344	10,778

TOP SCIENCEDIRECT DOWNLOADED ARTICLES IN 2023, PUBLISHED ALL TIME

1. Effective self-stretching of carpal ligament for the treatment of carpal tunnel syndrome: A double-blinded randomized controlled study, Shem, K., Wong, J., Dirlikov, B. 2020
2. Effectiveness of edema management techniques for subacute hand edema: A systematic review, Miller, L.K., Jerosch-Herold, C., Shepstone, L. 2017
3. Clinical effects of proprioceptive thumb exercise for individuals with carpometacarpal joint osteoarthritis: A randomized controlled trial, Cantero-Tellez, R., Algar, L.A., Valdes, K.A., Naughton, N. 2023
4. Comparison of effects of eccentric training, eccentric-concentric training and eccentric-concentric training combined with isometric contraction in the treatment of lateral elbow tendinopathy, Stasinopoulos, D., Stasinopoulos, I. 2017
5. Computer workstation ergonomics: Current evidence for evaluation, corrections and recommendations for remote evaluation, Emerson, S., Emerson, K., Fedorczyk, J. 2021
6. Diagnostic accuracy of examination tests for lateral elbow tendinopathy (LET): A systematic review, Karanasios, S., Korakakis, V., Moutzouri, M., Pantazopoulou, V. Tsepis, E., Gioftsos, G. 2023
7. The management of hand osteoarthritis: The rheumatologist's perspective, Terpstra. S.E.S, van de Stadt, L.A., Kloppenburg, M 2023
8. Flexor tendon rehabilitation in the 21st century: A systematic review, Neiduski, R.L., Powell, R.K 2019
9. Shoulder structure and function: The impact of osteoarthritis and rehabilitation strategies, Vocelle, A.R., Weidig, G., Bush, T.R. 2023
10. Relative motion orthoses: Fabrication tips, Schwartz, D.A. 2023

ScienceDirect Usage: TOP 10 COUNTRIES & REGIONS, 2022

UNITED STATES	83,101
AUSTRALIA	31,887
UNITED KINGDOM	26,875
CANADA	12,303
TURKEY	9,126
NEW ZEALAND	6,233
CHINA	4,771
NETHERLANDS	4,014
JAPAN	3,613
SPAIN	3,424
REST OF WORLD	56,570



Journal of Hand Therapy Twitter Update

In 2021, the *Journal of Hand Therapy* debuted on Twitter ([@JrnlHandTherapy](https://twitter.com/JrnlHandTherapy)) to promote relevant research and education within the hand and upper extremity therapy field.

Working with members of ASHT's Research Division and staff, the journal highlights open-access articles from each quarterly issue and fosters insightful discussions among followers interested in the hand and upper extremity.

Over the last year, [@JrnlHandTherapy](https://twitter.com/JrnlHandTherapy)'s following has increased 52 percent, gaining more than 230 new followers. We invite you to follow our account and join the discussion!

TOP ARTICLES BY SOCIAL MEDIA COUNT, PUBLISHED ALL TIME

- Dynamic stabilization home exercise program for treatment of thumb carpometacarpal osteoarthritis: A prospective randomized control trial, McVeigh, K.H., Kannas, S.N., Ivy, C.C., Heckman, M.G., Brushaber, D., Murray, P.M. 2023
- The long-term effect of neurodynamics vs exercise therapy on pain and function in people with carpal tunnel syndrome: A randomized parallel-group trial, Hamzeh, H., Alghwiri, A.A., Hawamdeh, Z. 2021
- Effect of rotator cuff strengthening as an adjunct to standard care in subjects with adhesive capsulitis: A randomized controlled trial, Rawat, P., Eapen, C., Pillai Seema, K. 2017
- Comparative study of millennials (age 20-34 years) grip and lateral pinch with the norms, Hollmann, M., Schifferdecker-Hoch, F. 2016
- Peripheral nerve injuries, pain and neuroplasticity, Osborne, N.R., Anastakis, D.J., David, K.D. 2018
- Diagnostic accuracy of examination tests for lateral elbow tendinopathy (LET): A systematic review, Karanasios, S., Korakakis, V., Moutzouri, M., Pantazopoulou, V., Tsepis, E., Gioftsos, G. 2023
- Tendinopathies in the upper extremity: A paradigm shift, Ashe, M.C., McCauley, T., Khan, K.M. 2004
- An evaluation of two types of exercise classes, containing shoulder exercises or a combination of shoulder and thoracic exercises, for the treatment of nonspecific shoulder pain: A case series, Barrett, E., Conroy, C., Corcoran, M., Purtil, H., Lewis, J., McCreesh, K. 2018
- Psychosocial factors addressed by occupational therapists in hand therapy: A mixed-methods study, Kurrus, M.B., Jewell, V.D., Gerardi, S., Gerg, M., Qi, Y. 2018
- An occupation-based intervention in patients with hand-related disorders grouped using the sense of coherence scale: A randomized controlled trial, Ørts Hansen, A., Kaae Kristensen, H., Cederlund, R., Möller, S., Tromborg, H. 2020



Membership Engagement

Social Media

TIP OF THE WEEK

Thank you to the ASHT members who responded to the Tip of the Week survey! We are working through responses to bring ASHT crowd-sourced ideas to our Facebook, Instagram and LinkedIn communities. Please follow us on these social media platforms. If you have a Tip to share, there's no need to wait for the next survey. Please submit your Tip to asht.org/about/volunteer/tip-week-clinical-pearl-contributor.

HAND THERAPY STORIES AND JOB POSTINGS

Follow ASHT ([@handtherapyasht](https://twitter.com/handtherapyasht)) on your favorite social media platforms for hand and upper extremity therapy content, news stories, member highlights, job postings and more! We also encourage you to join the [ASHT LinkedIn group](#) to engage and network with your peers.

Connect at ASHT.org

E-COMMUNITY

The ASHT e-Community remains the place for you to collaborate with fellow ASHT members, identify resources, share ideas, tap the knowledge and experience of your peers and generally discuss topics of interest. Categories include CHT Exam Prep, Clinical Treatment Issues, Community Calendar, Higher Education, International Community, Pediatrics, Practice & Reimbursement, Students and the Upper Extremity Institute Online Study Group. The site is monitored by board members-at-large to ensure responses to posted questions.

ONLINE VOLUNTEER PORTAL

This year, a review of the online Volunteer Portal was completed and we are pleased to report that it continues to function as a means for volunteers to identify areas where they can contribute to the ASHT community. This platform allows ASHT members to register their interests, expertise and availability, and matches members with projects. Long-term and short-term commitments or "microvolunteering" opportunities are found via the portal at asht.org/about/volunteer.

DEI Book Club

ASHT's Diversity, Equity and Inclusion Committee held an inaugural society-at-large book club event. The book "Black Man in a White Coat" by Damon Tweedy M.D. explored the challenges confronting black doctors, and the disproportionate health burdens faced by black patients, ultimately seeking a way forward to better treatment, collegial interactions and more compassionate care. Stay tuned for future DEI Book Club sessions!

Regional Hand Therapy Interest Groups

Find updates about new and ongoing hand and upper extremity special interest groups in the *ASHT Times* "What's Happening" section. ASHT encourages members to participate in regional hand therapy conferences. Active and forming groups are located coast to coast in California, Colorado, Delaware, Georgia, Illinois, Kansas, Kentucky, Michigan, Missouri, North Carolina, Ohio, Oregon, Texas, Washington, Washington, DC and Wisconsin. In addition, we have reciprocated ASHT society updates with the Canadian Society of Hand Therapy (CSHT). You will find *ASHT Times* updates for CSHT events and ASHT updates in the CSHT newsletter.

Financial Summary

FY 2022 Audit Results: Statement of Financial Position

As of December 31, 2022, ASHT had total assets of \$2,481,817 and total liabilities of \$1,045,721 for total net assets of \$1,436,096. Net assets decreased from December 31, 2021, by \$470,009. The detail is outlined below.

ASSETS	2022	2021
CASH	\$ 926,036	\$ 779,716
ACCOUNTS RECEIVABLE	15,861	30,802
PREPAID EXPENSES AND OTHER ASSETS	138,607	151,683
INVESTMENTS	1,342,441	1,535,550
WEBSITE DEVELOPMENT COSTS, NET OF ACCUMULATED DEPRECIATION	58,872	96,296
TOTAL ASSETS	\$2,481,817	\$2,594,047

LIABILITIES	2022	2021
ACCOUNTS PAYABLE AND ACCRUED EXPENSES	\$ 669,690	\$ 329,361
DEFERRED REVENUE		
MEMBERSHIP DUES AND SUBSCRIPTIONS	315,031	341,246
ANNUAL MEETING AND EDUCATION	61,000	17,335
TOTAL LIABILITIES	\$1,045,721	\$687,942

NET ASSETS	2022	2021
WITHOUT DONOR RESTRICTIONS	\$ 1,385,344	\$ 1,853,912
WITH DONOR RESTRICTIONS	50,752	52,193
TOTAL NET ASSETS	1,436,096	1,906,105
TOTAL LIABILITIES AND NET ASSETS	\$2,481,817	\$2,594,047



Volunteer Recognition

Volunteer service contributes to the core products, programs and services offered to ASHT membership. Our volunteers' passion for hand and upper extremity therapy provides them with the energy to create new learning opportunities and/or services to help therapists meet the demands of clinical practice. Thank you to all of our generous ASHT volunteers. These individuals named here may or may not know their contributions have made a difference to their fellow members, to a professional colleague or to a patient with an upper extremity condition, but they have served willingly and passionately.

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ASHT Times

Each quarter, ASHT members look forward to receiving an update on ASHT activities, members, current events affecting hand and upper extremity therapy practice and clinical content, all in the society's flagship publication, *ASHT Times*. Here's a look at some key readership metrics.

ASHT TIMES

READERSHIP METRICS

October 1, 2022 – August 14, 2023

1,984
ISSUE VIEWS

The total number of times issues were read, including returning visitors who may come back to the issue several times.

727
PAGES PRINTED

The number of pages printed from the digital edition

39,978
PAGE VIEWS

The number of pages viewed in *ASHT Times* during the year. Individuals may read pages of the magazine several times, and helps us identify which articles get the best readership and are of most interest to members.

3,435
PAGE ZOOMS

The number of times readers zoomed in on a page, signifying interaction

Note: Digital interaction typically declines with the Q2 issue, as it is printed and mailed to readers.

TOP 10 ARTICLES

- 1 To Tape or Not to Tape?**
(Volume 29, Issue 3, Fall 2022)
John P. Jackson, EdD, OTR/L, CHT
- 2 Expanding Your Therapy Toolbox with Blood Flow Restriction Training**
(Volume 30, Issue 1, Spring 2023)
Jill Yanick, OTR/L, CHT
- 3 The Taylor 'Wedges': Pain Reduction and Alignment in the Fingers**
(Volume 30, Issue 1, Spring 2023)
Alison Taylor, OTR/L, CHT, CKTI, NDTc
- 4 Hand Therapy Around the World: Rwanda**
(Volume 29, Issue 3, Fall 2022)
Lauren DeTullio, OTR/L, CHT, and Preston William Lockwood, OTD, OTRL, CHT
- 5 Management of Proximal Phalanx Fracture**
(Volume 30, Issue 1, Spring 2023)
Sarah Mersche, OTR/L, OTD, CHT
- 6 Perspectives of a New Graduate in Physical Therapy**
(Volume 29, Issue 3, Fall 2022)
LaQuestis Scott, MOT, OTR/L, Jennifer Stewart, MOT, OTR/L, and Elizabeth Simpson, MOT, OTR/L
- 7 Annual Meeting Recap: Feelings, Sensations and Proprioception in Hand Therapy**
(Volume 29, Issue 4, Winter 2022)
Raquel Cantero-Téllez, PhD, PT, OT, CHT
- 8 Hand Therapy Around the World: Prague, Czech Republic**
(Volume 30, Issue 1, Spring 2023)
Petra Korábová
- 9 Hand Therapy Around the World: Mexico**
(Volume 29, Issue 4, Winter 2022)
Rosella Vargas, PT, CHT
- 10 Post-Operative Hand Rehabilitation and Management of Free Functional Muscle Transfer**
(Volume 29, Issue 4, Winter 2022)
Aimee Aguillon, OTD, OTR/L, CHT



Follow ASHT
on Instagram

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Social Media

ASHT's social media following and engagement surged this year, with an **18.5-percent increase in total followers** year over year, and a **12.7-percent overall increase since January 2023**. This growth was due in large part to the launch of ASHT's Instagram account in May, which reached 1,000 followers in less than six weeks and increased society engagement with a previously untapped audience.

ASHT's LinkedIn group and YouTube channel experienced the largest boosts in followers among the society's existing social media platforms, increasing 16.7 percent and 14.5 percent respectively since January 2023. The LinkedIn group has grown 33 percent year over year, demonstrating the value of strengthening professional relationships and sharing skills to succeed in the field.

The most popular posts of the last year across all platforms included the Tip of the Week series and Hand Therapy Week celebrations.

Total ASHT Social Media Followers



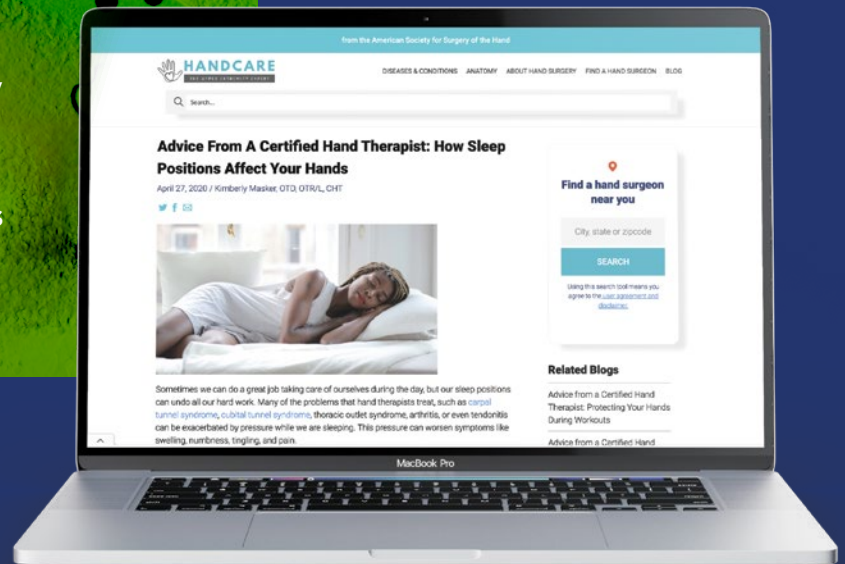
YEAR	FACEBOOK	TWITTER	LINKEDIN	YOUTUBE	INSTAGRAM
2021	7,873	3,532	4,136	193	N/A
2022	9,024	3,661	5,561	235	N/A
2023	9,214	3,649	6,527	269	1,223

*As of August 10, 2023. All other totals are as of December 31 of the respective year.

Note: ASHT's Twitter following declined due to a platform-wide purge of inactive accounts in May 2023.

HandCare.org

For the last eight years, ASHT has partnered with the American Society for Surgery of the Hand (ASSH) to provide important information to patients and the public through ASSH's HandCare.org blog.



ASHT's Technology and Communication Committee contributes content focused on the value of hand and upper extremity therapy, authored by committee members and ASHT volunteers. This information has become some of our most shared posts on social media, helping our therapists share the importance of the specialty with the public.

In 2021, ASSH worked with a search engine optimization consultant who recommended a focus on quality over quantity. New HandCare.org content is posted twice per month, with ASHT producing one blog every other month.

Between October 2022 and August 2023, the HandCare.org blog received more than 2.1 million overall views. According to ASSH's metrics, ASHT-generated content accounted for about 7.2% of traffic on the HandCare.org blog.

Two of the HandCare.org blog's top 25 most-read posts were ASHT contributions, racking up nearly 57,000 combined views on the site. The top ASHT blogs focused on:

Sleep Position (#10)

429,000+ views

<https://www.assh.org/handcare/blog/advice-from-a-certified-hand-therapist-how-sleep-positions-affect-your-hands>

Exercising with Wrist Pain (#24)

14,100+ views

<https://www.assh.org/handcare/blog/advice-from-a-certified-hand-therapist-exercising-without-wrist-pain>

Other popular ASHT blog topics included:

Scar Management

<https://www.assh.org/handcare/blog/advice-from-a-certified-hand-therapist-scar-management>

Workstation Ergonomics

<https://www.assh.org/handcare/blog/advice-from-a-hand-therapist-workstation-ergonomics>

Modifications to Pencil Grip for Handwriting

<https://www.assh.org/handcare/blog/advice-from-a-certified-hand-therapist-modifications-to-pencil-grip-for-handwriting>

Mallet Finger

<https://www.assh.org/handcare/blog/advice-from-a-certified-hand-therapist-mallet-finger>

How to Manage a Bruised Hand

<https://www.assh.org/handcare/blog/advice-from-a-certified-hand-therapist-how-to-manage-a-bruised-hand>

Hand Edema

<https://www.assh.org/handcare/blog/advice-from-a-certified-hand-therapist-hand-edema>

Cold Weather tips for Raynaud's

<https://www.assh.org/handcare/blog/advice-from-a-certified-hand-therapist-cold-weather-tips-for-raynauds>

Cubital Tunnel Syndrome

<https://www.assh.org/handcare/blog/advice-from-a-certified-hand-therapist-on-cubital-tunnel-syndrome>

e-Community

The ASHT e-Community continues to be the place for members to connect, collaborate, share knowledge and to further the ASHT member experience.



TOP 10 e-COMMUNITY DISCUSSIONS

RANK	DISCUSSION GROUP	TOPIC
1	CHT Exam Prep	CHT test prep question
2	ASHT Community	Iontophoresis for adherent scar
3	ASHT International Community	Parsonage Turner Syndrome
4	Clinical Treatment Issues	Defatting skin graft from thigh
5	Practice & Reimbursement	Silver Ring Splints
6	Practice & Reimbursement	Patient seen at two different facilities by the same discipline despite being different diagnoses
7	ASHT Community	Exercise program
8	Clinical Treatment Issues	Ring finger MP subluxation
9	Practice & Reimbursement	Miscellaneous charge code
10	Clinical Treatment Issues	Treating cervical patients when it's a cervical/shoulder referral

HAND THERAPY WEEK

JUNE 5-11 2023



Hand Therapy Week

ASHT experienced another incredibly successful Hand Therapy Weeks this year, due in part to creative daily challenges, the launch of the ASHT Instagram account, release of a new diagnosis-based video, dedicated volunteer efforts and a highly engaged audience both among the membership and social media.

The Hand Therapy Week page on the ASHT website earned 6.29% of website traffic (second only to the homepage), which is up nearly 1.5% from 2022.

Diagnosis-Based Video Series: Tennis Elbow

Working with AH's digital media team, the Technology & Communication Committee launched a new [video series](#) focusing on specific diagnoses to be used as a patient resource for learning more about hand and upper extremity conditions.

The first video in the series focused on lateral epicondylitis, helping to identify symptoms, causes and treatments for tennis elbow, including how seeing a hand therapist can help.

In total, the video post on Facebook reached nearly 1.4K users and yielded 178 clicks, 11 shares and five comments. The video was also posted as a reel on Instagram, earning nearly 1,000 views, 45 likes, three shares and four saves. This video will continue to be promoted following Hand Therapy Week.



Daily Challenges

The Technology & Communication Committee again developed daily challenges in an effort to increase engagement and provide more ways to celebrate Hand Therapy Week. The challenges were promoted a month in advance of Hand Therapy Week, then launched daily on social media. This year's challenges had consistent popularity throughout the week, with many clinics/ accounts participating every day and some even creating their own challenges with their staff.

Additional Resources/Promotion

ASHT provided hand and upper extremity therapy marketing flyers tailored to surgeons, primary care providers and the public; a list of celebration ideas; a marketing toolbox with a sample press release; and more.

The popular [Patient Education Resources](#) and Spanish translations were again promoted for therapists to use as a convenient tool for patient care and public education. The flyers provide information on common diagnoses, answer frequently asked questions and educate patients on the role a hand therapist plays in their treatment.



The Patient Education Resource page was accessed 1,090 times during Hand Therapy Week (up 51% from last year), making up 4.32% of website traffic and ranking third among page views. This increase in traffic is likely due to additional promotion and engagement on social media channels. The Find a Therapist directory also landed in the top five, which could mean increased promotion of the specialty led members of the public to the ASHT website.

Ranking total percentage of webpage views during Hand Therapy Week 2023

1. ASHT homepage (13.65%)
2. Hand Therapy Week page (6.29%)
3. Patient Education Resources (4.32%)
4. Annual Meeting (2.73%)
5. Find a Therapist (2.58%)



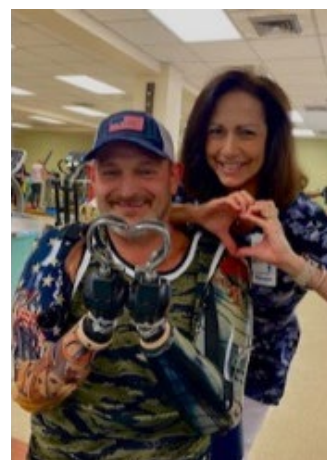
First place: John Avery, OTD, OTR/L, CHT (*Hand in Hand*)

ASHT Contests

The ASHT Photo Contest featured 24 photos from 14 participants and yielded nearly 400 votes.

As part of the Celebrate & Win! Contest, members are invited to submit photos, videos and/or links of their 2023 celebrations to ASHT during and following Hand Therapy Week. The deadline to submit entries was June 23, 2023. This year's exclusive Hand Therapy Week sponsor, Naked Prosthetics, provided gift baskets for winners of both contests.

New this year, ASHT utilized its fairly new presence on Instagram to run a giveaway in partnership with Naked Prosthetics. Participants simply needed to follow both the ASHT and Naked Prosthetics Instagram accounts, like the giveaway contest post and tag three friends in the comments. This helped both accounts gain visibility and followers, generating a lot of buzz throughout the week. A winner was randomly selected to receive an ASHT gift certificate and gift basket from Naked Prosthetics.



Second place: Randy Beckman OT/CHT (*Bill P, the bilateral amputee*)



Third place: Sydné Trapp OTR, CHT (*Sculpture in Madison WI*)



American Society of Hand Therapists™
HAND THERAPY WEEK JUNE 5-11
2023

Social Media Engagement

FACEBOOK

Activity on the ASHT [Facebook](#) page surged during Hand Therapy Week 2023. The page's total reach – number of individuals receiving any activity from the page, including posts to the page, posts by other people, page likes, ads, mentions and check ins – was **more than 10.5K** during the week, peaking Wednesday at 3.8K. The page also picked up 27 new followers over the course of the week.

The photo contest post recorded the highest reach of all posts during Hand Therapy Week (3.4K). Other popular posts included daily challenge participations from institutions (2K from Axes Physical Therapy's custom orthotics, 1.9K from Hamilton Physical Therapy's unconventional intervention putty knife, 1.6K from Washington University OT Services unconventional interventions related to carseats), the tennis elbow video (1.4K) and ASHT's Hand Therapy Week marketing material (1.1K).

INSTAGRAM

Engagement on the ASHT [Instagram](#) account was even higher, relative to the account's following at the time. The page's total reach was more than 1.7K during the week, peaking Thursday at 809. ASHT's Instagram page had 1,383 profile visits and picked up an impressive **426 new followers!**

The most popular Instagram posts during this period were the Hand Therapy Week kickoff post (872), the giveaway contest (762) and the tennis elbow video (759). The account also shared a reel of all the Hand Therapy Week content shared/reshared on the ASHT Instagram story, which yielded 689 views, 41 likes and five shares.

TWITTER

During Hand Therapy Week 2023, the ASHT [Twitter](#) page earned 5.3K impressions, on par with its 2022 performance. Top tweets during this period included the photo contest (604) and Hand Therapy Week kickoff (565). Many users were also engaged via the Hand Therapy Week "#HTW2023" hashtag.

YOUTUBE

In addition to the popularity of the new tennis elbow video, ASHT's other hand safety and injury prevention series [videos](#) saw a resurgence, as many therapists and business pages shared them throughout the week. Compared to a typical week, **total channel views were up 61%** and total channel watch time was up nearly two hours. The desk ergonomics, cell phone and texting and mental health series were among the popular videos.

Allied Organizations Update



American Hand Therapy Foundation

James W. King, OTR, PhD, CHT, Chair

The American Hand Therapy Foundation (AHTF) is currently funding 11 major studies and expanding our support of educational events. We experience amazing support from so many people who generously donate their time, talents and money to help AHTF achieve its goals and promote its mission, to improve patient outcomes by promoting evidence-based practice through funding clinical and scientific research and education. Thank you to everyone who has contributed by volunteering and/or making a financial donation to the foundation this year. We are only able to continue this magnificent work with your help.

I wish to invite you to meet our [board of directors](#) and thank these incredible volunteers who give hundreds of hours each year to guide the foundation's work and perform the majority of the day-to-day work of fundraising and administering our research grants and educational support. Board members provide their services without compensation. I also want to recognize the AHTF Advisory Board chair, our Immediate Past-Chair, Greg Pitts, OTD, OTR, CHT and our Executive Director, Anna Shnyder.

The year started with AHTF supporting the American Society of Hand Therapists' 2022 Annual Meeting with a \$10,000 sponsorship of the Annual Scientific Sessions in Washington, DC. AHTF recognizes ASHT's on-going and

unwavering support of the foundation. AHTF and ASHT continue to work closely together to support both organizations' goals. AHTF will once again sponsor the Annual Scientific Sessions at the 2023 meeting in San Antonio, TX – supporting a highly valued educational event and the latest research in our field. This support is made possible by generous contributions to the AHTF Chairman's Fund.

Each year, AHTF offers multiple grants and invites qualified applications. A list of AHTF's grants is posted on our [website](#), along with ample and helpful information about the application process. We encourage all of you to apply and/or help spread the word about these generous grants to your colleagues who participate in research.

Congratulations to our 2023 grant recipients:

- "The Impact Early ADL Participation on Functional Outcomes Post-Distal Radius Fracture" Sarah Doerrer, PhD, OTR/L, CHT, CLT
- "Shouldering the Burdens of Adulthood: An Exploratory Study on the Predictors of Lifelong Participation in Adults with Upper Limb Conditions" Emily S. Ho, PhD, OTReg (Ont).

AHTF is pleased to announce the [American Hand Therapy Foundation 2024 Educational Scholarship Honoring Paul van Lede](#) made possible

by a generous gift from Orfit Industries. This scholarship provides tuition costs for occupational and physical therapists to orthotics fabrication courses offered by the American Society of Hand Therapists. Therapists can attend in person or virtually. Preference will be given to those who work with underserved and vulnerable populations and are ASHT members.

The foundation continues to receive help from an extraordinary \$100,000 donation made in 2022 from North Coast Medical, Inc., Mark E. Biehl, President and CEO. With this contribution, North Coast Medical will generously underwrite the AHTF annual fundraiser, Happy Hour with a Scholar, the Evelyn Mackin Grant for Education by a Traveling Hand Therapist and is our official website sponsor. Thank you, North Coast Medical.

This year, AHTF developed a direct-to-donor campaign. This initiative features an informative flyer that supplies important current and historical information about the foundation. AHTF encourages and hopes that all our constituents will use this flyer to inform their local communities – including patients, surgeons and administrators of the valuable contributions AHTF makes to improving outcomes. We invite all of you to [download the flyer](#) and use it to promote the foundation's work.

AHTF continues to support research that helps you and our specialty. [See for yourself](#) the amazing impact that the foundation has had on the way YOU practice. AHTF is currently funding many major research projects and looks forward to informing the hand and upper extremity rehabilitation community with these studies:

- “Effects of an Education and Prevention Program on Reducing Upper Extremity Injury in Musicians”
- “Implementing a Novel Orthotic Fabrication Technique using 3D Models for Patients with Scleroderma and Arthritis”
- “Reliability and Validity of Somatosensory Measurement Techniques: A Proof-of-Principle Measurement Study of Novel Tools to Evaluate Altered Sensation”

We want to thank all of you who support the foundation through our fundraising

events. This year’s Virtual Run / [Walk for Hand Therapy Research](#) was our most successful ever due to so many of you getting your teams together and taking part during Hand Therapy Week. We look forward to seeing you in person or virtually at our upcoming events, [Happy Hour with a Scholar](#), underwritten by North Coast Medical, and the holiday Silent Auction extravaganza.

A donation to AHTF is a wonderful place to make an investment to honor or memorialize a colleague or family member. AHTF has benefitted greatly from its first major [endowment](#) and welcomes the opportunity to discuss legacy giving with you.

In summary, your foundation continues to grow and serve the profession. We can only do this important work with your help. Please [donate](#) to the American Hand Therapy Foundation today! Your contributions make a

difference, and we promise to be good stewards of your contributions.

AHTF remains the only professional organization with the sole mission of supporting researchers to expand the scientific evidence for hand and upper extremity rehabilitation. Our important work together with researchers, educators and all of you enhances quality and optimizes patient outcomes.

In its over [30-year history](#), AHTF has provided thousands of dollars in funding for over 100 projects. These projects have changed our field and many of your colleagues have been recipients of an AHTF grant or scholarship. The foundation is grateful to all who have served on the board of directors, participate by donating to fund AHTF grants and volunteer their time to support the foundation’s mission and our collective professional future.



Hand Therapy Certification Commission

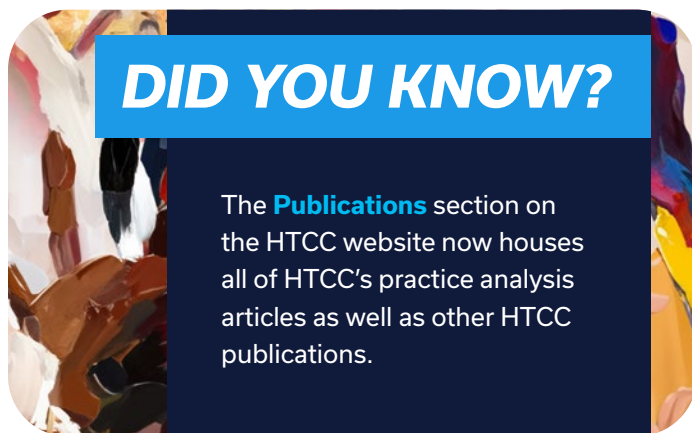
HTCC Mission

The mission of the Hand Therapy Certification Commission is to support a high level of competence in hand therapy practice and to advance the specialty through a formal credentialing process.

HTCC Vision

The Hand Therapy Certification Commission envisions a time when every qualified therapist who treats hand and upper limb patients will become a Certified Hand Therapist.

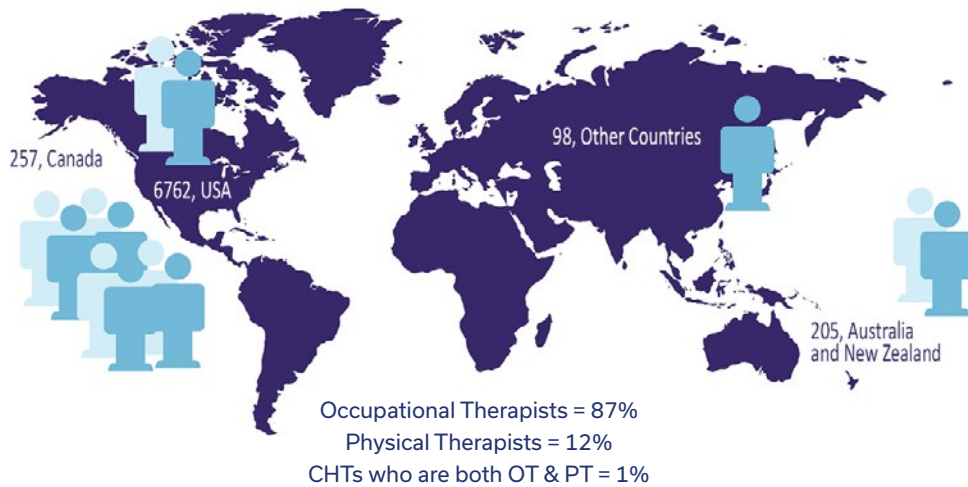
There are currently over [7,300 CHTs worldwide](#), 6,781 in the United States, 254 in Canada and 321 in countries outside of North America (see map on following page). By profession, 87% are occupational therapists, 12% are physical therapists and less than 1% possess both credentials.



Recertification Highlights

HTCC continues to show a very high recertification rate with 91% recertifying on average since 2006. The recertification rate in 2022 was 85%. The table on the following page shows the recertification rate by year since 2006. The industry average for healthcare recertification retention rates is 75% and HTCC is well above this average.

There are 7,322 CHTs worldwide.



2022 and 2023 Hand Therapy Certification Examination Highlights

HTCC is pleased to welcome 396 new CHTs since our last report. The overall pass rate (percentage of people who passed the examination) was 60% for the Fall 2022 and for the Spring 2023 examinations. The passing rate by year for the CHT examination for the past 10 years has ranged from 58% to 68% with the average pass rate being 61%.

Outreach

In 2023, HTCC exhibited at the APTA Combined Sections Meeting, the Philadelphia Hand Symposium, the American Occupational Therapy Association Annual Conference and ASHT's Annual Meeting.

HTCC continues to host CHT Exam Preparation Panels at both the Philadelphia and ASHT meetings. Panel members consist of newly certified hand therapists who share their study strategies.

DID YOU KNOW?

The Hand Therapy Scope of Practice is the foundation for the Hand Therapy Certification Examination and the CHT recertification process.

Board and Committee Recognition

HTCC would like to acknowledge and thank our [board of directors](#) and staff.

BOARD OF DIRECTORS

President: Mary Dimick, OTR, CHT
Vice President: Nancy Cannon, OTR, CHT
Secretary: Bonnie Lucio, LOTR, CHT
Treasurer: JoAnn Keller, OTD, OTR/L, CHT
Dan Bash, OTR/L, CHT
Sue Blackmore, MS, OTR/L, CHT
Stacey Doyon, OTR/L, CHT
Lynnlee Fullenwider, OTR/L, CHT
Stacy Hite, PT, DPT, MS, CHT
Keri Landrieu, LOTR, CHT
Tim Mullen PhD, OTR/L, CHT
Greg Pitts MS, OTR/L, CHT

Gary Solomon, MS, OTR/L, CHT
Patricia Taylor, MBA, PT, CHT
Lauren Valdata, PT, CHT
Karol Young, OTD, OTR/L, CHT
Physician Member: Roy Meals, MD
Public Member: Jan Newsom, JD

HTCC STAFF

Martin Walsh OTR/L, CHT, Executive Director
Lisa Kahn, Administrative Manager

DID YOU KNOW?

HTCC has published position papers on **wound care** and the use of **orthotics** in hand therapy.



The Academy of Hand & Upper Extremity Physical Therapy

Scott Stevenson, PT, DPT, CHT, President

The Academy of Hand & Upper Extremity Physical Therapy (the Academy) is one of 18 specialty components within the American Physical Therapy Association (APTA). Members of the Academy are PT, PTA, and student members of the APTA. The Academy's membership has grown by over 400 new members to more than 2,200 members. The leadership team is composed of both clinician and academian physical therapy professionals. While most of our board of directors are Certified Hand Therapists, other leadership team members are not. All of us have committed to advancing the specialty of hand therapy by advocating for interprofessional practice and scholarship. Anyone interested in learning more about APTA Hand & Upper Extremity should visit handpt.org.

The Academy sponsors educational programming and research presentations during the annual APTA Combined Sections Meeting (CSM) that will be held February 15-17, 2024, in Boston, MA. The Academy is sponsoring 20 hours of continuing education related to hand and upper extremity rehabilitation. More information will be posted on our website as CSM approaches. Additional information can be found on the CSM website.

The Academy has continued webinar offerings in Fall 2022 and Spring 2023 on a variety of clinical topics relevant to current practice. We have three webinars planned for Fall 2023. This provides a great way for physical therapy professionals to earn CEUs in hand and

upper extremity rehabilitation that meet requirements for both CHT recertification and state PT licensure. The webinars are open to non-members including OTs. For more information, please visit handpt.org or contact info@handpt.org.

The Academy continues to work on clinical practice guidelines (CPGs) that meet the Institute of Medicine (IOM) standards including open access to all interested practitioners. To date, three CPG projects have been completed in collaboration with the Academy of Orthopedic Physical Therapy, a specialty component of APTA, and one CPG project has been sponsored by the APTA. Our CPG on non-operative management of carpal tunnel syndrome was published in 2019, and Mia Erickson, PT, EdD, CHT is leading the update revision team. A CPG on non-operative management of lateral elbow tendinopathy was published in December 2022 in the *Journal of Orthopedic and Sports Physical Therapy*. Ann Lucado, PT, PhD, CHT has served as the lead for this CPG. A third CPG project on the management of distal radius fractures is currently in manuscript development. The leads for this project are Saurabh Mehta, PT, PhD and Christos Karagiannopoulos, PT, PhD, CHT. Ann Lucado also served as Academy representative on the multi-disciplinary CPG "Physical Therapist Management of Glenohumeral Joint Osteoarthritis: A Clinical Practice Guideline from the American Physical Therapy Association," published in the June 2023 *Physical Therapy & Rehabilitation Journal*.

Members of the APTA guideline development group included physical therapists, an occupational therapist and a physician.

The Practice Affairs Coordinator, led by Marsha Lawrence, PT, DPT, CHT, continues to work on expanded access for therapy services including telehealth, therapy work force diversity, CMS reimbursement issues with upper extremity orthoses and Medicare payment reductions. Marsha works collaboratively with the APTA and ASHT in her efforts. I personally thank Marsha, and the Academy as a whole greatly appreciates her dedication to advocacy to the professional and our patients.

This is my first year of a three-year term as president of the Academy. I am fortunate to have many colleagues that serve the Academy and our professions alongside of me. Much like our past president Jane Fedorczyk, PT, PhD, CHT, has done in the past, I encourage every ASHT member to join their parent organization, AOTA or APTA, depending on their professional identity in occupational or physical therapy. AOTA and APTA work collaboratively to protect and expand our ability to practice in all clinical settings including hand and upper extremity rehabilitation. Please feel free to reach out to leaders from ASHT, APTA or AOTA for more information about the benefits of belonging to both ASHT and your parent organization.



International Federation of Societies for Hand Therapy

Peggy Boineau, OTR, BCPR, CHT
President 2022-2025

The International Federation of Societies for Hand Therapy (IFSHT) has 57 members representing over 11,000 therapists worldwide. Through ASHT's membership in IFSHT, ASHT's members are a part of IFSHT.

2022-2025 EXECUTIVE COMMITTEE

- President, Peggy Boineau (United States)
- President-Elect, Stacey Doyon (United States)
- Secretary-General, Marie Eason Klatt (Canada)
- Treasurer, Elizabeth Ward (Australia)
- Information Officer, Susan de Klerk (South Africa)
- Past President, Nicola Goldsmith (United Kingdom)

The Executive Committee meets virtually every four to six weeks and meets in person twice during the triennial term.

DELEGATE'S COUNCIL

- Meetings every three years in person, with option for virtual attendance, at the Triennial Congress
- Interim meeting: Virtual meeting will be held November 4, 2023 at 7:00 AM EST via Zoom

MENTORING PROGRAM

- This program was initiated in 2021 and many of the mentor and mentee members are regularly in touch with each other in order for mentees in countries with emerging hand therapy presence to grow their hand therapy infrastructure.
- ASHT, as mentor to Ghana and Bahrain, is an active participant in this program.

PROFESSIONAL MANAGEMENT OF SOCIAL MEDIA CAMPAIGN

- Leading up to the 2025 Triennial Congress, Blank Page Consulting (South Africa) will arrange posts to generate interest about the Congress.
- Our current social media platforms are Facebook and Instagram.

COMMERCIAL SPONSORSHIP PROGRAM

- IFSHT recently launched a new sponsorship program in which we welcome sponsorship from commercial organizations who market equipment, supplies, services and virtual products to hand therapists on an international basis.
- We offer four different sponsorship levels and an opportunity to support the Silent Auction at the Triennial Congress.



2025 CONGRESS

- Plans are underway for the 2025 IFSSH and IFSHT Triennial Congress in Washington, DC., March 24-28, 2025, hosted by American Society for Surgery of the Hand, American Association for Hand Surgeons and American Society of Hand Therapists.
- Aviva Wolff is the ASHT representative to the Congress Organizing Committee and is the ASHT appointed Co-Chair of the Scientific Program Committee.
- Yafa Levanon from Israel is the IFSHT-appointed Co-Chair to the Scientific Program Committee.
- Aviva and Yafa have formed a Scientific Committee with strong international representation.

2028 CONGRESS

- Delegates at the IFSSH / IFSHT Congress in London (2022) selected Singapore to host the 2028 Congress.

IFSHT MEMBERSHIP

38 Full, seven Associate, and 12 Corresponding members

AWARDS AND GRANTS

- In 2024, IFSHT will be seeking nominations for the Lifetime Achievement Award and the Cristina Alegri Award for Innovation. The Awards will be presented at the 2025 Congress.
- Congress-related grants include the IFSHT Evelyn Mackin Congress Grant and the IFSHT/IFSSH Triennial Congress Grant.
- IFSHT also offers the IFSHT/IFSSH International Teaching Grant.

Grant information can be found on the 2025 Congress [website](#)

PUBLICATIONS

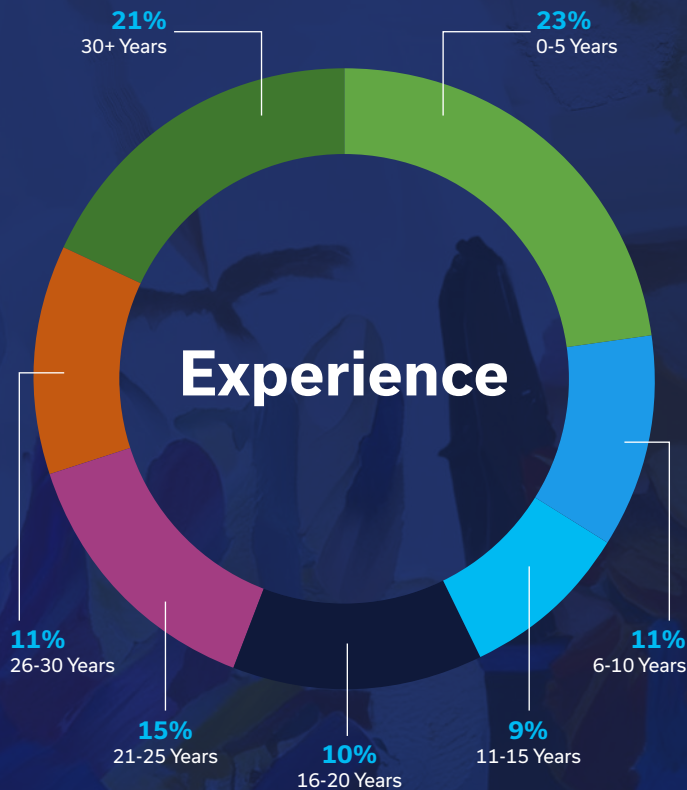
R.E.A.C.H. Newsletter to be published three times in 2023. Committee always seeks contributions to the newsletter.

IFSSH Ezine online publication which always welcomes a hand therapy article organized by the IFSHT publications committee. Volunteer submissions are welcome.

WEBSITE

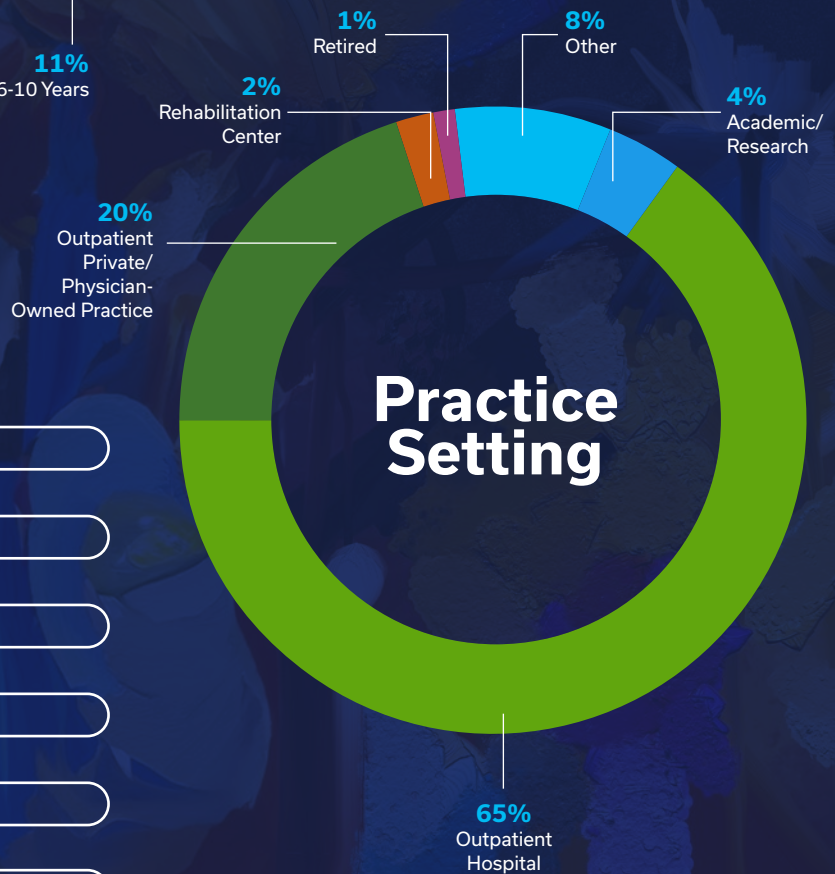
- IFSHT's [website](#) continues to provide a wealth of hand therapy information for therapists around the world.

ASHT Membership By the Numbers



Years of Hand and Upper Extremity Therapy Experience

Nearly one third (32 percent) of ASHT members have practiced hand and upper extremity therapy for 26 years or more. One quarter (25 percent) members have been in practice between 16 and 25 years, while 1 in 5 (20 percent) members have 6 to 15 years of practice experience. Nearly one quarter members (23 percent) have practiced five years or fewer.



Total ASHT Membership



Incoming President's Message

Aviva Wolff, EdD, OT, CHT



Dear ASHT Members,

As we kick off another great year, I'd like to thank Kendyl Brock Hunter for her leadership and enthusiasm in her role at the helm over the past year. It is humbling to follow in the footsteps of our many great hand therapy founders and leaders, role models and mentors to all of us. I thank you for trusting us, your board, in the important task of representing and advocating for our professional needs. We take this responsibility seriously and intend to continue to earn your trust and support as we work on the mission, vision and needs of our members and organization.

Over the years, our society has nurtured a vibrant community of hand therapists who are not just healers but also relentless seekers of knowledge. Over the next year, we want to build upon this foundation and introduce a theme that will guide our endeavors during my term as president – “Knowledge Philanthropy.”

Knowledge philanthropy, a term coined by a strategic thinker (Omar Ladak) embodies the spirit of giving, not through material resources, but through the gift of wisdom, experience and expertise. It is about recognizing the immense value of learning from one another and the transformative power of sharing that knowledge with our peers, mentees, students,

colleagues and, above all, our patients. The exchange of knowledge between people of all social and ethnic backgrounds, skill level, age and gender is what contributes to our growth as clinicians and humans.

As hand therapists, we encounter a diverse array of cases and challenges that enrich our understanding of the function of the human hand and the intricacies of rehabilitation. Our patients entrust us with their well-being, and in return, they become our most profound teachers. Each patient encounter is an opportunity to learn, to expand our horizons and to gather the experiences that will shape our practice.

Our students and mentees represent the future of hand therapy. By sharing our experiences, our successes and most importantly our struggles, we enable them to walk the path of excellence, equipped with the collective wisdom of our society.

Remember the mentors who guided you with their patient tutelage and unwavering support? They are our role models continuously guiding us. Let us honor their legacy by paying it forward and becoming mentors ourselves, nurturing the next generation of hand therapy leaders.

But knowledge philanthropy doesn't end within the walls of our clinics or classrooms. Our colleagues and peers

from within and between disciplines are an invaluable source of inspiration, motivation and camaraderie. **Together, we form a community where the exchange of ideas and experiences ignites creativity, fuels innovation and raises the bar of hand therapy care.**

As we embark on this journey together, let us not forget the essence of knowledge philanthropy – sharing our wisdom with our patients. It is through patient education that we empower our patients to actively participate in their own healing process, turning them into partners in their recovery journey.

So, my fellow hand therapists, let us unite under the banner of knowledge philanthropy. Together, we will create a legacy of excellence, compassion and progress. I am excited to collaborate with each one of you, to learn from you, and to contribute to our collective growth.

Please take a moment over the next year to introduce yourself. I look forward to meeting each and every one of you. Thank you for placing your trust in me. Let us embrace the power of knowledge philanthropy and make a lasting impact on hand and upper extremity therapy, one hand at a time.

With gratitude and enthusiasm,

Aviva

Supporter Acknowledgement

ASHT gratefully acknowledges the individuals and organizations whose 2022-2023* contributions further the mission of our organization and the work of the hand and upper extremity therapy profession. Without you, our work would not be possible.

*September 7, 2022 – August 17, 2023

LEADER LEVEL

Kimberly G. Kraft, PT, DPT, CHT
Kimberly A. Masker, OTD, OTR/L, CHT
Donald Greg Pitts, OTD, MS, OTR/L, CHT
Gary S. Solomon, MBA, MS, OTR/L, CHT

SUPPORTER LEVEL

Dorit Haenosh Aaron, MA, OTR, CHT, FAOTA
Kendyl Brock Hunter, OTR/L, CHT
Florence K. Brown, OTR, CHT, PhD
Amy Diane Caplan, OTR/L, CHT
Bryan J. Carlson, MBA, MS, OTR/L, CHT
Jaymie C. Clack, MA, OTR, CHT
Monina G Copuaco, OTR, CHT
Kerry A. Demers, OTR/L, CHT
Betsy Harms, OTR, CHT, CLT
Saralane Harrer, MBA, OTR/L, CHT
Maureen Hatch Harrington, OTR/L, CHT
Kaitlyn R. Hersey, OTR/L, CHT
Annmarie Huber, OTR/L, CHT, CLT
Christa I. Huddleston, MS, OTR/L, CHT, LMP
Nancy E. Inagaki, OTR/L, CHT
Caryl D. Johnson, OTR, CHT Retired
Elizabethann T. Krutz, MS, OTR/L, CHT
Sarah C. Leppert, OTR/L, CHT
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