

Tara Packham, OTReg(Ont), PhD

Tara Packham is an occupational therapist with over 25 years experience in hand and upper limb rehabilitation in Hamilton, Ontario Canada. She completed her PhD focused on complex regional pain syndrome under the mentorship of Dr. Joy MacDermid at McMaster University, and is currently a postdoctoral fellow studying post-surgical pain at the DeGroote Institute for Pain Research and Care.

Tara has over 20 peer-reviewed publications and has written chapters for ASHT's *Clinical Assessment Recommendations* and the upcoming 8th edition of *Rehabilitation of the Hand*. Recently, Tara served as guest editor for the *Journal of Hand Therapy's* 2018 special issue on Pain. She has given over 60 presentations and workshops at national and international conferences on topics related to pain and upper limb rehabilitation.