



# IN HAND

CANADIAN SOCIETY OF  
HAND THERAPISTS  
SOCIÉTÉ CANADIENNE DES  
THÉRAPEUTES DE LA MAIN

## Presidential Ponderings

## Winter 2011

### President's Message March 2011

This is likely my last newsletter message as President of the Canadian Society of Hand Therapists. It has been a pleasure serving you for the last 3 years. I have had the opportunity to meet with therapists from across the country and around the world. Our drive to advance our profession is similar regardless of where we are from.

Volunteers are the backbone of our society, without our volunteers past and present we would not have a society. Looking back I am proud of the gains that have been made over a relatively short period of time. Each executive has continued to build on the accomplishments of the previous executive.

I would like to thank my executive for all their hard work: Michelle Street, Vice President; Cindy Holmes Treasurer; Kendra MacKinnon, Secretary; Sharon Kingston, Newsletter Editor; Sheryl Singer, Newsletter Editor; and Wendy Tilley IFSHT Representative.

I would also like to thank our conference chairs and committees past and present: Marianne Williams and Shrikant Chinchalkar, Toronto 2009; Barbara Shankland and Nathalie Brisebois Montreal 2010; and Trevor Fraser, Vancouver 2011.

A call for nominations will be going out shortly for your next CSHT executive. Please give serious consideration to nominating your colleague or yourself. The continued growth of our society depends on you.

Carol Zimmerman

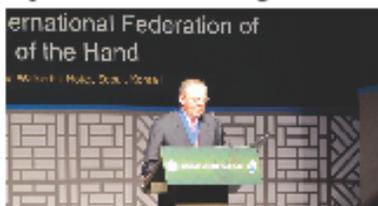
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## MISSION STATEMENT

We are a group of Occupational Therapists and Physical Therapists with a special interest in rehabilitation of the hand. We are dedicated to the enhancement of hand therapy within Canada through the promotion of quality care, education and information sharing.

**11th TRIENNIAL IFSSH CONGRESS**

**Oct 31- Nov 4, 2010; Seoul, Korea**  
Dr. Lynne Feehan (PhD), current President of IFSHT (2010-2013) recently attended the 11th Triennial congress of IFSSH in Seoul, Republic of Korea. The congress had over



Outgoing IFSSH president;  
Dr. James Urbaniak

1300 participants from 60 countries, with approximately 900 free papers, 300 posters, 60 symposia and 12 plenary sessions. In his presidential address, Dr. James R. Urbaniak (USA), 2007-2010 IFSSH President, explored the challenging clinical decisions around thumb reconstructive surgery. The IFSSH council approved Argentina's bid to host a joint IFSSH / IFSHT meeting in 2016.

**KOREAN SOCIETY FOR HAND THERAPY: HAND THERAPY SYMPOSIUM**

**Oct 30, 2010; Seoul, Korea**  
While in Korea, Dr. Feehan also attended a one-day symposium hosted by the Korean Society for Hand Therapy (KSHT) and was welcomed by the current president of KSHT, Tae Hyun Cha, and the IFSHT delegate, Mary Pesco, who has been an enthusiastic supporter

of hand therapy in Korea for many years. The session was attended by over 100 therapists and featured a series of lectures related to hand therapy. Dr. Feehan presented an overview of international hand therapy practice entitled *What is Hand Therapy?* and led a splinting workshop attended by 30 therapists.



IFSHT president, Lynne Feehan, (center) with members of the Korean Society for Hand Therapy

**GLOBAL HAND THERAPY**

**JWim Brandsma RPT, PhD**

It all started with Paul Brand. Through reading about Dr. Brand I got increasingly involved in leprosy rehabilitation and had the privilege of being associated with him from 1983 to 1986 at the leprosy hospital in the USA.

Since 1973 I have lived and worked in 7 different countries and have visited many more countries as a consultant. Recently I spent a week in Indonesia facilitating a course on the hand as it can be affected by leprosy neuropathy. Currently my leprosy involvement is from Holland, managing a randomized clinical trial research project that will take place in 5 different leprosy endemic countries:

Bangladesh, India, Nepal, Indonesia and Brazil. The project will examine to what extent neuropathy can be treated and nerve function impairment can be prevented in subclinical and clinical leprosy neuropathy. Thank you to IFSHT for the donation of 2 Jamar dynamometers to support this research. Early

next year, for the 14th consecutive year, I will facilitate a course in Nepal for the Asia region. When not traveling, I work in the largest hand therapy clinic in Holland with clients, research, protocol development, and training.



Wim Brandsma teaching about leprosy neuropathy in Ethiopia

**CALENDAR OF EVENTS**

Note: Listing of upcoming courses sponsored by member countries does not indicate IFSHT endorsement.

DATE	EVENT	LOCATION	CONTACT
Mar 24-25, 2011	Annual Meeting	Gothenburg, Sweden	www.sfh.nu
April 29-30, 2011	CSHT Annual Meeting (with surgeons)	Vancouver, Canada	www.csh.t.org
May 13, 2011	Annual Meeting (with surgeons)	Odense, Denmark	www.etf.dk/haandterapi
May 14, 2011	NGHT Spring Meeting	The Netherlands	www.handtherapie.com
May 26-28, 2011	EFSSH Eurohand2011	Oslo, Norway	www.eurohand2011.com
Sep 22-25, 2011	ASHT Annual Meeting	Nashville, Tennessee USA	www.asht.org
Oct 5-7, 2011	Congreso Argentino & Sudamericano de Terapistas de la Mano (with surgeons)	Puerto Madero, Argentina	organizacion@mariagraziani.com

9<sup>TH</sup> TRIENNIAL IFSHT CONGRESS • NEW DELHI, INDIA • MARCH 4-8, 2013 • WWW.IFSSH-IFSHT2013.COM



## 'First National Hand Therapy Conference 2010, Mumbai

Society For Hand Therapy, India

3-5 Dec 2010, Mumbai

### Report of First National Hand Therapy Conference 2010, Mumbai

First National Hand Therapy Conference organised by Society for Hand Therapy was held at Hotel Karl Residency, Andheri, Mumbai from 3<sup>rd</sup> to 5<sup>th</sup> December, 2010. Delegates from different part of India and other countries who have interest in Hand Therapy attended the conference.

'Hand Therapy' as the art and science of rehabilitation of the upper limb, which includes the hand, wrist, elbow and shoulder girdle. Hand Therapy has become a specialization for occupational therapists (OT) and physiotherapists (PT) across the world in theory and practice, combining a comprehensive knowledge of the anatomy, pathology, physiology, biomechanics and function of the upper extremity and conceptual issues involved in rehabilitation.

Participants and presenters were from different fields like Certified Hand Therapists, Occupational Therapists, Physical Therapists, Shoulder Surgeon, Biomedical Engineers, Hand Surgeon, Orthotics, Radiologists, Epidemiologists. Conference agenda was very extensive for which eight hours per day were also not enough.

On the first day the conference was inaugurated by Prof. Kavita Mulgaonkar, Former Head of Department of Occupational Therapy, Topiwala Nair Medical College, Mumbai who is senior in the field of Hand Rehabilitation, First member of Society for Hand Therapy, India which was formed on 14<sup>th</sup> January, 2010 at Thane and registered later with the charitable commissioner office at Mumbai in September 2009. While addressing the delegates she emphasized the need of having university level post graduate course in Hand Therapy to develop this specialization. In University of Mumbai this kind of specialization was present but at the Maharashtra University of Health Sciences such specialization is not available. While welcoming the delegates for the conference, President of the Society for Hand Therapy, India, Hemant Nandgaonkar from GS Medical College, Mumbai mentioned that though field of Hand Therapy originated here in India, very little intellectual property is developed in India after it. In 1960s, Dr. Paul Brand who was renowned hand surgeon and dedicated his life for the rehabilitation of the hand in leprosy was the pioneer in the field of hand therapy. In developed countries it is recognised superspeciality in USA, UK and many countries. But in India, it is not recognised as superspeciality. This is reason president urged the delegates to establish the intellectual property. Activity Book of the Society for Hand Therapy, India, membership card and awareness poster was released on the occasion.

Certified Hand Therapist from USA Manisha Sharma presented a device to treat finger fractures (photo attached). Shovan Saha, Head of Occupational Therapy School, Manipal, Karnataka presented the recent advances in splinting. Shoulder Surgeon from Pune, Dr. Aashish Babhulkar presented a new concept in hand rehabilitation " **Proximal Inadequacy leading to distal decompensation**" on 4<sup>th</sup> December. Professor and Head of PSM department, Dr. R. R. Shinde spoke on epidemiological insights and guided the delegates on different research methodology on 4<sup>th</sup> december. Dr. Bipin Shah, radiologists spoke on Radiology of Shoulder and senior Hand Surgeon Dr. Aditya Koushik from Nanvati Hospital, Mumbai spoke on tendon injuries of the hand. Snehal Desai from KEM Hospital addressed the audience on rehabilitation of the tendon injuries of the hand. Hemant Nandgaonkar from KEM Hospital, Mumbai presented on dexterity testing and intellectual property of hand therapy in India. Rebecka Mortha from Tata Memorial hospital, Mumbai gave tips for controlling lymphedema in case with breast cancer. Ganesh Pande from Pune Sasoon Hospital.

Dear CSHT member

Our 3 year term as executive for the Canadian Society of Hand Therapists is soon to come to a close. We would like to have a new executive to confirm at the AGM April 29. Serving on the executive has provided us with the opportunity to learn more about our organization; to meet, work with, and serve our members; to contribute to our organization; and to ensure the continued health and prosperity of our organization.

We would like you to consider letting your name stand for nomination for the 2011 to 2014 executive. I have attached brief descriptions of each of the executive positions for your review. Should you have any questions I would be happy to answer them.

If you are interested in standing for nomination, please complete the attached nomination form and email it to me at [czimmerman@hsc.mb.ca](mailto:czimmerman@hsc.mb.ca) or fax it to me at (204)787-1101

Yours truly,

Carol Zimmerman

We have at our London, Ontario clinic an older black, likely 1995 model#WS20 which has circuit board problems. After many unsuccessful attempts with BTE in the US at getting repair advice or help, I would like to hear from therapists who have had success with their older BTE problems. I've been told there are no specs on the old circuit boards so my biomed pals are having difficulties with repairs. Even if someone has the consul section which we can use to replace ours, please contact me at [gbarr@dmarehab.com](mailto:gbarr@dmarehab.com) many thanks. Gillian Barr OT,CHT.

## **SaeboFlex® - An Innovative Tool to Improve Arm/Hand Function Following Stroke**

In neurological rehabilitation, many different techniques have been developed to improve arm and hand function for the acquired brain injury population. The lack of functional movement and strength in the arms interferes with clients' independence and affects their ability to perform simple tasks such as holding a cup, a brush and other objects related to basic activities of daily living <sup>(5)</sup>. Consequently, it can have a significant and long-term impact on an individual's quality of life and satisfaction.

A recently developed innovative technique involves the use of an orthotic device called **SaeboFlex**, used in conjunction with an upper extremity training program. The **SaeboFlex** is a dynamic orthotic that places the hand in a position of functional/biomechanical advantage, thus allowing subjects to work actively into flexion and then passively, through the use of the springs, to return their hand towards a position of extension <sup>(3)</sup>. The device has several springs of differing tensions, permitting the client to work on increasing strength for grip flexion or digit extension, depending upon the goal of the exercise chosen, level of recovery, and muscle strength of the client.

The **SaeboFlex** provides the opportunity for the client to practice grasp and release oriented tasks and therefore improves the active use of their limb. With decreased mental and physical effort required to position the hand for functional grasp, previous studies have noted significant improvement in shoulder and elbow strength and range of motion, with even short-term intervention <sup>(1)(2)</sup>.

Recently, the Association for the Rehabilitation of the Brain Injured (ARBI), a pioneer in providing long-term rehabilitation for individuals with acquired brain injury in Calgary, started a pilot project to explore the use of **SaeboFlex** as an innovative tool in neuro rehabilitation. The target population was the large number of chronic stroke clients who continue, often years post-stroke, to improve functional use of their affected upper extremity. Research has shown that the most rapid rehabilitation gains occur in the first year post stroke <sup>(1)(2)</sup>. Our pilot study aims to examine the improvement in upper limb motor control over a longer period of time, to reflect the smaller gains that we expect in our chronic (greater than 3 years) post-stroke population.

The preliminary results of this project gathered data on the functional gains made by three subjects using the **SaeboFlex** orthosis, over a 12 week period. All participants used the **SaeboFlex** 4 times per /week for one hour training for the trial period. An Occupational Therapist with extensive training in **SaeboFlex** directed the exercise sessions at ARBI. Trained staff and volunteers provided support and assistance to the clients.

The outcome measures used were: range of motion (ROM), Modified Ashworth Scale (MAS), Grip Strength, Action Research Arm Test, Chedoke McMaster Impairment Inventory – Arm/Hand components and the Canadian Occupational Performance Measure (COPM).

All participants improved up to 20 degrees in shoulder flexion and abduction and experienced a decrease in muscle tone. In addition, participants improved on the motor recovery and ARAT test, demonstrating better coordination, dexterity and functionality.

From the clients' perspective and based on the COPM, they all achieved 80% of their personal goals during the Pilot Project and started to use their arm/hand in different activities of daily living.

ARBI continues with the project, adding more participants to the **SaeboFlex** group. Future data will be added at the completion of the project. This project is funded by a generous donation from TransAlta. Sherry Dobler, a Saebo trained occupational therapist also collaborated on this pilot project.

For more information about **SaeboFlex** and other Saebo products, please visit [www.saebo.com](http://www.saebo.com).

ARBI will be hosting a Saebo® course on November 06-07/2010 in Calgary. For more information, contact ARBI at 403-242-7116.

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ARBI Research Leader

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## **REGIONAL REPRESENTATIVES**

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## **WEBSITE**

If any of the regional hand interest groups have websites and you would like them linked to the CSHT website please contact Carol McCarthy via our website at [www.csht.org](http://www.csht.org) to convey your information and soon we will have them added.

## **SITE INTERNET**

Si les groupes régionaux de la main possèdent un site Internet et désire afficher le lien sur le site Internet CSHT, veuillez SVP contacter Carol McCarthy via notre site web [www.csht.org](http://www.csht.org) afin de transmettre vos informations, et ils seront insérés peu après.



**Website:**  
**[www.csht.org](http://www.csht.org)**