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# 2023

# ANNUAL REPORT

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## ***MISSION***

*The American Hand Therapy Foundation's mission is to improve patient outcomes by promoting evidence-based practice through funding clinical and scientific research and education.*

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## 2023 Chairman's Report

James W. King, OTR, PhD, CHT

The American Hand Therapy Foundation is currently funding eleven 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 made a financial donation to the Foundation this year. We are only able to continue this magnificent work with your help.

I would like to take this opportunity to recognize the 2023 AHTF 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 Past-Chair, Greg Pitts, OTD, OTR, CHT and our AHTF Executive Director, Anna Shnyder.

AHTF continued support of the ASHT annual meeting with a \$10,000 sponsorship of the Annual Scientific Session at the 2023 meeting in San Antonio – 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. This initiative began at the ASHT Annual Meeting in Washington, DC in 2022. AHTF recognizes ASHT's on-going and unwavering support of the Foundation. AHTF and ASHT continue to work closely together to support each other and both organizations' goals.

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. <https://www.ahtf.org/grants/>. We congratulate our 2023 grant recipients listed below.

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, Inc. generously underwrites 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, Inc.

AHTF continues to support research that helps you and our profession. See for yourself, by searching the link below, the amazing impact that the Foundation has had on the way YOU practice (<https://www.ahtf.org/resources/#publications>).

A donation to AHTF is a wonderful place to make an investment to honor or memorialize a colleague or family member. ASHT has benefitted greatly from its first major endowment (<https://www.ahtf.org/doris-ann-slack-fund/>) 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 (<https://www.ahtf.org/donations/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 (<https://www.ahtf.org/about/ahtf-mission-history/>), AHTF has provided thousands of dollars in funding for over 100 projects. These projects have changed our profession 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 and taken part by donating to fund AHTF grants and who volunteer their time to support the Foundation's mission and our collective professional future.

## 2023 BOARD OF DIRECTORS



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



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MBA, MS, OTR/L, CHT  
Vice-Chair



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OTR, CHT  
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**Marsha Lawrence**  
PT, DPT, CHT  
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**Alexandra Mackenzie**  
OTR/L, CHT  
Board Member



**Barbara Winthrop**  
OTR, MA, CHT, FAOTA  
Board Member



# 2023 GRANT RECIPIENTS

American Hand Therapy Foundation proudly announces the following Research Grants, Educational Awards and Scholarships awarded in 2023:

## CONGRATULATIONS



EMILY S. HO, PHD, MED, OTREG(ONT)  
LEXI DAVIDSON, BSC, MSC(C)  
CHRISTINE NOVAK, PHD, PT  
SAMANTHA ANTHONY, PHD

FOR RECEIVING THE BURKHALTER NEW  
INVESTIGATOR GRANT SUPPORTED BY DORIS  
SLACK RESEARCH INNOVATION FUND



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## CONGRATULATIONS



FOR RECEIVING THE JUDY BELL-KROTOSKI  
"GRAB THE EVIDENCE" GRANT

The impact of Early ADL  
participation on  
Functional Outcomes  
Post Distal Radius  
Fracture.



SARAH DOERRER, PHD,  
OTR/L, CHT, CLT



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## CONGRATULATIONS



FOR WINNING THE AHTF EDUCATION  
SCHOLARSHIP HONORING PAUL VAN LEDE  
UNDERWRITTEN BY ORFIT INDUSTRIES

MAYA N. BELL, M.ED., OTD, OTR/L  
LIEUTENANT COMMANDER, US NAVY  
DOCTOR OF OCCUPATIONAL THERAPY



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# 2023 GRANT RECIPIENTS

## CONGRATULATIONS



### FOR RECEIVING THE JANET ALBRECHT SCHOLARSHIP

This award provides funding for professional development to support a therapist in pursuing a certification in hand therapy.



REBECCA ZORN, OTR



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## CONGRATULATIONS



### FOR RECEIVING THE EVELYN MACKIN TRAVEL GRANT

“Equipping Ukrainian  
Hand Therapists in  
Upper Extremity and  
Hand Rehabilitation”



NATHAN SHORT, PHD,  
OTR/L, CHT, FAOTA



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To learn more about  
the AHTF Research Grants  
available for 2024, please visit  
<https://www.ahtf.org/grants/>  
and for specific questions contact the  
Grants Division Director,  
April Cowan, OTR, OTD, CHT  
at [grants@ahtf.org](mailto:grants@ahtf.org)



# AHTF FUNDED PROJECTS IN PROGRESS!



Investigators	Project Title	Award
Neha Dewan	Home Safety Leading to Bone Safety: Validation and Feasibility Testing for Using GoPro Video-technology to Assess Home Fall Risk in Women Following Distal Radius Fracture	ASHT Founders' Grant - 2016
Nicholas Heebner, Tim Uhl, Jenny Dorich, & Nicole Cascia	Biomechanical validation of push-up and pull-up progression program	ASHT Founders' Grant - 2018
Emily S. Ho, Kristin Davidge, Sevan Hopyan, Andrew Price, & Howard Clarke	Musculoskeletal Characteristics of Elbow Flexion Contractures in Infants and Children with Brachial Plexus Injury	Burkhalter New Investigator Grant – 2020
Emily S. Ho, PhD, Med, OTR/Reg(Ont), Lexi Davidson, BSc, MSc(c); Christine Novak, PhD, PT; & Samantha Anthony, PhD	Shouldering the Burdens of Adulthood: An Exploratory Study on the Predictors of Lifelong Participation in Adults with Upper Limb Conditions	Burkhalter New Investigator Grant – 2023
Corey McGee & Ann Van Heest	Graded Motor Imagery for Women at Risk for Developing Type I CRPS following Closed Treatment of Distal Radius Fractures: A Pilot Randomized Comparative Effectiveness Trial	Judy-Bell Krotoski "Grab the Evidence" Grant – 2016
Sandy C. Takata & Shawn Roll	Informing a Precision Medicine Approach to Post-Surgical Flexor Tendon Rehabilitation Using Sonography	Judy-Bell Krotoski "Grab the Evidence" Grant – 2019
Tara Packham	Reliability and Validity of Somatosensory Measurement Techniques: A Proof-of-Principle Measurement Study of Novel Tools to Evaluate Altered Sensation	Judy-Bell Krotoski "Grab the Evidence" Grant – 2022
Sarah Doerrer, PhD, OTR/L, CHT, CLT, Stephanie Katz, OTR, MOT, CHT, & Moghtaderi, MD	The Impact of Early ADL participation on Functional Outcomes Post Distal Radius Fracture	Judy-Bell Krotoski "Grab the Evidence" Grant – 2023
Aviva Wolff, Alfred Gellhorn, Brett Toresdahl, Ellen Casey, & Daphne Ling	Effects of an Education and Prevention Program on Reducing Upper Extremity Injury in Musicians	ASHT Founders' Grant – 2019
Jenny Dorich, Roger Cornwall, Allison Allgier, Jennifer Marks, & Richard Ittenbach	Evaluation of Patient and Family Treatment Goals for Children with Brachial Plexus Birth Injury	Joint AFSH & AHTF Collaborative Research Grant - 2022

# FOUNDATION EVENTS

AHTF held several successful fundraising events on 2023 and we would like to thank all of our incredible sponsors and participants! For further information please visit <https://www.ahtf.org/events/>

Thank you to all the event sponsors!





# AHTF Virtual 5K Run / Walk

## Sponsors:

**Academic Circle:** The American Society of Hand Therapists  
Naked Prosthetics

**Mentor Circle:** The American Association for Hand Surgery  
Chicago Metro Hand Study Group;  
Georgia Hand and Upper Extremity Special Interest Group;  
Hand Therapy Academy

**Explorer Circle:** Indiana Hand to Shoulder Center;  
Joint Jack Company;  
Association Headquarters;  
Bracelab;  
Hand Rehabilitation Foundation



**Thank you to Terri Wolfe, OTR/L, CHT and John Lubahn, MD for being our Honorary Chairs for this successful event!**





# AHTF Virtual 5K Run / Walk





# AHTF Happy Hour With a Scholar Event Sponsors:

**Underwriting Event Sponsor:** North Coast Medical, Inc

**Scholar Circle:** Dorit Aaron; Barbara Winthrop; Hand Therapy Association of California  
**Research Circle:** American Association for Hand Surgery (AAHS); Commonwealth Hand & Physical Therapy, Lexington, Kentucky Greg Pitts, CEO; American Association for Surgery of the Hand (ASSH); Hospital for Special Surgery; Hand Therapy Society of Greater Los Angeles; Hand Therapy Certification Commission; Jim and Beverly King; Graham and Kelly Reeve; Kirk Gober

**Mentor Circle:** Virtual Hand to Shoulder Fellowship; Aviva Wolff

**Explorer Circle:** Advance Orthopedics and Sports Medicine; Hand Rehabilitation Foundation; Indiana Hand to Shoulder Center; Texas Society for Hand Therapy



**Dr. David Green, 2023 Honored Scholar**



# AHTF UPDATES

## COMMUNICATIONS:

- We publish monthly newsletters.
- We partner with local hand study organizations.
- We are working with hand therapy “influencers” to share our vision on their social media platforms.
- We expanded visibility in The Journal of Hand Therapy and continue to work closely with ASHT.
- We are reaching out to the hand therapy community and the occupational and physical therapy student associations.
- Welcome our new volunteer Emily Stevenson, and always grateful to Reinecka Mondesir and Tiffany Nguen for their time, contributions, and effort.



## FINANCE:

AHTF as an independent Foundation relies solely on its generous supporters for revenue. The Foundation continues to be fiscally responsible in controlling its operating costs, maximizing allocations for grants funding hand therapy research and educational scholarships. The AHTF list of individual donors <https://www.ahtf.org/donations/list-of-donors/> as well as our corporate and professional partners <https://www.ahtf.org/donations/corporate-partners/> are updated on a quarterly basis.

2023 income sources included generous monthly donors and individual donors, as well as support from upper extremity associations, organizations, corporate partnerships, and event underwriting. Projected 2023 income is approximately \$98,000.

2023 non-grant and scholarship-related expenses include fees for our part-time executive director, accounting services, website maintenance, state registration compliance with charitable giving regulations, legal services, and the fundraising events. Projected 2023 expenses are approximately \$65,000.

2023 restricted fund expenses included almost \$71,000 in Grants and Awards and underwriting of the 2023 ASHT Annual Meeting Scientific Session.



# 2024 BOARD OF DIRECTORS



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MBA, MS, OTR/L, CHT  
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**Kirk Gober**  
OTR, DOT, CHT  
Board Member



**Marsha Lawrence**  
PT, DPT, CHT  
Board Member



**Miguel A. Pirela-Cruz**  
M.D., F.A.C.S., F.A.A.O.S.  
Board Member



**Barbara Winthrop**  
OTR, MA, CHT, FAOTA  
Board Member

In 2024, we welcome three new members of the Board of Directors:

Miguel Pirela Cruz, MD  
Kirk Gober, OTR, DOT, CHT  
Rebecca Ehretsman PHD, OTR/L

Members leaving the Board of Directors are:

Jim King OTR, PhD, CHT

Linda Klein OTR, CHT

We thank Jim and Linda for their years of dedication and service as AHTF volunteers and leaders.