**#ASHT2024 “Flights”  
Instructional Concurrent Sessions: Topic-Related Groupings for Your Convenience!**

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| **Sports** | |
| Fri 1:30 PM | A Practical Approach to Treating the Triumphant Trio: Harnessing the Biomechanical Linkage of the Cervical, Thoracic Spine, and Scapulae to Maximize Upper Extremity Outcomes |
| Sat 7:45 AM | Who, What, and When to Dose: Exercise Prescription for Achieving Therapy and Fitness Goals |
| Sat 9:00 AM | Yes! You Can Accelerate Athletes for Safe Return to Sport: A Surgical and Rehabilitation Collaboration |
| Sun 9:15 AM | Hypermobility and High Demands: Upper Extremity Rehabilitation of The Hypermobile Female Athlete |
| Sun 10:30 AM | Preventing and Treating Common Rock Climber Upper Extremity Injuries: Promoting Safe Participation |

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| **Pediatrics** | |
| Fri 8:00 AM | Stronger Together: A Collaborative Approach to Intervention Planning for Patients with Upper Extremity Neuromotor Impairment |
| Fri 5:15 PM | Clinical Practice Posters: Spotlight I |
| Sat 7:45 AM | Pediatric Hands: More than Just Child’s Play |
| Sun 8:00 AM | Clinical Practice Posters: Spotlight II |
| Sun 9:15 AM | Medial Epicondyle Fractures in Kids: The Good, the Bad and Ugly |

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| **Psychology and Pain** | |
| Fri 9:15 AM | Multidisciplinary Perspectives of Mental Health Assessment and Intervention in Musculoskeletal Care |
| Sat 7:45 AM | Solution-Focused Counseling Techniques for Clients with Chronic Pain |
| Sun 8:00 AM | Treating the Whole Person: The Intersection of Psychology and Hand Therapy |
| Sun 9:15 AM | The Power of Pain Metaphor, Expression, and the Art of Clinical Care |

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| **Amputation and Prosthetics** | |
| Fri 9:15 AM | Building a Multidisciplinary Clinic for Upper Extremity Amputees: A Collaboration Between Surgery, Rehabilitation, Prosthetics, and Behavioral Health |
| Sun 10:30 AM | Upper Limb Partial Hand Prosthetic Rehabilitation |

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| **Nerve and Neurology** | |
| Fri 8:00 AM | Stronger Together: A Collaborative Approach to Intervention Planning for Patients with Upper Extremity Neuromotor Impairment |
| Fri 9:15 AM | Cross Your Fingers! Keys to Successful Nerve Transfer Surgery and Rehabilitation to Maximize Function in the Ulnar Intrinsic Muscles |
| Fri 5:15 PM | Clinical Practice Posters: Spotlight I |
| Sat 9:00 AM | Looking Upstream for Downstream Problems: Comprehensive Management of Distal Nerve Compressions |
| Sat 5:00 PM | Brachial Plexus Injuries: A Team Approach to Care |
| Peripheral Nerve Entrapments and the Role of Hand Therapy |
| Sun 8:00 AM | Non-Progressive Neurological Injury Affecting the Upper Extremity: Hope for Increasing Independence |
| Sun 10:30 AM | Sensational Treatment Planning: Optimizing Neuroplasticity Principles in Sensory Re-education |

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| **Mentorship** | |
| Fri 5:15 PM | Innovative Career Paths: Trailblazing Leaders Inspiring Hand and Upper Extremity Therapists |
| Clinical Practice Posters: Spotlight I |
| Sun 8:00 AM | Clinical Practice Posters: Spotlight II |
| Sun 10:30 AM | Mentorship: Advancing Novice Professionals into Exceptional Upper Extremity Therapists |

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| **Quintuple Aim** | |
| Fri 8:00 AM | The Science and Art of Measurement in Hand Therapy |
| Fri 1:30 PM | Toward High-Value Hand Therapy: On a Journey of Learning, Collaboration and Innovation |
| Fri 5:15 PM | Artificial Intelligence in Rehab: A Game-Changer or Threat for Hand Therapy Practice? |
| Sat 7:45 AM | Empowering Hands: A Journey into Launching Your Own Hand Therapy Private Practice |
| Sat 5:00 PM | What to Do When There Is No Protocol? Applying Evidence Based Practice to Solve Everyday Clinical Problems |
| Sun 9:15 AM | Addressing the Knowledge Gap: Using Inclusive Communication in Hand Therapy to Improve Client Outcomes |