

**2025 ASHT Annual Meeting
Instructional Concurrent Session Flights**

Amputation and Prosthetics

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| Friday 11:15 AM | Targeted Brain Rehabilitation: A Virtual Reality Training Program to Treat Phantom Limb Pain |
| Saturday 9:15 AM | Anchoring the Role of Hand Therapy into the Future of Upper Limb Prosthetics: An Exploration of the Considerations of Osseointegration |

Hypermobility/EDS

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| Thursday 2:15 PM | The Hypermobile Hand: Evidence-Based Evaluation and Treatment Solutions |
| Friday 5:15 PM | Early vs. Late Ehlers Danlos Syndrome Diagnosis: How It Shapes Your Management Journey |

Leadership/Career Development

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| Thursday 2:15 PM | Building a Stronger Profession: Promoting Racial Diversity and Clinician Resilience in Hand Therapy |
| Friday 5:15 PM | Embracing Imposter Syndrome: A Trail Guide to Finding Self-Compassion |
| Saturday 8:00 AM | Collaborative Leadership for Sustainable Growth in Hand Therapy |
| Saturday 3:45 PM | Increasing Entry-Level Upper Extremity Rehabilitation Competence for Students Seeking Employment in Outpatient Settings |
| Saturday 5:00 PM | Hand Therapy Fellowships: A Look Back Over 10 Years. What We Have Learned, What is the Current State, and How to Grow for the Future |

Nerve/Neurology

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| Thursday 2:15 PM | Promoting Awareness and Early Intervention for Pregnancy-Induced Carpal Tunnel Syndrome |
| Friday 5:15 PM | Advancing Professional Excellence in Traumatic Nerve Injury Rehabilitation: Comprehensive Treatment and Clinical Reasoning Strategies |
| Saturday 9:15 AM | The Spastic Arm: Assessment Across the Lifespan |

Orthotics

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| Thursday 1:00 PM | Bridging the Gap in Orthotic Inclusivity: Sustainable, Accessible, and Customizable 3D-Printed Finger Orthoses Compared to Traditional Methods |
| Friday 11:15 AM | Are We Using Orthotic Mobilization Principles Effectively? A Review of Currently Accepted Practices |
| Saturday 9:15 AM | Using Relative Motion Exercise Orthoses to Improve Hand Function and Manage Difficult Proximal Interphalangeal Joint Impairments |

Pain

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| Saturday 8:00 AM | Identifying Complex Pain in Upper Extremity Patients |
| Saturday 3:45 PM | Lifestyle Medicine Approaches for Chronic Pain and CRPS |
| Saturday 5:00 PM | Optimizing Self-Management for Chronic Hand Pain: Barriers, Facilitators, and Clinician Perspectives |

Pediatrics

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| Thursday 3:30 PM | Pediatric Flexor Tendon Repair and Rehabilitation: Kids' Hands Are Not Just Tiny Adult Hands |
| Friday 11:15 AM | Blazing the Trail Together: A Collaborative Evaluation Model for Pediatric Hand Surgery |
| Saturday 5:00 PM | Hand Therapist's Management of Wrist Injuries in Softball and Baseball Players |

Sports/Performing Arts

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| Thursday 1:00 PM | Going for Gold in the Golden Years: Safely Returning Older Adults to Sports and Fitness Following Upper Extremity Injuries |
| Friday 10:00 AM | A Musician-Centered Approach to Prevention and Rehabilitation of the UE Musculoskeletal Overuse Injuries in Instrumental Musicians |
| Saturday 5:00 PM | Hand Therapist's Management of Wrist Injuries in Softball and Baseball Players |

Tendon

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| Friday 10:00 AM | Flexor Tendon Rehabilitation: Understanding the Anatomy, Science, and Rationale for Post-Operative Protocols |
| Saturday 8:00 AM | Management of Extensor Tendon Injury Complications in Zone III Through Zone VII |

Trauma

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| Friday 10:00 AM | Bionic Reconstruction for the Painful, Non-functional Upper Extremity |
| Saturday 8:00 AM | Management of Upper Extremity Ballistic Injuries: A Surgeon and Hand Therapist's Perspective |

Wrist

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| Thursday 1:00 PM | Wrist Stabilization: Starting a Resistive Wrist Strengthening Program After Wrist Injury |
| Thursday 3:30 PM | Forging the Future of Ulnar Wrist Pain Management: Sustainable Practices for Lasting Relief |