

Flight Distributions for 2026 Concurrent Sessions:

Collaborating and Amplifying Our Voices Flight (2026 Annual Meeting Theme)

- A Holistic Approach to Hand Therapy for Ehlers-Danlos Syndrome and Hypermobility Spectrum Disorder (1) **Bridging**
- Before the Pain Begins: Addressing a Gap in Prenatal Care to Prevent De Quervain's Tenosynovitis (1) **Bridging**
- Beyond the Clinic: Everyday Advocacy To Empower Hand Care Access (1) **Bridging the Gap**
- Bridging Hand Therapy and Additive Manufacturing: Therapist-Led Innovation in Digital Orthotic Design (2) **Bridging, Advanced/Established**
- Bridging the Gap: Integrating Trauma-Informed Practice and Collaborative Resource Navigation in Upper Extremity Rehabilitation (2) **Bridging, Advanced/Established**
- Collaborate and Amplify: Elevating Hand Therapy's Community Presence (1) **Bridging**
- Development of a Scar Self-Management Guide for Gender-Affirming Surgery Patients: An Interdisciplinary Collaboration (2) **Bridging, Wellness**
- Ehlers Danlos Syndrome and the Upper Extremity: Bridging Surgical and Therapeutic Care (2) **Bridging, Advanced/Established**
- Hands at Work: Using Visual Art to Bridge Clinical Knowledge, Professional Identity, and Advocacy in Hand Therapy (1) **Bridging**
- More than a patient handout: Building health literacy in hand therapy (2) **Bridging, Wellness**
- Multimodal Approach to Brachial Plexus Injury Recovery (2) **Bridging, Nerve/Neurology**
- Pathways for Preservation: Implementing Academic Strategies to Ensure Flourishing of Hand Therapy For All (1) **Bridging**
- "Raising Our Voice: Practical Advocacy Strategies to Strengthen and Advance Our Profession" (1) **Bridging**
- Strengthening New Muscles: Moving from Patient Care to Teaching (1) **Bridging**
- Sustainability in Hand and Upper Extremity Therapy (1) **Bridging**
- The Upper Extremity Therapist's Role in the Return-to-Work Process (1) **Bridging**
- When the Elbow Gives Way: A Multidisciplinary Approach to Instability from Mechanism to Management (2) **Bridging, Sports**

Nerve and Neurology Flight

- Multimodal Approach to Brachial Plexus Injury Recovery (2) **Bridging, Nerve/Neurology**
- Non-surgical Management of Carpal Tunnel Syndrome: The 2026 Clinical Practice Guideline Update (3) **Nerve, Pain, Foundational**

- On my nerves and causing me tension! Utilization of neurodynamics in hand therapy: An evidence-based approach (2) **Nerve/Neurology, Advanced/Established**
- Optimizing Functional Outcomes When Nerve Transfers Go Awry (2) **Nerve, Advanced/Established**
- Rewiring Function: A Hand Therapist's Role in Functional Neurological Disorder (2) **Nerve/Neurology, Advanced/Established**
- The Challenges of Treating Musicians' Pain (3) **Nerve/Neurology, Pain, Sport/Musicians**
- When It's Not Carpal Tunnel, Look Proximal (2) **Nerve, Foundational**
- When Skill Becomes Maladaptive: Assessment and Retraining of Musician's Dystonia (2) **Nerve, Sports/Musician**

Psychology and Pain Flight

- Healing Beyond the Physical: Psychology in Interdisciplinary Upper Extremity Limb Loss Care (2) **Psychology/Pain, Wellness**
- Non-surgical Management of Carpal Tunnel Syndrome: The 2026 Clinical Practice Guideline Update (3) **Nerve, Pain, Foundational**
- The Challenges of Treating Musicians' Pain (3) **Nerve/Neurology, Pain, Sport/Musicians**
- Trigger Points and Dry Needling in Clinical Practice for Upper Extremity Rehab Therapists (2) **Pain, Advanced/Established**

Sports/Performing Arts/Musicians Flight

- A Masterclass In Triangular Fibrocartilage Complex injuries : Conservative Management Pearls (3) **Sports, Foundational, and Advanced/Established**
- Battling The Evils of Scapular Depression! (2) **Sports, Foundational**
- From the Ground Up: Core and Posterior Chain Influence on Upper Extremity Performance (2) **Sports, Advanced/Established**
- Injuries Limiting Forearm Rotation (2) **Sports, Foundational**
- Load Progression in Upper Extremity Rehabilitation: Optimizing Strength, Function, and Recovery (2) **Sports/Foundational**
- Return-to-Sport Following Upper Extremity Injuries: An Evidence-Based Approach (2) **Sport, Advanced/Established**
- "Sun's out, guns out!" The Distal Biceps: A Look at Distal Biceps Anatomy, Function, Repair, and Rehabilitation for the Upper Extremity Specialist (2) **Sports, Foundational**
- The Challenges of Treating Musicians' Pain (3) **Nerve/Neurology, Pain, Sport/Musicians**
- The Hand Therapist's Management of Rotational Athlete's Upper Extremity Injuries (2) **Sports and Advanced/Established**
- Surgeon and Therapist Management of PIP Dislocations (2) **Sports, Foundational**

- When the Elbow Gives Way: A Multidisciplinary Approach to Instability from Mechanism to Management (2) **Bridging, Sports**
- When Skill Becomes Maladaptive: Assessment and Retraining of Musician's Dystonia (2) **Nerve, Sports/Musician**

Wellness Flight

- Development of a Scar Self-Management Guide for Gender-Affirming Surgery Patients: An Interdisciplinary Collaboration (2) **Bridging, Wellness**
- Healing Beyond the Physical: Psychology in Interdisciplinary Upper Extremity Limb Loss Care (2) **Psychology/Pain, Wellness**
- Losing Your Grip: Finding Your Voice in Recognizing Imposter Syndrome and Burnout in Hand Therapy. (1) **Wellness**
- More than a patient handout: Building health literacy in hand therapy (2) **Bridging, Wellness**
- Practicing Resiliency: Managing Burnout in Healthcare Settings (1) **Wellness**

Foundational Flights (for emerging hand therapists to improve their foundation)

- A Masterclass In Triangular Fibrocartilage Complex injuries: Conservative Management Pearls (3) **Sports, Foundational, and Advanced/Established**
- Are We Managing Trigger Finger Effectively? What Works, What Doesn't, and What the Evidence Says (1) **Foundational**
- Battling The Evils of Scapular Depression! (2) **Sports, Foundational**
- Breathing and Postural Symmetry (1) **Foundational**
- Challenges in Zone 3-5 Extensor Tendon Injuries and Repairs (1) Foundational ***
INVITED ICS Speaker
- Flexor Tendon Phobia: Facing Fears and Tendon Repairs (1) **Foundational**
- From Evidence to Practice: Creating a Framework for Evaluating Evidence Based Practice (1) **Foundational**
- Hand and Upper Extremity Wound Evaluation: A pathway to evidence informed decision making (1) **Foundational** ***
- Injuries Limiting Forearm Rotation (2) **Sports, Foundational**
- Load Progression in Upper Extremity Rehabilitation: Optimizing Strength, Function, and Recovery (2) **Sports/Foundational**
- Non-surgical Management of Carpal Tunnel Syndrome: The 2026 Clinical Practice Guideline Update (3) **Nerve, Pain, Foundational**
- Scar, Stiffness, Strength: A Therapeutic Progression of Upper Extremity Burn Patients in the Outpatient Setting (1) **Foundational**

- Stability Matters: Mapping Dynamic Stability Interventions and Outcomes for Thumb CMC Function (1) **Foundational**
- Stress, strain, and tissue lengthening: Clinical reasoning for mobilization orthoses (1) **Foundational**
- “Sun’s out, guns out!” The Distal Biceps: A Look at Distal Biceps Anatomy, Function, Repair, and Rehabilitation for the Upper Extremity Specialist (2) **Sports, Foundational**
- Surgeon and Therapist Management of PIP Dislocations (2) **Sports, Foundational**
- When It's Not Carpal Tunnel, Look Proximal (2) **Nerve and Foundational**

Advanced/Established Flight (for more advanced coursework)

- A Masterclass In Triangular Fibrocartilage Complex injuries : Conservative Management Pearls (3) **Sports, Foundational, and Advanced/Established**
- Bridging Hand Therapy and Additive Manufacturing: Therapist-Led Innovation in Digital Orthotic Design (2) **Bridging, Advanced/Established**
- Bridging the Gap: Integrating Trauma-Informed Practice and Collaborative Resource Navigation in Upper Extremity Rehabilitation (2) **Bridging, Advanced/Established**
- Distal Radius Fracture: Outcomes-based decision making and its implication for surgeon and therapist management (1) **Advanced/Established**
- Ehlers Danlos Syndrome and the Upper Extremity: Bridging Surgical and Therapeutic Care (2) **Bridging, Advanced/Established**
- From Elegant Systems to Cluttered Workflows: How Technology Either Supports or Undermines Hand Therapy (1) **Advanced/Established**
- From the Ground Up: Core and Posterior Chain Influence on Upper Extremity Performance (2) **Sports, Advanced/Established**
- On my nerves and causing me tension! Utilization of neurodynamics in hand therapy: An evidence-based approach (2) **Nerve/Neurology, Advanced/Established**
- Optimizing Functional Outcomes When Nerve Transfers Go Awry (2) **Nerve, Advanced/Established**
- Optimizing outcomes after hand crush injuries (1) **Advanced/Established** *** INVITED ICS Speaker
- Return-to-Sport Following Upper Extremity Injuries: An Evidence-Based Approach (2) **Sport, Advanced/Established**
- Rewiring Function: A Hand Therapist’s Role in Functional Neurological Disorder (2) **Nerve/Neurology, Advanced/Established**
- The Hand Therapist’s Management of Rotational Athlete’s Upper Extremity Injuries (2) **Sports and Advanced/Established**
- The Unforgiving Elbow Joint: Key Concepts for Successful Patient Outcomes (1) **Advanced/Established**

- Trigger Points and Dry Needling in Clinical Practice for Upper Extremity Rehab Therapists (2) **Pain, Advanced/Established**
- Using Relative Motion Flexor Orthoses for Zone I-III flexor tendon repairs: Considering the Possibilities (1) **Advanced/Established**