



January 26, 2009

Dear Prospective Applicant:

Thank you for your interest in the **Certificate in Advanced Practice in Hand and Upper Quarter Rehabilitation**. Included in this document is information that directly applies to your request. If you've provided your address, you will be receiving additional information from the university by mail.

In the 2009-2010 Academic Year, the program will be offering the online learning format infused with the latest technology for interactive learning for the third time. The previous classes have enjoyed the online format and feel that it has been an invaluable learning opportunity. Onsite weekend sessions are used primarily to conduct laboratory activities including splinting, examination skills, and cadaver anatomy.

The online application process is fast and secure. Applicants may avoid paying the \$50 application fee when they apply online. Both a paper application and online application may be located at <http://www.drexel.edu/em/apply/grad>. There is also a link from the admissions website. Additional information about the application requirements appears later in this document. For assistance with the application process or general administrative questions please contact Lora Erickson at 215-762-8852 or [ptadmissions@drexel.edu](mailto:ptadmissions@drexel.edu). For additional questions regarding the course of study please contact **Jane Fedorczyk, PT, PhD, CHT, ATC**, Program Coordinator at 215.762.4680 or [jane.fedorczyk@drexel.edu](mailto:jane.fedorczyk@drexel.edu).

Sincerely,

Jane Fedorczyk, PT, PhD, CHT, ATC  
Director, Post-Professional Clinical Programs  
Clinical Associate Professor

*Certificate in Advanced Practice in Hand and Upper Quarter Rehabilitation*  
*Programs in Physical Therapy and Rehabilitation Sciences*  
*Drexel University Philadelphia, PA*

***Program Overview***

This program is designed for physical therapists or occupational therapists who wish to participate in advanced study of the hand and upper quarter. The curriculum consists of four graduate level courses, offered in a convenient web-based format with limited onsite weekend sessions to practice psychomotor skills required for advanced practice in hand therapy. Many graduates have indicated that the course work has helped them prepare for the Certification in Hand Therapy (CHT) examination offered by the Hand Therapy Certification Commission (HTCC). The program is a recognized resource by HTCC to help therapists prepare for certification. **For more information on becoming a certified hand therapist, please visit [www.htcc.org](http://www.htcc.org).**

***What kind of Learning Experiences will be used?***

The majority of the curriculum will be delivered via web-based tools that allow for a dynamic interactive learning environment. Infused with the latest technology for distance learning, students will participate in class discussions through discussion boards and real time online classes. Discussion board activities allow for asynchronous participation during a stated time range. There are 5 -6 real time online classes during each course. These online sessions are held in the evenings and the sessions are recorded so that students can review the material on their own if they missed the session. Drexel University resources including the libraries are easy to navigate via a distance format provided that students comply with the recommended technology guidelines. The program is designed for part-time study so students will be able to maintain their current work schedules and other personal obligations.

***Course Descriptions***

**PTRS 767 Foundations in Hand Therapy (4 credits)**

This course introduces the student to the specialized field of hand therapy. The principles of hand therapy included are musculoskeletal tissues and pathology, clinical reasoning, hand examination, splinting principles, physical agents, and therapeutic exercise. Common elbow, wrist, and hand disorders are discussed to integrate the foundation topics into clinical practice. **This course serves as a prerequisite course for PTRS 768, PTRS 769, and PTRS 770.**

**PTRS 768 Upper Quarter Joint Pathology (4 credits)**

This course reviews the common pathologies that effect the articulations and surrounding soft tissues, especially tendons and ligaments. Anatomy, biomechanics, and examination principles for each region: shoulder, elbow, wrist, and hand are discussed. Conservative and post-operative therapeutic management for fractures, dislocations, tendon repairs, ligament injuries, and degenerative disorders are presented.

**PTRS 769 Nerve Injuries of Upper Qtr (4 credits)**

This course emphasizes the anatomy and basic science principles for the cervical spine and major peripheral nerves of the upper quarter. Age-related changes and pathophysiology of nerve lacerations and entrapment neuropathies are discussed. Advanced examination skills and interventions, conservative and post-operative, for pathology of the peripheral nervous system are presented.

## **PTRS 770 Diseases That Affect the Hand (4 credits)**

Course content emphasizes the impact of disease on hand function, especially with activities of daily living, vocational activities, and recreational activities. The overview will include pathology, clinical presentation, examination techniques and clinical interventions specific to the hand. Additionally, multi-system involvement associated with mutilated hand injuries and pain syndromes is discussed.

### **Faculty**

#### **Program Director and Primary Instructor**

##### **Jane Fedorczyk, PhD, PT, CHT, ATC, Clinical Associate Professor**

Jane is the Director of Post-Professional Clinical Programs and primary instructor for the Programs in Hand and Upper Quarter Rehabilitation which includes a Certificate in Advanced Practice in Hand and Upper Quarter Rehabilitation and a Masters of Health Science with a concentration in hand rehabilitation. Jane has been practicing in hand therapy for over 20 years.

She received her baccalaureate degree from the University of Delaware in 1984 with a combined degree in biology and athletic training. In 1986, she completed her M.S. degree in Physical Therapy from Beaver College (now Arcadia University) and started her hand therapy career at the Philadelphia Hand Center. She became a certified hand therapist in 1992 and a certified athletic trainer in 1985. She completed her PhD at Temple University in the Department of Physical Therapy in 2007.

Her research interest is in the area of work-related musculoskeletal disorders including tendinopathies and nerve compression syndromes, especially at the elbow. She is investigating the musculoskeletal and neural consequences of repetitive movement. In 2005, she was awarded the “Best Scientific Paper” at the ASHT Annual Meeting for her paper, “The presence of Substance P in Forelimb Tendons in a model of upper extremity work-related musculoskeletal disorder.” In 2006, she was awarded the Petzoldt Award at the ASHT Annual Meeting for her paper, “The presence of NMDAr1 in Forelimb Tendons in a model of upper extremity work-related musculoskeletal disorder.” She received grants from American Association Hand Surgery (AAHS) and American Society of Hand Therapists (ASHT) for these studies.

Jane has served on committees within the American Physical Therapy Association (APTA), ASHT, and AAHS. She has received awards for outstanding service for her work as Vice President of the Hand Rehabilitation Section within the APTA, and for committee work within ASHT. She is a manuscript reviewer for the *Journal of Hand Therapy* and the *Journal of Orthopedics and Sports Therapy*.

She has published chapters in the 4th and 5th editions of *Rehabilitation of the Hand and Upper Extremity* and is serving as a co-editor for the 6th edition. She has also published in the *Journal of Hand Therapy* and textbooks in the areas of pain modulation and tennis elbow. Her most recent publication is *Tennis Elbow: Blending Basic Science with Clinical Practice*, *Journal of Hand Therapy*, 19(2), 146-153, 2006.

She frequently presents at national professional meetings and has been an invited speaker at the International Federation of Societies in Hand Therapy meetings in 1998 and 2004. She was the keynote speaker for the annual meeting of the Australian Hand Therapy Association in 2002. Since 2000, she has served as a co-chairperson for the Philadelphia Hand Meeting sponsored by the Hand Rehabilitation Foundation. She is a member of the Board of Directors of the Hand Rehabilitation Foundation. She also serves as the secretary of the American Hand Therapy Foundation (AHTF) which supports research and education in hand therapy parallel to ASHT.

She is a clinical consultant in hand therapy to regional therapy centers and the faculty practice within the Programs in Physical Therapy and Rehabilitation Sciences.

## **Guest Lecturers and Laboratory Assistants**

### **David Ebaugh, PT, PhD, Assistant Professor**

Dave received his baccalaureate degree in Physical Therapy from Temple University in 1989 and his PhD in Rehabilitation Sciences in 2004. His research interest is in the identification and treatment of altered neuromuscular and kinematic patterns associated with shoulder pathology. Dave is a member of the American Physical Therapy Association (APTA) and the American Society of Shoulder and Elbow Therapists (ASSET). He is currently serving as chair of the research committee of ASSET and on the editorial board for the *Journal of Orthopedics and Sports Therapy*. He is a manuscript reviewer for *Physiotherapy Theory and Practice*, *Physical Therapy*, and the *Journal of Hand Therapy*. Dave has presented scientific papers within his area of research at national APTA and ASSET meetings and has published his research in *Clinical Biomechanics*, the *Journal of Electromyography and Kinesiology*, and the *Journal of Orthopedics and Sports Therapy*. Dave provides instruction in the anatomy modules in the nerve and joint pathology courses.

### **Heather Hettrick, PT, MPT, PhD**

Heather is the Director of Clinical Education for American Medical Technologies, Inc. As a physical therapist, her clinical specialties reside within wound, burn and lymphedema management. Previously, she spent 6 years as a Clinical Assistant Professor of Physical Therapy in the Department of Physical Therapy at New York University. She received her BS in Physical Education/Pre-Physical Therapy from the University of Puget Sound. Dr. Hettrick received her MPT from Chapman University and her PhD degree from Nova Southeastern University. In addition, she is a Diplomat in and board certified as a Wound Specialist by the American Academy of Wound Management. She is also a fellow of the American College of Certified Wound Specialists. Dr. Hettrick is certified as a Manual Lymph Therapist by the Academy of Lymphatic Studies. Dr. Hettrick was the Program Coordinator for Burn Rehabilitation Research at the William Randolph Hearst Burn Center at NY Presbyterian Hospital and a Master Clinician at the Hospital for Joint Diseases at the Diabetic Foot and Ankle Center until 2004. Currently, Dr. Hettrick is a Past President of the American Academy of Wound Management and actively involved in numerous professional organizations. Dr. Hettrick publishes and presents nationally on integumentary related issues.

### **Brian G. Leggin, PT, DPT, OCS**

Brian has been a physical therapist for 18 years since his graduation from Ithaca College in 1991. He has a M.S. in Biomedical Science from Drexel University and his DPT from Temple University. Brian is a clinical specialist on the shoulder and elbow service at Penn Presbyterian Medical Center, Penn Therapy and Fitness. He is board certified as an orthopedic clinical specialist by the American Board of Physical Therapy Specialties. He is a course chairman for the annual Shoulder and Elbow conference held in Philadelphia and he is a frequent faculty member at the Philadelphia Hand Meeting. Brian is an active member of the American Society of Shoulder and Elbow Therapists where has served as Past-President, President, and President-elect. He has numerous publications related to shoulder rehabilitation in journals such as *Journal of Orthopedic and Sports Physical Therapy*, *Journal of Bone and Joint Surgery*, *Orthopaedic Clinics of North America*, *Journal of Shoulder and Elbow*

*Surgery, and Journal of Hand Therapy*. He also has numerous book chapters and presentations at national therapy meetings to his credit. Although a recent addition to the hand programs faculty, he has been guest lecturing at regional physical therapy schools on shoulder rehabilitation for the past ten years.

### **Terri Skirven, OTR/L, CHT**

Terri graduated from the University of Pennsylvania with a B.S. degree in Occupational Therapy in 1975. She became a certified hand therapist in 1991. She is currently the Director of Hand Therapy at the Philadelphia Hand Center as well as Director of the Hand Rehabilitation Foundation in Philadelphia, PA. In 2000, she became the primary organizer of the Philadelphia Hand Meeting. Terri is a Co-Chair of the annual Philadelphia Meeting and Director of the Evelyn J. Mackin Fellowship in Hand Therapy. She was a co-editor of the 5<sup>th</sup> edition of “Hunter, Mackin and Callahan’s Rehabilitation of the Hand and Upper Extremity” and is serving as a co-editor for the 6<sup>th</sup> edition. Terri has been active on many committees of the American Society of Hand Therapists. She is a member of the Editorial Review Board of the *Journal of Hand Therapy* and is a board member for the American Hand Therapy Foundation. She has an extensive list of publications and presentations in the area of hand rehabilitation especially topics related to management of the wrist.

### **Mark Walsh, PT, DPT, MS, CHT, ATC**

A partner in Hand & Orthopedic Physical Therapy Associates, Mark is a graduate of the University of Iowa, Physical Therapy, 1978, recipient of an advanced degree (Masters of Science) in Orthopedic Physical Therapy from Temple University in 1983 and received his Doctor of Physical Therapy from Drexel University in May 2005. He is credentialed both as a certified hand therapist and as a certified athletic trainer. Mark is nationally recognized as an accomplished writer and lecturer on upper extremity topics including complex regional pain syndrome, thoracic outlet syndrome, brachial plexopathies, peripheral nerve injuries, neural mobilization and rehabilitation of tendon repairs.

Mark is an active member of the American Society of Hand Therapists, winner of the Society’s prestigious Natalie Barr Lectureship award and was designated an Honored Professor at the internationally attended 2004 Philadelphia Hand Meeting in Philadelphia sponsored by the Hand Rehabilitation Foundation. Mark’s contributions to his profession also include service within American Society of Hand Therapists and as a selected item writer for the initial certification examination in hand therapy. He is also a member of the Editorial Review Board of the *Journal of Hand Therapy*.

Mark provides instruction primarily in the nerve course, but assists with weekend laboratory activities as well. Jane and Mark have been teaching together since the start of the program in 1999.

### **Teresa Zapotochny, PT, CHT**

Teresa is a graduate of the first class (2001) of the Certificate in Advance Practice in Hand and Upper Quarter Rehabilitation. She received her physical therapy degree from Temple University. She is currently working at the Philadelphia Hand Center. Teresa serves as a laboratory instructor in each of the lab courses.

## Course Schedule for the 2009 –2010 Academic Year

**Fall Quarter:** September 21, 2009 – December 12, 2009

**PTRS 767 Foundations in Hand Therapy** (4 credits)

Weekend Session for PTRS767

Friday 9/25/09 - Sunday 9/27/09

**Winter Quarter:** January 4, 2010 – March 20, 2010

**PTRS 769 Nerve Injuries of Upper Qtr** (4 credits)

Weekend Session for PTRS769

Friday 3/5/10 through Sunday 3/7/10

**Spring Quarter:** March 29, 2010 – June 11, 2010

**PTRS 768 Upper Quarter Joint Pathology** (4 credits)

Weekend Session for PTRS768

Friday 5/14/10 through Sunday 5/16/10

**Summer Quarter:** June 21, 2010 – September 4, 2010

**PTRS 770 Diseases That Affect the Hand** (4 credits)

*No weekend session*

### **Weekend Sessions**

Friday classes will be from 1:00 – 7:30pm

Saturday classes will be from 8:30am – 5:30pm

Sunday classes will be from 8:30 – 12:30

## **General Information**

### **Graduate Course Credit May Be Applied to a Degree Program**

After successfully completing the four courses, students will receive a post-professional certificate of completion. The credits may be applied to other degrees offered within the Programs in Physical Therapy and Rehabilitation Sciences, including a Masters of Health Science (MHS) in Hand and Upper Quarter Rehabilitation for occupational therapists and a Post-Professional/Transitional Doctor of Physical Therapy (DPT) for physical therapists with either an entry-level baccalaureate or masters degree in physical therapy. There is also a PhD Program in Rehabilitation Sciences for both occupational and physical therapists. Previous students have transferred credits from the certificate program to degree programs at other universities; usually as elective credits.

### **Tuition and Payment Information**

The per credit tuition rate is estimated to be \$630.00/credit. In addition to the tuition, there will be university fees of \$120.00 per quarter that will be included in the tuition bill. There is a \$40.00 course fee for all courses except PTRS 770. **For ease of payment, e.g. tuition and travel expenses, students may elect to take courses over a 2-year period instead of one year.**

### **Financial Aid and Student Loans**

All students enrolled in the *Certificate in Advanced Practice in Hand and Upper Quarter Rehabilitation* are considered part-time students in a non-degree program and are therefore ineligible for financial aid or traditional student loans. Students that attend the program are often eligible for full or partial tuition reimbursement from their employers. The Student Accounts office provides an employer assisted tuition plan to eligible students. Applicants are also encouraged to seek out non-traditional loan options such as student loans for non-traditional students or home equity loans.

### **Hotel and Travel for Weekend Sessions**

Detailed hotel information will be provided in the registration packet. With discounts, students have been able to find a hotel room for about \$120.00. Although we are able to get some information on discounts, the student usually does better negotiating lower room rates since the program is not in a position to guarantee a block of rooms.

Students will be able to travel to Philadelphia via plane, train, or automobile. The Amtrak train station and airport are a short cab ride away and public transportation is also available via train, subway, or bus. Directions for traveling by car and other modes of transportation will be provided prior to the start of the program.

## Technology Guidelines

Students must have access to a **computer** that has the following minimum configuration. More powerful machines are always preferable.

	Recommended System Specifications	Minimum Requirements
<b>Processor Speed</b>	3GHZ or Dual Core equivalent	1GHz
<b>Hard Drive</b>	40GB	20GB
<b>Memory (RAM)</b>	2GB	512MB
<b>Optical Drive</b>	DVD-ROM	CD-ROM
<b>Network/Internet Connection</b>	LAN, DSL or Cable modem	Dial-up not recommended for Wimba Live Classroom
	Sound Card	Sound Card
	Speakers	Speakers
	USB Headset	Mini-plug Headset
<b>Operating System</b>	Windows XP	
	Windows Vista is not recommended at this time, but will be supported	
	Mac OS X	
<b>Browser</b>	Internet Explorer 6.0 or Firefox 1.5 and higher	Internet Explorer 6 or Mozilla Firefox
	Internet Explorer 7 may not be compatible with all features in Wimba, it has not had issues with Blackboard. The AOL Browser is not compatible with Blackboard.	
	Safari 1.5 and higher or Firefox 1.5 and higher <b>(NOTE: Firefox will still work with all non-Intel, or PowerPC Macs. However, currently, only the Safari Internet browser is supported for use with Wimba Live Classroom on Intel-based Macs.)</b>	
<b>Please Note:</b>		
The recommended specifications should be adequate for a student for 3 or 4 years of use without being upgraded		
If you are purchasing a new computer, use the Recommended Specs.		
If you are using an existing computer, it should meet the minimum requirements to provide you with an adequate experience. However, that computer may not remain suitable for years to come because software is always changing.		

Students need access to a computer with Internet capability to connect to the Drexel online courses. To test your existing browser's capability, go to <http://cnhp.drexel.edu/browsertest/browsertest.asp> and click on the appropriate link for the browser test. Recommended plug-ins such as RealPlayer, Quicktime, and Adobe Acrobat Reader are also available at this website. **High speed internet access via phone (DSL) or cable modem is strongly recommended**

**Computer Software:** MS Office 2003 or later and Norton Anti-Virus software is required and is available for free to all students. You can download this from the Drexel site. Go to <http://www.drexel.edu/IRT/services/software/> for this information once you are a matriculated student.

## **Application Requirements**

It is recommended that prospective students have at least two years of experience as an occupational therapist or physical therapist. No previous experience in hand therapy is required. The following items must be submitted along with the completed Drexel University application:

- 2 letters of recommendation (see below)
- Official transcripts from all colleges/universities attended
- One-page essay expressing why you want to enroll in the program
- Copy of current OT or PT license (US or Canada)
- Resume
- \$50.00 application fee (check made payable to Drexel University) which is waived application is completed online

**For letters of recommendation:** You are not required to use a specific form. A free form letter that outlines your personal qualities as a clinician and insight into your academic abilities would be the most helpful. You may submit letters from co-workers including OTs, PTs, CHTs, surgeons, or other healthcare professionals. Letters of recommendation from supervisors or academic faculty are encouraged. All letters must be submitted on letterhead of place of affiliation.

**Paper applications (along with \$50 fee) and all supporting materials (if apply online) should be submitted to:**

Office of Graduate Admissions  
Main Building, Room 222  
Drexel University  
3141 Chestnut Street  
Philadelphia, PA 19104

Space is limited. Applicants are encouraged to submit application prior to deadline. GREs are not required for the Certificate in Advanced Practice in Hand and Upper Quarter Rehabilitation.

**Application Deadline:** Rolling admissions process continues until class is filled. Applicants must begin enrollment in the Fall Quarter since PTRS 767 Foundations in Hand Therapy is a prerequisite course for the other three courses. It is recommended that applicants initiate the application process in April, but no later than **August 15, 2009**.

Please visit the website for Certificate in Advanced Practice in for Hand and Upper Quarter Rehabilitation at [http://www.drexel.edu/cnhp/rehab\\_sciences/certprog\\_about.asp](http://www.drexel.edu/cnhp/rehab_sciences/certprog_about.asp)