



# Certificate in Advanced Practice in Hand and Upper Quarter Rehabilitation

Department of 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 online format with integrated onsite weekend sessions to practice psychomotor skills required for advanced practice in hand therapy. Many graduates indicate that the coursework 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).

## Program Mission

To prepare Occupational Therapists and Physical Therapists with the advanced skills and knowledge to manage musculoskeletal conditions of the hand and upper extremity. The program strives to promote academic excellence, evidence-based practice, clinical competence, and life-long learning.

## Program Features: The Drexel Difference!

- Internationally known faculty members
- 10 year history of hand therapy education
- Superior pass rate on the Certified Hand Therapist (CHT) exam
- 4 graduate courses convenient for part-time study
- Online course work integrated with weekend laboratory sessions
- Cadaver anatomy, splinting skills and examination techniques
- Infused with the latest technology for online interaction
- Premier teaching facilities and dynamic learning environment
- Coursework may be applied to other degree programs

## Learning Experiences

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 live classroom sessions. Drexel University resources, including the libraries, are easy to navigate via a distance format. The program is designed for part-time study so students should be able to maintain their current work schedules and other personal obligations.

## Course Credit May Be Applied to a Degree

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. Please contact Lora Erickson for additional information on other degree programs at (215) 762-8852 or at [ptadmissions@drexel.edu](mailto:ptadmissions@drexel.edu).



## Admissions

Apply online at [www.drexel.edu/apply](http://www.drexel.edu/apply).  
Online applications are fast and secure.



For more information, please contact:  
Lora Erickson, Academic Coordinator  
[ptadmissions@drexel.edu](mailto:ptadmissions@drexel.edu) 215/762-8852

## Program Faculty



**Program Director and Primary Instructor**  
**Jane Fedorczyk, PT, PhD, CHT, ATC, Clinical Associate Professor, Director of Post-Professional Clinical Programs**

Graduating in 1984 from the University of Delaware with a combined degree in biology and athletic training, Jane went on to complete her M.S. degree in Physical Therapy from Beaver College in 1986. In 2007 she received a PhD at Temple University, investigating the neural consequences of repetitive movement. She became a certified hand therapist in 1992. Jane is internationally recognized by her publications and presentations on topics such as: tennis elbow, nerve compressions, pain modulation and physical agents. Her research interest is in the area of upper extremity tendinopathies and nerve compression syndromes. 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 has received grants from American Association Hand Surgery and American Society of Hand Therapists for these studies. 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. Her most recent publication is *Tennis Elbow: Blending Basic Science with Clinical Practice, Journal of Hand Therapy*, 2006.

**Faculty: Guest Lecturers and Laboratory Assistants**

**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 a masters in Orthopedic Physical Therapy from Temple University in 1983 and received his Doctor of Physical Therapy from Drexel University in 2005. Mark is internationally recognized as an accomplished writer and lecturer on upper extremity topics including complex regional pain syndrome, peripheral nerve injuries, and neural mobilization. He is a member of the editorial board of the *Journal of Hand Therapy*. Mark provides instruction primarily in the nerve course, but assists with weekend laboratory activities in all courses.

**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 provides instruction in the anatomy modules in the nerve and joint pathology courses.

**Heather Hettrick, PT, PhD, CWS, MLT**

Heather Hettrick 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. Dr. Hettrick is certified as a Manual Lymph Therapist and wound specialist. Dr. Hettrick publishes and presents nationally on integumentary related issues. Heather provides instruction in wound and lymphedema management.

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

Brian is a clinical specialist on the shoulder and elbow service at Penn Presbyterian Medical Center, Penn Therapy and Fitness. He has numerous publications and presentations at national therapy meetings in shoulder rehabilitation. Brian provides instruction on clinical conditions of the shoulder.

**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 the Director of Hand Therapy at the Philadelphia Hand Center and the Director of the Hand Rehabilitation Foundation. She is a member of the editorial board of the *Journal of Hand Therapy* and is co-editor of the 6th edition of *Rehabilitation of the Hand and Upper Extremity*. Terri provides instruction on clinical examination of the wrist in the joint pathology course.

**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.

### Advanced Practice in Hand and Upper Quarter Rehabilitation Curriculum

<i>Fall Quarter</i>	<i>Winter Quarter</i>	<i>Spring Quarter</i>	<i>Summer Quarter</i>
<p><b>PTRS 767: Foundations in Hand Therapy</b>                      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. <b>This course serves as a prerequisite course for PTRS 768, PTRS 769, and PTRS 770.</b></p>	<p><b>PTRS 768: Upper Quarter Joint Pathology</b>                      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.</p>	<p><b>PTRS 769: Nerve Injuries of Upper Quarter</b>                      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.</p>	<p><b>PT 770: Diseases that Affect the Hand</b>                      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, multisystem involvement associated with mutilated hand injuries and pain syndromes is discussed.</p>