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| Saba Kamal, OTR, CHT, |

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| Experience:  12/23/2023 – Current **Hands-On-Care** San Jose, Ca, Senior Hand Therapist, train and supervise Hand and Upper extremity clinicians while managing a full caseload.  1/18/08 to 12/20/2023 - **Hands-On-Care** San Jose, Ca. Founder and Director of Hands-On-Care (2 clinics)   * *Developed and expand practice of Hand Therapy, Developed different orthopedic and/or neurological disability programs for the Upper Extremity* * *Lead a dynamic and creative team and mentor therapist through research and clinical excellence. Implement innovative and simulating teaching methods to enhance the therapists’ experience enabling them to pass the Hand Therapy certification exam in their first attempt. Evidenced based training and clinical supervision for students in their field work rotations, Providing therapy to patients with different painful physical and/or neurological disability of the Neck, Shoulder, Elbow, Wrist and Hand injury*.   2010 to current - **Advanced Rehab Seminars** Partner Principal  *Developed different physical and/or neurological disability educational courses on the upper quadrant (UQ) by using innovative teaching methods stimulating and enhancing the learners experience through Hands-On courses.*  11/02/05 03/09 **Kaiser Occ-Med,** Cupertino Ca - Contract Hand Therapist treating different orthopedic and/or neurological disabilities of the UQ.  05/16/05 12/07 **Vibrant Care Rehabilitation,** Cupertino, Ca - Staff Hand Therapist treating various orthopedic and/or neurological disabilities of the UQ.  04/04 09/06 **Stanford Hand Rehab Center,** Palo Alto, Ca- Per Diem Hand Therapist treating orthopedic and/or neurological disabilities of the UQ.  02/04 07/05 **US Healthworks** Sunnyvale, Ca -Contract Hand Therapist treating various physical and/or neurological disabilities of the UQ.  12/16/03 05/15/05 **Petzoldt Hand & Physical Therapy**, San Jose, Ca - Staff Hand Therapist treating various physical and/or neurological disabilities of the UQ.  08/13/02 11/03 **Access Rehab Services,** Woodland, TX - Staff Hand Therapist treating various physical and/or neurological disabilities of the UQ.  10/01 08/05/02 **Concentra Medical Centers,** Dallas, TX - Per Diem Hand Therapist treating various physical and/or neurological disabilities of the UQ.  02/06/01 08/05/02 **HEALTHSOUTH Sports Medicine,** Arlington, TX, Staff Hand Therapist treating various physical and/or neurological disabilities of the UQ.  *Reinstated the Hand Therapy and Work Conditioning program at the Baseball Rangers Stadium*  06/01/00 02/06/01 **Stat Physical Therapy** Houston, TX, Travelling Occupational Therapist treating various orthopedic physical and/or neurological disabilities.  *Provide Occupational Therapy services to patients in client facilities Nursing homes, as a traveling OT in Oklahoma & Texas*  10/12/99 01/07/00 **Concentra Medical Centers,** Dallas, TX, Volunteer Position  Provided Volunteer services to Hand Therapists at 2 outpatient clinics assisting patients with Neurological and Orthopedic physical disabilities.  08/31/98 08/05/99 **ServiceMaster Rehab,** Tyler, TX, Staff Occupational Therapist treating patient in Nursing/Subacute facility with neuro & orthopedic injuries.  01/30/96 08/31/98 **PRP Services, Inc,** Flower Mound, TX, Travelling Occupational Therapist (Combined Hospital/ Nursing home settings treating ortho and neuro patients p*roviding Occupational Therapy services to patients in client facilities as a traveling OT in Arkansas, Kansas, Indiana and Texas*  08/15/95 01/15/96 **Central PolyClinic & Hospital**, Nagpur, India, Staff Occupational Therapist  Education:  Graduated 1994 **Govt. Medical College**, Nagpur University Nagpur, MS, India, **Bachelor’s in Occupational Therapy** *Completed 6 months internship at the Govt. Medical College. Nagpur 1995*  Graduated 1997 **NBCOT** Kansas City, KS **Licensed Occupational Therapist** in United States NBCOT**:** 1010163  Graduated 2000 **Texas Woman’s University**, Houston, TX **Hand Therapy Fellowship** *Successfully completed 3 months fellowship program a Masters Program, Health South/Texas Woman’s University, earned 9 credit hours towards Masters Degree from TWU*. 2001 **Certified Hand Therapist,** Texas Obtained Certification in Hand Therapy C.H.T.: 1021100198 2023 **Accredited Hand Therapist** in United Kingdom AHT  2024 **European Certified Hand Therapist** ECHT | | |
| Licensure  2003 to Current Licensure – California: 7109  2023 to Current HCPC OT087656  2024 to Current – European Certification of Hand Therapy 032-24  Honors and Awards  Awarded the best State Chapter Award by ASHT While serving as the President of ASHT-Ca Chapter 2010 and 2011 for using innovative approaches to enhance surgeon and therapists’ collaboration.  Provisional Patents   1. Carpal fanning splint 2) DeQuervains splint 3) Instability splint 4) A Multipurpose device for treatment of CRPS using vasoconstriction and vasodilation through contrast bath, with infrared and use of imagery.   Professional activities  **President Hand Therapy Association of California - 2010 and 2011**, *Planned the state chapter conference open to therapists nationwide with multiple physician and therapist speakers from US and Canada, in person or through webinar & as* President HTA-Ca Ca 2018 *While serving as President of the Association donated 10K towards AHTF*  **Vice President HTA-Ca** - **2008 and 2009 -** *Started the newsletter /coordinator for ASHT-Ca chapter, invited various speaker for the therapist’s group ; Petitioned and received declaration from the city to grant 2nd week in June as Hand Therapy Awareness week*  *Developed a criterion for grants to be given out for missionary trips* | |
| **Conference Chair for the Annual Meetings** - Organized, hosted & presented 9 annual conferences on physical and neurological problems of the upper extremity from 2011 -2019. Increased attendance to **250 registrants**   * 1st: Collaborative approach to flexor tendon management - 2011 * 2nd: Elbow – The unforgiving joint: Surgical and therapeutic management - 2012 * 3rd: Keys to the Wrist and the Hand - 2013 * 4th All about nerves - 2014 * 5th The Traumatic Arm – 2015 * 6th Dorsal Dynamics – 2016 * 7th Future of Hand and Upper Extremity Surgery and Therapy – 2017 * 8th Reasoning Made Critical – 2018 * 9th When things go wrong – How to right a wrong (2019)   **ASHT public relation committee** Served as the co-chair in 2008 to promote the profession of hand therapy. | | |
| Professional Organizations  2012 to Present American Association of Shoulder and Elbow Therapists (ASSET)  2012 to Present American association of Hand Surgery (AAHS)  2003 to Present Hand Therapy Association of Ca (HTA-CA)  2001 to Present American Society of Hand Therapists (ASHT)  Professional Publications |

**Contributed** to the 3rd edition of Orthotic Intervention for the Hand & Upper Extremity: Splinting Principles & Process

**Written a chapter** on Reasoning and Critical thinking in Hand and Upper extremity Rehab for a textbook “Fundamentals of Hand Therapy” 3rd Edition

**Contributor** to book on Arthritis “Arthritis Rx: A Cutting-Edge Program for a Pain-Free Life” by Dr. V. Vad 2006

**Published** Novel orthotic design for lateral band attenuation of finger proximal interphalangeal joint

**AAHS newsletter articles** –

2020 [Role of Nutrition in Hand Therapy](https://handsurgery.org/newsletter/2020-Fall.cgi)

2020 article to be published “[Does Botox for migraine on EDS or hypermobility syndrome patients set them up for future problems?](https://handsurgery.org/newsletter/2020-Spring.cgi)”

2018 article on [The Confidence Code” The ingredient therapists lack when discussing patient care with the surgeons](http://handsurgery.org/newsletter/2018-Spring.cgi)

2017 article on “[What value do Hand Therapists bring to the Value Based Payment system? And how do we objectify it.](http://handsurgery.org/newsletter/2017-Fall.cgi)”

2014 Management of [Focal dystonia](http://handsurgery.org/multimedia/files/newsletters/AAHS-Newsletter-Winter-2014.pdf) via Taping

2010 [Dupuytrens](http://handsurgery.org/multimedia/files/newsletters/AAHS-Newsletter-Winter-2011.pdf) management

Dec 2010 Invited to join the round table discussion with top hand surgeons in the country on [Dupuytren’s](http://handsurgery.org/multimedia/files/newsletters/AAHS-Newsletter-Winter-2011.pdf)

Published Articles in the Texas Chapter Newsletter on Ring Splint protocol on Zone V Extensor Tendon repair and ECU Subluxation management.

Professional Presentations on physical and neurological problems of the upper extremity

HTA-Ca Annual conference 2022 on tips and tricks from nerves to tendonitis

HTA-Ca annual meeting 2021 on To splint or not to splint in Dupuytrens disease

India in 2019 and HTA-Ca in 2020 on Management of Complex Wrist Fractures

India 2017 Comparative Taping

HTA-Ca 2016 monthly meeting Scapular Dyskinesis

India 2015 Differential Diagnosis hand

HTA-Ca monthly meeting - Sports perspective on Tennis Elbow, interviewing the patient, athlete and the coach and presenting on the treatment of Radial tunnel vs. Tennis elbow at Stanford

ASHT review course at Stanford

Instructional course 2012 ASHT conference in San Diego on Fracture management and Common diagnosis of the hand

ASHT National conference in Boston, MA, in 2008 on UE Peripheral Nerve Injuries: A Paradigm of Assessment, Differential Diagnosis and Management for the Hand Therapist.

ASHT National conference in Phoenix Arizona in October 2007 on Carpal instabilities & Pearls: Therapy tips and tricks ASHT – CA meetings on Wrist & Hand assessment, Fractures, Dupuytrens, Kienbocks, and held several splinting workshops along with the one at the Collaborative approach to flexor tendon management.

American Society of Hand Therapists (National) CHT Review course 2006

Meeting Coordination/ Program Chair: MC at the HTA- Ca conferences from 2011 to 2019

HTA-CA 2011 Flexor tendon conference: On Basics of Splinting

HTA-CA 2012 Elbow: the unforgiving joint on Elbow contracture and its management

HTA-CA 2013 Keys to the Wrist & the Hand on ECU subluxation management & RCL management of the index finger

HTA-CA 2014 All about nerves -Differential Dx Pronator Vs. Carpal tunnel

HTA-CA 2015 Traumatic arm – Practical Application of Wound Care and Modalities in a Stiff Arm, Stiff Elbow Management; from assessment to Mobilization

HTA-CA 2016 Dorsal Dynamics: Differential Dx wrist/ forearm, Hands On taping

HTA-CA 2018 Reasoning made critical – The balancing act of eliminating protocols - How to think critically to eliminate protocols and Reasoning behind different taping techniques.

HTA-CA 2019 When things go wrong - Wound Care management and Tips and Tricks – Splinting

Other Association Presentations on physical and neurological problems of the upper extremity

2023 Invited speaker and chair at European Federation of Societies of Hand Therapists (**EFSHT)** on Nerves Panel in Italy. See [reviews](https://www.linkedin.com/posts/activity-7063065765138067456-5dL6?utm_source=share&utm_medium=member_desktop)

2020 American Society of Shoulder Elbow Therapists (**ASSET**) on complication of biceps repair Lacertus syndrome and Radial Nerve entrapment

2019 Invited speaker on Wrist fracture management at the American Society of Surgery of Hand **(ASSH)** meeting in Las Vegas.

2019 Presented a paper on Mild SL instability treated with Proprioception and Neuromuscular control enhanced by taping at the International Federation of Societies of Hand Therapists (**IFSHT**) in Berlin Germany

2019 Invited to host a panel discussion at **IFSHT** on a Conceptual Model of Neurodynamics with Soft Tissue Mobilization in Berlin, Germany

2019 Invited speaker at the American Association of Peripheral Nerves (**ASPN**) on Nerves and the use of electrical stimulation in Palm Desert

2018 **ASSET** Chicago IL in on Brachial Neuritis, Scapular Dyskinesis and Ehlers Danlos Syndrome, a case report

2018 Invited Speaker at the **AAHS** on Neuropathic Pain and CRPS in Arizona.

2016 **ASSET** -**Elbow contracture: The broken Kinetic Chain in the Upper Quadrant.**

2010 IFSHT/ASHT Orlando, FL, in on Therapeutic Management of Tendon Transfers in the hand.

2010 **OTAC** on specialty day on Differential Diagnosis of the wrist in Burbank, Ca

2009 Baseball medicine conference – wrist assessment and treatment

2006 Stanford Hand Review course – Rheumatoid Arthritis

2006 Western Occupational Medicine Conference to Internal Medicine & Occupational medicine physicians

2006 Lecture on RA management to the Arthritis foundation

Given talks on Repetitive stress injury management to companies in US and overseas.

Poster Presentation: ASHT meeting in San Diego 2012.

* Velcro-less splint design for 1st CMC joint arthritis
* Wide buddy loop for the treatment of RCL injury to the Index finger
* Lateral Epicondylitis Vs. Radial Tunnel – Total Management

**Partner/Principal of Advanced Rehab Seminars**

Providing specialized continuing education on orthopedic and neurological conditions of the Upper Extremity to therapists all over United States of America and Overseas. A location list can be provided on request. All the courses taught are from ***Shoulder to Hand on physical disability. The talks include.***

* Manual medicine for the upper quadrant- taking it to the next level, includes joint & soft tissue mobilization 15 CEUs
* Sports medicine for the upper quadrant – with splinting and taping 15 CEUs
* Paradigm of differential diagnosis, assessment, and treatment of the upper quadrant nerve & orthopedic systems 15 CEUs
* Comprehensive management of the post-surgical arm 14.5 CEUs
* Comparative taping Leuko and Kinesio for the Upper Quadrant 12 CEUs
* Management of the Stiff Arm 14 CEUs
* Neural Mobilization of the Upper Quadrant, with Myofascial Mobilization 12 CEUs
* A Practical Approach to Solving Complex Upper Extremity Cases 14 CEUs

Other Professional Activities

Volunteered to serve on the IFSHT Awards Committee - IFSHT Cristina Alegri Awards Committee 2024

Held booths: at various conventions, arthritis / scleroderma community programs etc. to educate the public on the importance of hand therapy and how hand therapy would benefit them.

Mentorship Program: Initiating a mentorship program with Advanced Rehab Seminars to cultivate young minds in the field of Hand Therapy.

Clinical Instructor for the Hand fellowship program (masters program, TWU) and still continue to take therapists who are eager to learn hand therapy post masters education. Developed a wireframe for Hand and upper extremity evaluation and documentation.

References

Ashim Bakshi, MHS, OTR, CHT; Charles Costello, PT, PHd, CHT; Rose Luciano, OTR, CHT