

# **MOJCA “MO” HERMAN, MA, OTR/L, CHT**

Certified Hand Therapist  
Member, American Society of Hand Therapists  
Member, American Occupational Therapy Association  
Member, Occupational Therapy Association of California  
Past President, Board of Directors, American Society of Hand Therapists  
Upper Extremity Specialist for Elite and Professional Athletes/Sports Teams

## **CURRICULUM VITAE**

### **EDUCATION:**

Bachelor of Science, University of Southern California, Occupational Therapy, May 1994  
Master of Arts, University of Southern California, Occupational Therapy, December 1996

### **SCIENTIFIC ARTICLES:**

Slutsky, DJ, Herman M. Rehabilitation of Distal Radius Fractures: A Biomechanical Guide. Hand Clinics: Distal Radius Fractures. Vol 21, No 3, August 2005, pp 455-468

Hartzell, TL, Rubinstein, R, Herman, M. Therapeutic Modalities-An Updated Review for the Hand Surgeon. Journal of Hand Surgery. 2012; 37A:597-621

Parikh, HB, Herman, M, Shin S. Can We Do It Faster? Accelerated Rehabilitation Following Thumb Ulnar Collateral Ligament Repair with Suture Tape Augmentation. Journal of Hand Therapy Practice Forum. In press, published online 18 April 2021

Parikh, HB, Herman, M, Shin S. Accelerated Return to Play in Professional Basketball Players with Surgically Treated Metacarpal Shaft Fractures. Iowa Orthopedic Journal. June 2022 Volume 42, Issue 1

Parikh, HB, Herman, M, Shin S. Accelerated Rehabilitation Following Thumb Ulnar Collateral Ligament Repair with Suture Tape Augmentation. A Case series of Professional Basketball Players. Journal of Hand Therapy. 2022; 9:30

### **BOOK CHAPTERS:**

Herman, M, Hopkins H. Rehabilitation Following Nerve Decompression. In Upper Extremity Nerve Repair – Tips and Techniques: A Master Skills Publication, ASSH. Publication 2008

Herman, M, Hopkins, H, Slutsky, DJ. Rehabilitation after Distal Radius Fractures. In Fractures and Injuries of the Distal Radius and Carpus: The Cutting Edge. Elsevier, Inc. Publication December 2008

Herman, M, Hopkins, H, Slutsky, DJ. Rehabilitation of Distal Radius Fractures. In The Principles and Practice of Wrist Surgery. Elsevier, Inc. Publication November 2009

McVeigh, K, Herman, M. Wound Healing. In ASHT Test Prep for the CHT Exam-3<sup>rd</sup> Edition. ASHT, Publication October 2012

Benhaim, P, Kempton, S, Herman, M. Dupuytren Contracture. In Fundamentals of Hand Therapy, 3<sup>rd</sup> edition. Elsevier, Inc. Publication 2020

Herman, M. Chapter 22: The Athlete: Field Note: Collaboration with Athlete. In Orthotic Intervention for the Hand and Upper Extremity, 3<sup>rd</sup> edition. Wolters Kluwer, Publication 2021.

McVeigh, K, Herman, M, Barrett N. Physiology of Wound Healing and Burns. In Test Prep for the CHT Exam, 4<sup>th</sup> edition: Study Outline and Clinical Reference ASHT, Publication October 2021

### **POSTER PRESENTATIONS:**

“Expediting Return to Sport in Professional Athletes Following Thumb Ulnar Collateral Ligament Repair with Suture Tape Augmentation.” E-Poster at the Annual Meeting of American Society of Hand Therapists. St. Louis, MO, October 7-10, 2021

“Pushing Our Limits-Accelerated Rehabilitation Following Surgically Treated Metacarpal Shaft Fractures in Professional Basketball Players.” E-Poster at the Annual Meeting of American Society of Hand Therapists. St. Louis, MO, October 7-10, 2021

### **AWARDS:**

2011 ASHT Award for Outstanding Committee Member for the ASHT Education Division

2014 ASHT President’s Award in recognition of contributions made to the Society

2021 ASHT Award for Best Poster: “Pushing our Limits-Accelerated Rehabilitation Following Surgically Treated Metacarpal Shaft Fractures in Professional Basketball Players”

### **PROFESSIONAL PRESENTATIONS:**

Guest Speaker, University of Southern California Graduate Occupational Therapy Program: Skills III Supervision, Management, and Program Development Course, January 28, 2004

Guest Speaker, University of Southern California Graduate Occupational Therapy Program: Skills III Supervision, Management, and Program Development Course, January 10, 2005

“Distal Radius Fractures: Surgical Decision-Making and Rehabilitation”. Presented at the Joint Annual Meeting of American Society for Surgery of the Hand and American Society of Hand Therapists. San Antonio, TX., September 22-24, 2005

Guest Speaker, University of Southern California Graduate Occupational Therapy Program: Skills/Theory I, July 26, 2006

Guest Speaker, University of Southern California Graduate Occupational Therapy Program: Medical Lectures: "Hand Injuries and the Role of Occupational Therapy" October 20, 2006

Guest Speaker, University of Southern California Graduate Occupational Therapy Program: Skills/Theory I, August 1, 2007

"Distal Radius Fractures: A Systematic Approach to Rehabilitation". Presented at the Annual Meeting for the American Society of Hand Therapists. Phoenix, AZ., October 4-7, 2007

"Distal Radius Fractures: A Procedure-Specific Approach to Rehabilitation and Splinting". Presented at the ASSH/ASHT Electives in Hand Surgery Course in New Orleans, LA Feb. 8-9, 2008

Guest Speaker, University of Southern California Graduate Occupational Therapy Program: Skills/Theory I: Introduction to OT and Task Analysis, July 31, 2008

"Overcoming the Challenges of Private Practice", "Splinting the Wrist-What to Consider Postoperatively", and "EPL Ruptures Following Distal Radius Fractures". Presented at the Annual Teton Hand and Upper Extremity Conference in Jackson Hole, Wyoming, January 6-10, 2009

Guest Speaker, University of Southern California Graduate Occupational Therapy Program: Skills/Theory I: Introduction to OT and Task Analysis, June 25, 2009

Guest Speaker, UCLA Hand Surgeon Conference. "Splinting: What to Consider". July 28, 2009

Guest Speaker, UCLA Hand Surgeon Conference. "Splinting: What to Consider". November 10, 2009

Guest Speaker, University of Southern California Graduate Occupational Therapy Program: Skills/Theory I: Introduction to OT and Task Analysis, June 29, 2010

Guest Speaker, UCLA Hand Surgeon Conference. "Splinting in Hand Therapy". January 25, 2011

Guest Speaker, University of Southern California Graduate Occupational Therapy Program: Foundations of Occupation, June 30, 2011

Course Assistant, ASHT Hands On Orthotics: Customized Splinting/Orthotic Fabrication Course in San Diego, California April 28, 2012

Guest Speaker, University of Southern California Graduate Occupational Therapy Program: Foundations of Occupation, "Hand Therapy", July 10, 2012

Workshop: Assisted with Hands On Orthotics-Orthotic Solutions for PIP Joint Stiffness. Presented at the Annual Meeting for the American Society of Hand Therapists. San Diego, CA. October 18-21, 2012

Guest Speaker, UCLA Hand Surgeon Conference. "Hand Therapy: Rehabilitation Protocols". April 30, 2013

"Customized Orthoses in Hand Therapy: Simple to Complex". Presented at the UCI: Postoperative Rehabilitation of Orthopedic Procedures Symposium, Newport Beach, CA. May 31, 2013

Guest Speaker, University of Southern California Graduate Occupational Therapy Program: Creativity, Imagination and Activity Analysis, "Hand Therapy: A Creative Practice Option", July 18, 2013

Guest Speaker, UCLA Hand Surgeon Conference. “Upper Extremity Mobilizing Orthoses”. March 4, 2014

Guest Speaker, UCLA Hand Surgeon Conference. “Flexor Tendon Rehab: Post Zone-2 Primary Tendon Repairs”. March 4, 2014

Guest Speaker, University of Southern California Graduate Occupational Therapy Program: Creativity, Craft and Activity Analysis, “Hand Therapy: A Creative Practice Option”, July 29, 2014

Guest Speaker, Harbor UCLA Residents. “Introduction to Hand Therapy and Customized Orthoses: Show and Tell”, September 13, 2014

Conducted the First Time Attendee/New Member Networking Session at the Annual Meeting for the American Society of Hand Therapists. Boston, MA. September 17-20, 2014

Panelist for ASHT’s Member Engagement Virtual Town Hall Meeting, June 8, 2015

Guest Speaker, University of Southern California Graduate Occupational Therapy Program: Foundations: Creativity, Craft and Activity Analysis, “Hand Therapy: Perspectives”, July 8, 2015

“A Splashy New Tool for Your Toolbox: Return to Swimming for Athletes”. Presented at the Annual Meeting of American Society of Hand Therapists. Washington, DC, September 18, 2016

“Swimmer’s Shoulder: Sport-Specific Rehab Progression”, ASHT Webinar May 17, 2017

Guest Speaker, University of Southern California Graduate Occupational Therapy Program: Foundations: Creativity, Craft and Activity Analysis, “Hand Therapy: The Power of People’s Stories”, July 11, 2017

Guest Speaker: Arthrex WebEx: Internal Brace and Rehab Timelines: Thumb MP UCL Case Presentation, October 3, 2017

Sports Injuries of the Hand and Wrist. Advances in Rehabilitative Treatment. Presented at the Annual Meeting of American Society of Hand Therapists. Anaheim, CA, October 14, 2017

Guest Speaker, University of Southern California Graduate Occupational Therapy Program: Foundations: Creativity, Craft and Activity Analysis, “Hand Therapy: Starting and Managing a Private Hand Therapy Practice”, July 12, 2018

Sports and Athletes: Advances in Innovative Rehabilitation. Presented at the Annual Meeting of American Society of Hand Therapists. Dallas, TX, September 22, 2018

Sports and Athletes: Advances in Innovative Rehabilitation for Upper Extremity Injuries. Presented at the AOTA Specialty Conference. Los Angeles, CA, December 1, 2018

Guest Speaker, University of Southern California Graduate Occupational Therapy Program: Foundations: Creativity, Craft and Activity Analysis, “Hand Therapy: A Creative Practice Option”, July 11, 2019

Panel: Challenging Cases. Presented at the Annual Meeting of American Society of Hand Therapists. Washington, DC, October 4, 2019

Leadership Initiative: Lunch with your Leaders: Session at the Annual Meeting of American Society of Hand Therapists. Washington, DC, October 4, 2019

Incoming Presidential Address. "WHY?" Presented at the Annual Meeting of American Society of Hand Therapists. Washington, DC, October 5, 2019

"Orchestrating Excellence". Presented at the Annual Meeting of American Association for Hand Surgery. Fort Lauderdale, FL, January 8-11, 2020

"ASHT: Who Are We?" Presented at the Annual APTA Meeting: CSM Section. Denver, CO. February 13-16, 2020

"Conservative Treatment of the Hand and Use of Orthoses (Splints) in Sports. Virtual MLB Baseball Injury Conference-Episode 7. Webinar. May 27, 2020

Virtual Guest Speaker, University of Southern California Graduate Occupational Therapy Program: Foundations: Creativity, Craft and Activity Analysis, "Hand Therapy: A Creative Practice Option", July 9, 2020

Virtual Guest Speaker: Chicago Metro Hand Study Group: "Rehabilitating Athletes: Innovative Strategies for Safe and Efficient Return to Sport" August 20, 2020

"Leaders and Legends". Presented at the Annual Meeting of American Society of Hand Therapists. Virtual Live Session, October 1, 2020

Presidential Address. "Defining Moments". Presented at the Annual Meeting of American Society of Hand Therapists. Virtual Live Session, October 8, 2020

Virtual Guest Speaker: The UC Irvine Hand and Upper Extremity Conference: "Rehabilitating Athletes: Innovative Strategies for Safe and Efficient Return to Sport" February 8<sup>th</sup>, 2021

Expert Panel: Interviewing for First Occupational Therapy Positions post-graduation. Cal State University Dominguez Hills (CSUDH). June 9, 2021

"Rehabilitating Athletes: Expand Your Toolbox. Clinical Treatment Ideas for Therapists", ASHT Webinar June 23, 2021

Virtual Guest Speaker, University of Southern California Graduate Occupational Therapy Program: Foundations: Creativity, Craft and Activity Analysis, "The Journey into Specialization: Hand & Upper Extremity Therapy. Career Takeaways for OT Students. July 13, 2021

"Hand and Upper Extremity Specialization: A Complementary Discipline". Presented to Lakers training room staff. 9/15/2022

## **FACULTY/DISTINGUISHED POSITIONS:**

Appointed Voluntary Clinical Faculty at the University of Southern California, Department of Occupational Science and Occupational Therapy 2005-2008

Item Writer Committee for the Hand Therapy Certification Examination (HTCC) 2006-2008

Surveyor for the National Board of Accreditation for Orthotic Suppliers (NBAOS) 2007-2009

Pre-Conference Institutes Chair for the Annual Meeting for the American Society of Hand Therapists (ASHT). Boston, MA. October 23-26, 2008

Part-time professor at University of Southern California Graduate Occupational Therapy Program: OT 441 Foundations of Occupation: Neuroscience, January-May 2008

Committee for the accreditation process for the National Board of Accreditation for Orthotic Suppliers (NBAOS) 2008

Manuscript peer reviewer for Journal of Hand Therapy and Journal of Hand Surgery, 2008-ongoing

Co-Chair for the ASSH/ASHT Elective Course, New Orleans, Louisiana, Feb 2010

Member of ASHT's Education Division: 2009-2012

Project Manager - ASHT's *Test Prep for the CHT Exam, 3<sup>rd</sup> edition Book*. Publication October 2012

Member of ASHT's 2013 Annual Meeting Committee. Chicago, IL, October 24-27, 2013

Elected: ASHT's Board of Directors: Board Member- at-Large: 2013-2015

Subject matter expert reviewer of the HTCC 2014 Practice Analysis Update. Performed an independent review of the newly revised Delineation of Hand Therapy Practice. 2016

Certified Hand Therapy CHT Exam Item Writer Validator for the Hand Therapy Certification Examination (HTCC) 2014-2016

Expert "Practice Reviewer" (independent expert consultant) for the California Board of Occupational Therapy of the Department of Consumer Affairs, 2015- ongoing

Part-time faculty at Cal State University Dominguez Hills Graduate Occupational Therapy Program: OTX 995. Foundations of Hand Therapy Practice in Occupational Therapy. Sept 12-13, 2015

Elected: ASHT's Board of Directors: Secretary/Treasurer: 2015-2017

Part-time faculty at Cal State University Dominguez Hills Graduate Occupational Therapy Program: OTX 995. Foundations of Upper Extremity Orthosis Fabrication (Splinting). March 26, 2016

Subject matter expert at the Passing Score Meeting for the Hand Therapy Certification Examination (HTCC), Chicago, IL, April 11, 2016

Part-time faculty at Cal State University Dominguez Hills Graduate Occupational Therapy Program:  
Workshop: Hand Therapy Practice in Occupational Therapy. Sept 10-11, 2016

Monthly panel member for Item Bank Maintenance for the Hand Therapy Certification Examination (HTCC), October 2016-current

Part-time faculty at Cal State University Dominguez Hills Graduate Occupational Therapy Program:  
Workshop: Upper Extremity Orthosis Fabrication (Splinting). April 8, 2017

Selected to attend the Exam Committee Meeting (Form Review and Item Bank Maintenance) for the Hand Therapy Certification Examination (HTCC), Chicago, IL, April 28-29, 2017

Part-time faculty at Cal State University Dominguez Hills Graduate Occupational Therapy Program:  
Workshop: Upper Extremity Orthosis Fabrication (Splinting). June 3rd, 2017

Elected: ASHT's Board of Directors: Vice President: 2017-2018

Part-time faculty at Cal State University Dominguez Hills Graduate Occupational Therapy Program:  
Workshop: Hand Therapy Practice in Occupational Therapy. Sept 9-10, 2017

Part-time faculty at Cal State University Dominguez Hills Graduate Occupational Therapy Program:  
Workshop: Upper Extremity Orthosis Fabrication (Splinting). April 7, 2018

Selected to attend the Exam Committee Meeting (Form Review and Item Bank Maintenance) for the Hand Therapy Certification Examination (HTCC), Chicago, IL, April 27-28, 2018

Part-time faculty at Cal State University Dominguez Hills Graduate Occupational Therapy Program:  
Workshop: Hand Therapy Practice in Occupational Therapy. Sept 8-9, 2018

Expert Content Special Editor: Introduction to Orthotics: A Clinical Reasoning and Problem-Solving Approach, 5<sup>th</sup> edition, publication 2020

Elected: ASHT's Board of Directors: President-Elect: 2018-2019

Practice Analysis Subject Matter Expert: Hand Therapy Certification Examination (HTCC), Jan 2019

Part-time faculty at Cal State University Dominguez Hills Graduate Occupational Therapy Program:  
OTR 595: Foundations of Upper Extremity Orthosis Fabrication (Splinting). June 1, 2019

Part-time faculty at Cal State University Dominguez Hills Graduate Occupational Therapy Program:  
Foundations of Hand Therapy Practice in Occupational Therapy. Sept 14-15, 2019

Elected: ASHT's Board of Directors: President: 2019-2020

Elected: ASHT's Board of Directors: Immediate Past President: 2020-2021

ASHT Nominations Committee Chair: 2020-2021

Part-time faculty at Cal State University Dominguez Hills Graduate Occupational Therapy Program:  
OTR 595: Advanced Clinical Skills in Adult Interventions. July 24 & 31st, 2021

## **WORK EXPERIENCE:**

### **Northridge Hospital Medical Center, Northridge, CA (01/95-02/99)**

Senior Spinal Cord Injury therapist in acute rehabilitation clinic. Senior position duties included: coordination and development of program, updating policies/procedures, and providing clinic in-services. Responsible for the supervision and training of staff, students and volunteers. Other diagnoses included: stroke, head injury, chronic pain, orthopedic injuries, and neurological disorders.

### **Private Outpatient Hand Clinic, Beverly Hills, CA (11/99 –04/00)**

High volume outpatient hand therapy clinic. Patient population consisted of various diagnoses of upper extremity and hand injuries. Responsibilities included evaluation, treatment and orthotic fabrication.

### **Downey Regional Medical Center, Downey, CA (04/00-10/00)**

Staff therapist in hand rehabilitation center. Evaluation and treatment of various diagnoses of upper extremity and hand injuries. Fabrication of numerous orthoses including static, static progressive and dynamic. Patient population ranged from pediatric to geriatric.

### **Cedars-Sinai Medical Center, Los Angeles, CA (10/00-01/02)**

Level II therapist in outpatient hand therapy clinic. Evaluation and treatment of various diagnoses of upper extremity and hand injuries, including orthopedic and repetitive strain injuries. Orthotic fabrication included static, static progressive and dynamic orthoses. Program development for outpatient hand clinic. Supervision and mentoring of clinical staff, aides, students and volunteers.

### **Physiotherapy Associates, Manhattan Beach, CA (01/02-11/21/03)**

CHT responsible for establishing and growing a hand therapy program as an integral component of an established outpatient physical therapy setting. Marketing and program development for the hand therapy component. Evaluation and treatment of various diagnoses of upper extremity and hand injuries. Orthotic fabrication included static, static progressive and dynamic orthoses.

### **Advanced Therapy Center, CA (12/01/03-10/15/2019)**

Owner of Upper Extremity Rehabilitation Clinic specializing in complex post-surgical cases including numerous professional and high level amateur athletes. Managed 9 employees treating over 150 patient visits a week. Sold nonprofessional athlete component of practice on 10/15/2019 and created a new business entity exclusively for professional and elite athlete clients (Pro Rehab with Mo).

### **Pro Rehab with Mo (10/16/2019-current)**

Owner and provider of upper extremity rehabilitation for elite and professional athletes. Personally have been serving the elite and professional sports community since 2008. Rehabilitative services have included in-clinic, as well as traveling to athlete's facilities/venues as a consultant. Travel has included local as well as throughout the United States. Professional sports organizations include NBA, NHL, MLB, NFL, PGA, UFC, as well as a variety of other independent sports including but not exclusive to water polo, volleyball, tennis and swimming.

## **ATHLETIC HONORS/ACCOMPLISHMENTS:**

1988 - Canadian Olympian

1986 - 1992 Member of Canadian National Swim Team

1992 -1994 Athletic Scholarship to USC Women's Swim Team

2008- Inducted into Ontario, Canada Aquatic Hall of Fame