

Katherine Butler

Clinical Specialist in Hand Therapy

Professional Registrations and Memberships

Council of Professions Supplementary to Medicine - UK (No. OT 29643)
British Association of Hand Therapists (No.1300)
2000 to present Full member of British Association of Hand Therapists

Academic Qualifications

1992-1995 University of South Australia
Tertiary Education Bachelor of Applied Science (Occupational Therapy)

Post Graduate Training

May 2003 **Accredited Hand Therapist (AHT)**
British Association of Hand Therapists (BAHT)

June 1998 **Post Graduate Pain Management – Acupuncture**
Gold Coast Australia (graduated with 95% in final exam)

Employment History

London Hand Therapy

February 2006 - present

Role: Clinical Specialist Hand Therapy
Duties: Assessing and treating patients with a wide range of upper limb conditions and establishing London Hand Therapy. A large number of patients are performing artists, as well as work related upper limb disorders and trauma cases. Medico legal and functional assessments are performed, and treatment modalities include: mobilisations, fabrication of bespoke dynamic and static splints, electrical modalities, wound care, soft tissue massage, neural mobilisation, and case management. Lecturing and facilitating workshops particularly on preventative measures for performing artists and other related subjects on performing arts medicine, such as focal hand dystonia.

Health Care America (The Wellington and Devonshire Street Private Hospital's)

15.04.02- 18.02.2008

Role: Clinical Specialist Hand Therapy
Duties: Conducting assessment and treatment programs for a wide range of complex upper limb conditions. Heading up the speciality unit for Musicians' Medicine, and assessing and treating rock, pop and classical musicians. Other cases treated at the hospital include: congenital hand anomalies, multiple trauma, rheumatology and severe burns. Completing medico-legal reports for the court. Treatments include: Baltimore Therapeutic Equipment (BTE) and E-Link (functional computerised work hardening tools), mobilisations, dynamic and static splinting, electrical modalities, wound care, soft tissue massage, neural mobilisation, and case management.

Involved in departmental research/audit projects and teaching university students.

British Performing Arts Medicine Trust

October 1998 – 2006

- Role:** Fulfillment of my Queen's Trust Scholarship – adhoc assessment clinics with Dr. Christopher Wynn-Parry and monthly treatment clinics as a solo practitioner
- Duties:** Assessing performing artists in a monthly clinic with **Dr. Christopher Wynn-Parry** (Consultant Rheumatologist). Conditions may involve the neck, back or upper limb and may involve myofascial pain, nerve entrapment or an acute hand condition.
- Monthly treatment clinics as a solo practitioner at BPAMT. Treatment techniques include: postural re-education, technique modification, acupuncture, splinting, instruction in home exercise programmes, instrument modification, liaison with orchestras and music teachers and neural tension release techniques.
- Lecturing to Trinity College of Music, Guild Hall and Royal Academy student groups regarding prevention of injuries and possible practice techniques that ensure minimal physical strain and stress.

Saint Thomas and Guys NHS Trust

26.09.00- 07.03.02

- Role:** Senior 1 Hand Therapist – in and outpatients (permanent)
- Duties:** Conducted assessment and treatment programs for a wide range of 'inner city' hand trauma including bomb victims, severe burns, multiple trauma and other patient groups such as EB, musicians and rheumatology.
- Treatments included graded strengthening programmes, Return to work plans, MULE (upper limb evaluator and work hardening tool), workshop activities, dynamic and static splinting, wound care and scar management.
- Responsible for day-to-day management of hand plastic surgery Occupational Therapy service.
- Teaching to the junior members of staff, assistants and induction for plastic surgeons.
- Involved in quality monitoring procedures
- Formulating treatment guidelines with physiotherapy and surgical colleagues
- Involved in the redesign of the workshop and splinting areas

Mount Vernon Hospital and Barnet General Hospital

19.06.00- 23.09.00

- Role:** Senior 1 Hand therapist – in and outpatients (locum)
- Duties:** Conducted Assessments and treatment programs for a wide variety of complex upper limb conditions. Cases included: severe burns, trauma and rheumatology.
- Treatments included design and fabrication of dynamic and static splints, wound management, BTE (Baltimore Therapeutic Equipment, work hardening tool), MULE, Myolink, heavy and light workshop.
- Attended MDT meetings and was involved in multi-disciplinary liaison.
- Presented in-service training session and supervised junior staff members.

Great Ormond Street Hospital for Children

4.1.00 – 17.06.00

Role: Senior 1 Paediatric Rheumatology/ hand therapist (locum)
Duties: Assessment and treatment of children between the ages of 0-14 years with JIA, scleroderma, dermatomyositis, lupus, Chronic Pain Syndrome, hypermobility and congenital hand deformities.
Member of Multi-disciplinary team.
Research project liaison and co-ordination
Treatment included planning home exercise programs, return to school planning and liaison, fabrication of static and dynamic splints, casting, hand therapy group co-ordination, school/home visits and modification planning, hydrotherapy.

Chelsea and Westminster Hospital

11.11.99 - 3.1.00

Role: Senior 1 Hand therapist (locum) Co-ordinator of Hand Management Unit
Duties: Hand management unit involved assessment and treatment of acute hand conditions immediately post surgery, fabricating splints in theatre and liaising with community therapist re continuing intervention.
Assessing and treating in and outpatients with hand conditions that included burns, trauma, nerve injuries and elective surgery.
Fabricating custom made static and dynamic splints
Working in a multidisciplinary team
Providing in-service presentations and supervising junior members of staff
Co-ordinating the formulation of written protocols and procedures

Royal Liverpool University Hospital

2.6.99 - 13.9.99

Role: Senior 1 Hand and rheumatology therapist (locum)
Duties: Conducting assessments and treatment plans for patients with acute and chronic hand injuries
Fabricating static and dynamic splints
Assessing and treating in and out patient rheumatology patients which included modifying home environments and providing splints, adaptive equipment and providing group educational sessions
Instigating and implementing the research team in rheumatology department
Supervising university students
Formulating hand therapy handouts
Providing in-service presentations – at OT, PT and medical meetings
Partaking in wound management and care for hand therapy patients

Harpur Memorial Hospital, Egypt

3.5.99- 21.5.99

Role: Establishing hand unit in mission hospital
Duties: Lecturing daily to surgeons/doctors. Topics included: assessment and treatment of Thoracic Outlet Syndrome, Chronic Regional Pain Syndrome, Carpal Tunnel Syndrome and other nerve entrapments, managing the burn patient, hand anatomy and applications, exercises and handouts commonly used, dynamic and static splintage

practical tips and fabrication practice, Acupuncture - the scientific basis, and practical applications, Osteoarthritis and Rheumatoid arthritis - how to manage and treat it and surgical options, and What is Occupational Therapy and The Multi Disciplinary Approach?
Treating a wide range of conditions such as cerebral palsy, lower back pain, OA, severe burns and industrial hand injuries.
Teaching the local physiotherapists and occupational therapists how to: assess and treat a variety of conditions, formulate treatment plans and utilise a multi-disciplinary approach.

Royal Sussex County Hospital

26.10.98- 2.4.99

Role: Senior 1 sole practitioner heading up the Hand and Rheumatology service (locum)

Duties: Supervising and managing a department of ten staff
Initiating and co-ordinating rheumatology and osteoarthritis groups
Assisting Regional Head OT in formulating Hand Injuries Business Plan, Risk Assessment and correspondence concerning continuing funding for the hand unit
Compiling hand therapy handouts
Development of in-service training program
Presenting in-service lectures at numerous medical meetings
Involving whole department in risk assessment planning
Participating in wound care and management for hand patients
Formulating hand therapy protocols for post surgical management, in conjunction with physiotherapy and surgical colleagues

Hand and Occupational Therapy Consultancy Service

July 1995 – Sept 1998

Role: Hand therapist in private practice 28 hours per week

Duties: Assessing and treating patients with hand and upper limb and/or soft tissue neck and back injuries
Lead therapist for Adelaide Symphony Orchestra.
Designing and fabricating splints
Work site evaluations
Functional capacity evaluations
Formulating graded return to work programmes
Research project completion and presentation

Royal Adelaide Hospital January

1998- August 1998

Role: PSO1 hand therapist 15 hours per week

Duties: Assessing and treating hand and burn injuries
Working on plastic, burns and orthopaedic wards
Treating in and outpatients with hand and upper limb conditions

Flinders Medical Centre

March 1997- February 1998

Role: PSO2 (initially PSO1) hand therapist 15 hours per week

Duties: Assessing and treating in and outpatient's with hand injuries.
Medical wards - ADL assessments, discharge planning and home visits

Planning and implementing provision of Occupational Therapy Vocational Rehabilitation Services to the Flinders Medical Centre Workers Compensation and Rehabilitation Unit
Developing patient information materials in hand therapy

Southern Domiciliary Care and Rehabilitation Service

Nov 1996- Jan 1997

Role: Involved in the Seamless Care Pilot Project (Casual PSO1)
Duties: Assessment and treatment of a wide variety of medical conditions in patient's residences.

Repatriation General Hospital and Flinders Medical Centre

Sept 1995- July 1996

Role: Research Therapist in MDT
Duties: Involved in developing and carrying out research projects that evaluated the outcome of orthopaedic surgery.
Presenting research projects and outcomes to medical meetings

Publications

Butler, K. 'Preventing Injuries in Guitarists – Part 2' *Acoustic Magazine*, April 2011: 84-88

Butler, K. 'Preventing Injuries in Guitarists – Part 1' *Acoustic Magazine*, March 2011: 90-92

Butler, K & Norris, R. Chapter 142 Assessment and treatment principles for the upper extremities of instrumental musicians. In: Skirven TM, Osterman AI, Fedorczyk J, Amadio PC, ed. *Rehabilitation of the Hand and Upper Extremity*, 6th ed. Mosby Elsevier; 2011: 1855-1877

Butler, K. Chapter 24 Focal hand dystonia affecting musician's. In: Rose FC, ed. *Neurology of Music*. London: Imperial College Press; 2010: 367-392

Butler, K. Chapter 9 Physiotherapy and Occupational Therapy in the Hypermobile Adult and Chapter 12.2 'The Hand'. In: Hakim AJ, Keer RJ, Grahame R, ed. *Hypermobility, Fibromyalgia and Chronic Pain*. 1st ed. London: Churchill Livingstone Elsevier; 2010: 143-162 and 207-216

Butler K, Winspur I Letter to the Editor 'Musician's return to playing instruments following hand surgery' *Hand Therapy*, 2009, 14:114

Rosenkranz K, Butler K, Williamon A, Rothwell JC 'Regaining motor control in musician's dystonia by restoring sensorimotor organisation' *The Journal of Neuroscience*, 2009, 29(46): 14627-14636

Butler K, Winspur I 'Retrospective case review of time taken for 130 professional musicians to fully return to playing their instruments following hand surgery' *Hand Therapy*, 2009, 14: 69-74

Winspur I, Butler K 'Restoring wrist rotation in injured pianists and violinists' *Medical Problems of Performing Artists*, 2009, June: 88-90

Chudinovich, G 'Piano Yoga' (2009) Butler, K was consultant Clinical Specialist in Hand Therapy for the exercises and hand medical terminology in the book. Ian Grundy, Richard Harris, Trudi Olivero Eds.

Butler, K Musicians Benevolent Fund Annual Review 'Care and Welfare Case studies', 2009, 24

Rosenkranz, K, Butler, K, Williamon, A and Rothwell, J 'Behavioural and neurophysiological effects of

proprioceptive training in musician's dystonia' Brain, 2008

Rosenkranz, K, Butler K, Williamon A, Cordivari C, Lees AJ and Rothwell JC 'Sensorimotor reorganisation by proprioceptive training in musician's dystonia and writer's cramp' Neurology, 2008 70: 304-315

Butler K 'Road to Recovery' The Key – In Focus, Musicians Benevolent Fund, 2008, 10-13

Butler, K & Sandford, F. Tendonopathies of the Hand and Wrist. AOCPP, 2007 (1), 4-24.

Butler, K & Rosenkranz, K. Focal hand dystonia affecting musicians. Part 1: An overview of epidemiology, pathophysiology and medical treatments. The British Journal of Hand Therapy, 2006 (11:3), 72-78.

Butler, K & Rosenkranz, K. Focal hand dystonia affecting musicians. Part 2: An overview of current rehabilitative treatment techniques. The British Journal of Hand Therapy, 2006 (11:3), 79-87.

Butler, K & Svens, B. A Functional Thumb Metacarpal Extension Blocking Splint. Journal of Hand Therapy, 2005 (18:3), 375-377.

Butler, K. Musicians and Hand Therapy. Incorporated Society of Musicians Music Journal, September, 2005, 146-150.

Rosenkranz, K, Williamon, A, Butler, K, Cordivari, C, Lees, A, and Rothwell, J. Pathophysiological differences between musician's dystonia and writer's cramp. Brain, April, 2005.

Lectures and Presentations

October 2011 Invited speaker at BAHT conference: Performing Arts Medicine, hand therapy, and focal hand dystonia. Leeds UK

July 2011 Invited speaker at BAPAM training and planning day for the M.Sc. Performing Arts Medicine, and leader of Module 6: Assessment, treatment and holistic wellness of the performing artist, London UK

March 2011 Invited speaker and facilitator at 'Well-Being for Cellists' session entitled 'Preventing Hand Injuries'. London UK

November 2010 Invited speaker and facilitator with Mr Ian Winspur of 'The arm and the hand' in conference entitled: 'And not waving but drowning?' – Upper limb and breathing issues for performers. British Association of Performing Arts Medicine, London UK

September 2010 Invited speaker at Trinity College of Music, Orientation week, Injury Prevention for the Music Student, London UK

August 2010 Invited speaker at in-service training for Sammy Margo Physiotherapy, Hand Therapy for the Musician, Finchley Rd, London UK

August 2010 Invited speaker at St Georges NHS in-service training for Hand Therapy team, Treatment and Assessment Principles for the Performing Artist, Tooting, London UK

August 2010 In-service training for hand therapy team at Chelsea and Westminster NHS, Hand Therapy for the Musician, London UK

June 2010 In-service training for physiotherapy team at Marylebone Physiotherapy, Treatment and Assessment Principles for the Performing Artist, Marylebone, London UK

June 2010 In-service training session for hand therapy staff at The London Wrist and Hand Unit, Wellington Hospital, Focal Hand Dystonia Affecting Musicians, London UK

December 2009 Invited speaker at London Orthopaedic Clinic lecture series 'Performing Arts Medicine: The Hand', London UK

October 2009 Invited lecturer and workshop facilitator to Ireland Hand Therapy Association on Preventative medicine, treatment and assessment techniques for musicians, Cork Ireland

March 2009 The Reflective Conservatoire. Invited speaker on Early intervention and prevention of upper limb injuries in musicians, London UK

May 2008 The Medical Society of London 'Neurology of Music' Invited speaker on 'Focal Hand Dystonia – treatment techniques', London UK

May 2008 Invited by Birgitta Rosen to speak in Malmo Sweden, half day lecture/ workshop on 'Assessment and Treatment of the Performing Artist – Hand problems in musicians', Malmo Sweden

March 2007 International Federation of Society of Hand Therapy Triennial meeting Invited speaker on 'Focal Hand Dystonia Affecting Musicians: An Overview of Current Treatment Techniques', Sydney Australia

October 2006 Chartered Society of Physiotherapy Congress 2006 Invited lecture entitled 'Tendonopathies of wrist and forearm', Birmingham UK

June 2005 BAPAM Training Day lecture on Hypermobility and the role of Hand Therapy, London UK

September 2005 Health Promotion in Musicians Lecture co authored with Mr Ian Winspur and entitled: Surgical Principles and Instrument focused rehabilitation, London UK

May 2005 Facility member at Pulvertaft Hand Centre Hand Therapy Course, lecturing in Focal Hand Dystonia pathophysiology, epidemiology and treatment techniques, Derby UK

March 2005 'Keeping Musicians Healthy' lecture at Classicalive, Olympia, London UK

November 2004 Invited lecture British Association for Performing Arts Medicine 'The guitarist and focal hand dystonia', London UK

October 2004 Invited lecture at The Chartered Society of Physiotherapy Congress 'Focal Hand Dystonia', Birmingham UK

May 2003 Invited Lecture at European Musicians' Medicine Congress 'Focal hand dystonia affecting musicians: An overview of current treatment techniques', Turku Finland

May 2003 Facilitated and lead Workshop at European Musicians' Medicine Congress entitled 'Assessment and Management of musicians' medical conditions from a therapist's perspective'

2002 Recorded three programmes for the BBC City Hospital Programme.

November 2002 - present Lecture at Guild Hall School of Music 'Self assessment and treatment for the

string player' London UK

October 2002 Poster presentation The Butler Functional MCP Thumb Stabilising Splint BAHT Edinburgh UK

September & June 2001 Poster presentation Multidisciplinary Approach to Consultation and Treatment of Musicians BAHT Bath UK and IFSHT Istanbul Turkey, respectively.

June 2000 Lecturer at JIA Family Weekend, New Forrest, United Kingdom.

January 2000 Lecture: 'Therapeutic approach to management of pain in children with JIA' Great Ormond Street at 'Management and Challenges in Paediatric Rheumatology' London UK

January 2000 facilitator in small groups/ interactive programme at Great Ormond Street 'Management and Challenges in Paediatric Rheumatology' London UK

September 1996 Australian Hand Therapy Conference paper presentations with Suzanne Caragianis 'The Effect of a Hand Injury on Occupational Performance' and 'Soft tissue pain at the Elbow: Data Collection and Analysis' Cairns Australia

Continuing Professional Development – Courses attended

Date	Course	By
December 2010	Hand Injuries Masterclass Series	The Wellington Hospital London UK
November 2010	Upper Limb Symposium	London Orthopaedic Clinic London UK
July 2010	Common Hand Problems Masterclass Series	The Wellington Hospital London UK
June 2010	High Performance Sports Medicine Masterclass Series	High Performance Sports Medicine Masterclass Series
January & March 2010	Radiographic Imaging of the Hand	British Association of Hand Therapists Level II course (ratifying course for BAHT) Derby UK
March 2010	Shoulder Lecture	London Orthopaedic Clinic London UK
October 2009	Tendons Lecture	London Orthopaedic Clinic London UK
September 2009	BAHT Annual Conference Leicester UK	BAHT
July 2009	Hypermobility & the Athlete	Professor Rodney Graham London UK
June 2008	Electrotherapy Update Course	Tim Watson Crawley UK
May 2008	'Neurology of Music'	The Medical Society of London - London UK
May 2007	The Functional Elbow Complex	London UK
March 2007	International Federation of Society of Hand Therapy Triennial meeting	Sydney Australia
January 2007	Assessment of Hand Function and Sensory Relearning after Peripheral Nerve Injury to the Hand	University of East Anglia Norwich UK
May 2006	Pulvertaft Hand Centre Hand Therapy Course	Pulvertaft Hand Centre Derby UK

November 2005	British Society for Surgery of the Hand and British Association of Hand Therapists	Autumn meeting London UK
September 2005	Health Promotion in Musicians	Barcelona Spain
May 2005	Pulvertaft Hand Centre Hand Therapy Course	Pulvertaft Hand Centre Derby UK
April 2005	Orthopaedic Chartered Physiotherapists (AOCP) lecture series on the shoulder	London UK
November 2004	Managing Conflict & Difficult Situations	London UK
October 2004	Tim Watson Electrotherapy Update Course	London UK
October 2004	Chartered Society of Physiotherapists/ BAHT meeting	Birmingham UK
May 2004	Excellence in Medico-Legal Report Writing	Bond Solon Legal Training London UK
April 2004	Auriculotherapy	London UK
January 2004	Management of the Wrist	British Association of Hand Therapy Level II Course London UK
December 2003	Hypermobility in the Performing Artist	London UK
October 2003	Dynamic Lycra Orthoses	Bristol UK
November 2003	Advanced Acupuncture	London UK
June 2003	European Musician's Medicine Congress	Turku Finland
February 2003	Electrotherapy Update Course	London UK
January 2003	Advanced Acupuncture Techniques	London UK
October 2002	BAHT National Meeting	Edinburgh UK
September 2002	A Clinical Approach to the Shoulder Joint	London UK
November 2001	Congenital hand Surgery	The Royal Society of Medicine Plastic Surgery London UK
November 2001	Assessment of the Upper Limb	British Association of Hand Therapy Level II Course London UK
October 2001	Windsor Hand Clinic Dissection of the Upper Limb	Windsor UK
June 2001	Management of Traumatic Injuries to the Hand	British Association of Hand Therapy Level II Hand Course London UK
May 2001	Supervision and Mentoring Skills	London UK
March 2001	Jobst made to measure pressure garments	Milton Keynes UK
January 2001	Wheelchair Prescriber Course	Kings College London
December 2000	Management of burns to the hand and upper limb	British Association of Hand Therapy Level II Hand Course London UK
April 2000	International Paediatric Meeting Paediatric Rheumatology	York UK
March 2000	La Main des Artistes Institut de la Main Raoul Tubiana	Paris France
January 2000	Congenital hand anomalies: Recent advances	The Royal Society of Medicine Plastic Surgery London UK
November 1999	British Association Performance Artists Medicine Autumn Meeting	The City University London UK
July 1999	'Hand Anatomy for the Hand Therapist' dissection course	The Royal National Orthopaedic Hospital London UK
March 1999	Implementing Clinical Governance	Brighton UK

	Directorate of Professional Practice Conference	
March 1999	Neurological Splinting Workshop	Neurological Splinting Workshop
November 1998	Primary Care Guidelines for Management of Osteoporosis Seminar	Brighton UK
July 1997	The Upper Limb Symposium Evaluation and Treatment Strategies for today's Clinician	Sydney Australia
1996	Functional Capacity Evaluation training and Valpar accreditation	Adelaide Australia
1996 - 1998	Supervisor of first, second, third and fourth year Occupational Therapy students from The University of South Australia	Adelaide Australia

Scholarships

June 2001 Friends of Guy's and St Thomas' NHS Trust Travel Scholarship to present at the International Hand Therapy meeting in Istanbul Turkey on 'Multidisciplinary approach to Consultation and Treatment of musician's'

June 1998 Queen's Trust Award to study 'Treatment and prevention of injuries to musicians upper limbs, necks and backs' in London UK