

# Katherine Butler

Clinical Specialist in Hand Therapy at London Hand Therapy

katherinebutler@londonhandtherapy.co.uk

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## Summary

I established 'London Hand Therapy' in 2006 with the aim of providing first class private assessment and treatment of all hand and upper limb conditions. I have been working in the specialist area of Hand Therapy since 1995 and am an Accredited Hand Therapists (AHT) with The British Association of Hand Therapists.

My clinical experience has focused on plastic and orthopaedic surgery patients with hand and upper limb injuries, burns, and rheumatological conditions. I lecture and publish widely, have established two hand therapy units, worked as a research therapist and I am currently performing doctoral research in Focal Hand Dystonia affecting musicians.

I completed my Associate Music Diploma in Flute performance in 1997 and enjoy combining my love for music and knowledge of the hand and upper limb.

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## Experience

### **Clinical Specialist in Hand Therapy at London Hand Therapy**

February 2006 - Present (10 years 10 months)

Founder and Director of London Hand Therapy Ltd.

### **Honorary Lecturer at University College London**

September 2011 - Present (5 years 3 months)

Honorary Lecturer for MSc in Performing Arts Medicine.

### **Honorary Associate Professor, Faculty of Health, Education and Society at Plymouth University**

August 2011 - Present (5 years 4 months)

To undertake research, plan and deliver postgraduate programmes and provide placements for students.

### **Clinical Specialist in Hand Therapy at HCA**

April 2002 - February 2008 (5 years 11 months)

Assessing and treating a wide variety of complex upper limb conditions, completing medico-legal reports and involved in departmental research/audit projects and supervising student placements.

### **Clinical Specialist in Hand Therapy at British Performing Arts Medicine Trust**

October 1998 - October 2006 (8 years 1 month)

Assessing and treating performing artists in a monthly clinic with Dr. Christopher Wynn-Parry and working as a solo practitioner in monthly treatment clinics.

### **Senior 1 Hand Therapist at Guy's and St Thomas' NHS Foundation Trust**

September 2000 - February 2002 (1 year 6 months)

Assessing and treating in and out patients for a wide range of hand trauma, including burns, musicians and rheumatological conditions. Teaching junior staff and supervising students. Involved in quality monitoring procedures and formulating treatment guidelines with physiotherapy and surgical colleagues.

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## Education

### **University of South Australia**

Bachelor of Applied Science (Occupational Therapy), 1992 - 1995

### **University of Adelaide**

A.Mus.A, Flute Performance, 1995

### **Post Graduate Pain Management**

Acupuncture and Oriental Medicine, 1998 - 1998

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## Organizations

### **British Association of Hand Therapists**

2000 to Present

### **British Association of Occupational Therapists**

2013 to Present

### **Council of Professions Supplementary to Medicine**

1998 to Present

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## Honors and Awards

### **Natalie Barr Award**

British Association of Hand Therapists

October 2013

Awarded as recognition for achievement and substantial contribution to the field of Hand Therapy

### **Accredited Hand Therapist**

British Association of Hand Therapy

May 2003

Completing the requirements of The British Association of Hand Therapists in the acquisition of knowledge and skills in Hand Therapy

### **Travel Scholarship**

Friends of Guy's and St Thomas' NHS Trust

2001

To present at the International Hand Therapy meeting in Istanbul Turkey on 'Multidisciplinary approach to consultation and treatment of musician's'

### **Queen's Trust Award**

1998

To study treatment and prevention of injuries to musicians upper limbs, necks and backs in London UK

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## **Skills & Expertise**

**Hand Therapy**

**Performing Arts Medicine**

**Focal Hand Dystonia**

**Bespoke Splinting**

**Scar Management**

**Acupuncture**

**Sports Injuries**

**Joint replacements and fusions**

**Arthritis**

**Clinical Research**

**Treatment**

**Healthcare**

**Rehabilitation**

**Hospitals**

**Therapists**

**Physical Therapy**

**Orthopedic**

**Medicine**

**Pain Management**

**Surgery**

**Sports Medicine**

**Medical Education**

**Teaching**

**Musculoskeletal**

**Injury Prevention**

**Stress Management**

**Wellness**

**Injury**

**Healthcare Management**

**Health Education**

**Research**

**Wellbeing**

**Nutrition**

**Chronic Pain**

**Clinical Nutrition**

**Biomechanics**

**Cancer**

**Spine**  
**Neuroscience**  
**Public Health**  
**Orthopedics**

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## Publications

### **Task-specific dystonia: pathophysiology and management**

Journal of Neurology, Neurosurgery and Psychiatry January 27, 2016

Authors: anna sadinka, panagiotis kassavetis, isabel pareas, anne marthe meppelink, Katherine Butler, mark edwards

### **Ask the Experts: helping double-jointed students**

The Strad May 2014

Authors: Katherine Butler

### **Preventing Injuries in Guitarists: Ergonomics, strengthening and surgery - Part 4**

Acoustic Magazine November 2011

Authors: Katherine Butler

### **Preventing Injuries in Guitarists: Focal hand dystonia - Part 3**

Acoustic Magazine October 2011

Authors: Katherine Butler

### **Preventing Injuries in Guitarists: Tendinopathies and graded return to play - Part 2**

Acoustic Magazine April 2011

Authors: Katherine Butler

### **Preventing Injuries in Guitarists - Part 1**

Acoustic Magazine March 2011

Authors: Katherine Butler

### **Assessment and treatment principles for the upper extremities of instrumental musicians**

Rehabilitation of the Hand and Upper Extremity - Chapter 142, 6th ed. Mosby Elsevier 2011

Authors: Katherine Butler, Dr Richard Norris

### **Focal hand dystonia affecting musicians**

Neurology of Music. London: Imperial College Press 2010

Authors: Katherine Butler

### **Physiotherapy and Occupational Therapy in the Hypermobile Adult**

Hypermobility, Fibromyalgia and Chronic Pain. 1st ed. London: Churchill Livingstone Elsevier 2010

Authors: Rosemary Keer, Katherine Butler

### **Regional complications in joint hypermobility syndrome - The Hand**

Hypermobility, Fibromyalgia and Chronic Pain. 1st ed. London: Churchill Livingstone Elsevier 2010

Authors: Katherine Butler

### **Musician's return to playing instruments following hand surgery**

Hand Therapy 2009

Authors: Katherine Butler, Ian Winspur

**Regaining motor control in musician's dystonia by restoring sensorimotor organisation**

The Journal of Neuroscience 2009

Authors: Karen Rosenkranz, Katherine Butler, Aaron Williamon, John Rothwell

**Retrospective case review of time taken for 130 professional musicians to fully return to playing their instruments following hand surgery**

Hand Therapy 2009

Authors: Katherine Butler, Ian Winspur

**Restoring wrist rotation in injured pianists and violinists**

Medical Problems of Performing Artists June 2009

Authors: Ian Winspur, Katherine Butler

**Sensorimotor reorganisation by proprioceptive training in musician's dystonia and writer's cramp**

Neurology 2008

Authors: Katherine Butler

**Focal hand dystonia affecting musicians. Part 1: An overview of epidemiology, pathophysiology and medical treatments.**

The British Journal of Hand Therapy 2006

Authors: Katherine Butler, Karin Rosenkranz

**Focal hand dystonia affecting musicians. Part 2: An overview of current rehabilitative treatment techniques.**

The British Journal of Hand Therapy 2006

Authors: Katherine Butler, Karin Rosenkranz

**A Functional Thumb Metacarpal Extension Blocking Splint.**

Journal of Hand Therapy 2005

Authors: Katherine Butler, Birgit Svens

**Pathophysiological differences between musician's dystonia and writer's cramp.**

Brain 2005

Authors: Karin Rosenkranz, Aaron Williamon, Katherine Butler, Carla Codivari, Andrew Lees, John Rothwell

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[Contact Katherine on LinkedIn](#)