

# **MOJCA HERMAN, MA, OTR/L, CHT**

Certified Hand Therapist  
Member, American Society of Hand Therapists  
Member, Hand Therapy Society of Greater Los Angeles  
Member, American Occupational Therapy Association  
Member, Occupational Therapy Association of California

## **CURRICULUM VITAE**

### **PRIVATE OUTPATIENT HAND CLINIC:**

Advanced Therapy Center  
3475 Torrance Blvd., Suite B2  
Torrance, CA 90503  
(310)-316-7748 FAX (310)-316-7648

### **PROFESSIONAL LICENSES/CERTIFICATIONS:**

California Board of Occupational Therapy License, #OT17-Obtained May 1<sup>st</sup>, 2002  
- Expires Feb 28<sup>th</sup>, 2014

California Board of Occupational Therapy PAM and HTC- Obtained May 1<sup>st</sup>, 2002  
- Expires Feb 28<sup>th</sup>, 2014

Hand Therapy Certification, #1011100542- Obtained November 3rd, 2001  
- Expires December 31<sup>st</sup>, 2016

National Board for Certification in Occupational Therapy certifying Occupational  
Therapist Registered OTR, #997128-Obtained February 23rd, 1995  
- Expires March 31<sup>st</sup>, 2014

### **EDUCATION:**

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

### **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.

### **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's 2<sup>nd</sup> Edition Test Prep for the CHT Exam Book. Elsevier, Inc. Pending Publication October 2012

### **AWARDS:**

Recipient of the 2011 ASHT award for Outstanding Committee Member for the ASHT Education Division

### **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 Orthotic Fabrication Course in San Diego, California April 28, 2012.

## **FACULTY:**

Co-editor of the 2nd edition of the ASHT Test Prep for the CHT Exam Book.

Selected to serve as a member of the Education Division for the American Society of Hand Therapists (ASHT) 2009-2012.

Selected to serve as Co-Chair for the ASSH/ASHT Elective Course, New Orleans, Louisiana, Feb 2010.

Selected to serve on the committee for the accreditation process for the National Board of Accreditation for Orthotic Suppliers (NBAOS) 2008.

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

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

Selected to serve as a surveyor for the National Board of Accreditation for Orthotic Suppliers (NBAOS) 2007-2009.

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

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

## **WORK EXPERIENCE:**

### **Advanced Therapy Center, CA (12/01/03-current)**

Owner of Upper Extremity Clinic.

### **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.

Splint fabrication including static, static progressive and dynamic splints.

Mentoring of staff as needed.

**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.

Splint fabrication including static, static progressive and dynamic splints.

Program development for outpatient hand clinic.

Supervision and mentoring of clinical staff, aides, students and volunteers.

**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.

Received extensive mentoring from staff CHT and valuable training from other experienced therapists.

Exposure to and fabrication of numerous splints including static, static progressive and dynamic.

Patient population ranges from pediatric to geriatric.

Mentored staff members on therapy for spinal cord injury and neurological impairment.

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

High volume outpatient hand therapy clinic.

Patient population consists of various diagnoses of upper extremity and hand injuries.

Responsibilities include evaluation, treatment and splinting when indicated.

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

Senior Spinal Cord Injury therapist in acute rehabilitation clinic, with patient population ranging from pediatric to geriatric.

Senior position duties included: coordination and development of Spinal Cord Injury Program, development and implementation of department goals, updating policies and procedures, and providing clinic inservices.

Responsible for the supervision and training of staff, students and volunteers, including performance appraisals of assigned staff.

Other diagnoses treated include: stroke, head injury, chronic pain, orthopedic injuries, and a variety of neurological disorders.

**CONTINUING EDUCATION:**

09/22-9/25/2011	ASHT's 34 <sup>th</sup> Annual Meeting
12/11-12/12/2010	Whole Body Kinesiology Therapeutic Taping: Fund. & Intermediate
05/30/2009	Palms Up: New Directions in Arthritis Management
1/6-1/10/2009	The 6 <sup>th</sup> Annual Teton Hand and Upper Extremity Conference
2/8-2/9/2008	Electives in Hand Surgery
11/03/2007	Hand Surgery Update II
10/04/07-10/07/07	ASHT's 30 <sup>th</sup> Annual Meeting
04/27/06-04/29/06	E-1 Upper Extremity Evaluation and Manipulation
12/03/2005	Wound Care for the Hand Therapist
11/19/2005	Crucial Elements in Hand Surgery
09/22/05-09/24/05	Joint Annual Meeting of ASSH & ASHT
10/09/03-10/12/03	ASHT Annual Hand Therapy Conference
11/03/02	The Elbow Demystified
04/18/02-04/21/02	Basic Science Update for Experienced Hand Therapists
02/09/02-02/10/02	Flexor/Extensor Tendon Repair Seminar
03/30/01-03/31/01	Physical Agent Modalities for Upper Limb Rehabilitation
11/03/00-11/04/00	Essential Concepts in the Treatment of the Upper Extremity
02/26/00 - 02/27/00	Focus on Splinting
01/19/00	Use of Modalities for the Treatment of the Upper Extremity
10/12/98 - 10/14/98	HOSTED 20 <sup>th</sup> Annual Regional SCI Centers OT/PT Supervisors' Meeting
03/03/98 - 03/07/98	AOTA Annual Conference; various courses attended
10/11/97	Intensive Introduction to Low Vision Rehabilitation
10/06/97 - 10/08/97	19 <sup>th</sup> Annual Regional SCI Centers OT/PT Supervisors' Meeting
12/08/95	Clinical Instructor Training
10/19/95-10/21/95	Introduction to NDT for Adult Hemiplegia
08/12/95	Scapular Stability Seminar

**PROFESSIONAL MEMBERSHIPS:**

American Occupational Therapy Association  
Occupational Therapy Association of California  
Hand Therapy Society of Greater Los Angeles  
American Society of Hand Therapists

**OTHER SKILLS:**

Fluent in Slovenian (dialect of Yugoslavia)  
Rudimentary ability to communicate in French

**ATHLETIC HONORS/ACCOMPLISHMENTS:**

2008- Inducted into Ontario, Canada Aquatic Hall of Fame  
1995- Completed Los Angeles Marathon  
1992 -1994 Athletic Scholarship to USC Women's Swim Team  
1986 - 1992 Member of Canadian National Swim Team  
1988 Canadian Olympian