



CHT Journey Planner

**ORGANIZE YOUR STUDIES IN PREPARATION
TOWARDS TAKING THE CERTIFIED HAND
THERAPIST EXAMINATION**

By

Amanda Hetzler, OTD, OTR/L, CHT

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The advice and strategies found within this planner are sold with the understanding that the author is not responsible for test scores obtained from following the planner outline. This planner is a tool to aid in organizing, planning, and staying accountable during the study process towards your examination date.

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The hand therapist certification (CHT) exam is administered by the hand therapy certification commission (HTCC).

Current Eligibility requires: (always check HTCC.org for updates)

- Documentation of 3 years of practice as an occupational or physical Therapist
- Documentation of 4,000 hours of direct practice experience using the employment verification form located on the HTCC website
- Completed explanation of practice experience form located on the HTCC website
- A copy of your current license to practice occupational or physical therapy

This page can be utilized as a log to group your hours of direct practice required to sit for the CHT test. Direct experience includes treatment using: orthosis, modalities, therapeutic exercise, and therapeutic activities to maximize function of the upper extremity in response to dysfunction or pathology. Direct experience does not include research, teaching or administrative duties. See the certifying section on HTCC.org for further clarification. Once you meet the eligibility criteria, you will need to visit HTCC for submission documents and all forms are submitted through HTCC.org. You will be required to create an electronic application, complete an online consent form, and upload your eligibility forms.

Date	Hours	Upper Extremity Direct Practice Experience & Facility
SAMPLE		

Month: August Year: 2019

Sun	Mon	Tue	Wed	Thur	Fri	Sat
SAMPLE			1 Start purple book anatomy chapter	2 Anatomy Note cards	3 Exercise	4 Purple book anatomy chapter
5 Notecards & exercise	6 Draw Brachial plexus 5x	7 Exercise	8 purple book anatomy chapter	9 Anatomy Note cards	10 Exercise	11 purple book anatomy chapter
12 Notecards & exercise	13 Draw Brachial plexus 5x	14 Exercise	15 purple book anatomy chapter	16 Anatomy Note cards	17 Exercise	18 Complete purple book anatomy section
19 Notecards & exercise	20 Draw Brachial plexus 5x	21 Exercise	22 Start Online Anatomy Course	23 Anatomy Note cards	24 Exercise	25 Online Anatomy Course
26 Notecards & exercise	27 Draw Brachial plexus 5x	28 Exercise	29 Complete Online Anatomy Course	30 Anatomy Note cards	31 REWARD DAY!	

Goals: Complete anatomy chapter, complete anatomy online course, complete anatomy note cards, and learn to draw the brachial plexus on dry erase board.

Reward: Special meal, pedicure, and movie

Week: 8/4/2019-8/10/2019

Date	AM	PM	Notes
8/4 Sat	SAMPLE	Purple Book Anatomy Section	5hrs: Read & make note cards if needed
8/5 Sun	Yoga Class	Review Note Cards	5hrs dedicated note cards: review correlated parts in text and anatomy book for increased understanding
8/6 Mon		Draw Brachial plexus	Use dry erase board, dedicate 2hrs, and talk aloud as you write.
8/7 Tue		No studies, take an evening walk	1.5hrs dedicate to evening walk. Listen to Hand Therapy Hero's podcast while on walk.
8/8 Wed	Purple book anatomy class		Dedicate 2hours in the AM if needed in the PM allow 1hr for additional time
8/9 Thur		Anatomy Note cards	2.5hrs dedicating
8/10 Fri	Morning Run		

SAMPLE

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