

Royal Brisbane and Women's Hospital Metro North Hospital and Health Service

“Evidence-based Lower limb retraining after stroke”



Date: 28th-30th April 2017

Presenter: Karl Schurr (PT)
Simone Dorsch (PT)

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About the workshop

The lower limb workshop will cover key aspects of being a science based clinician and applying that knowledge towards the rehabilitation of people following stroke, traumatic brain injury including other neurological conditions. It will cover the biomechanics and motor control of sitting, standing balance, standing-up to sitting-down and walking. It will help develop ability to analyse movement problems in these skills, taking into account neural, biomechanical, musculoskeletal and environmental factors and help distinguish between compensations and missing essential components. Further the workshop will help to plan and implement appropriate training strategies for the patient's movement problems and evaluate the effectiveness of the chosen training strategy and to modify these strategies in response to changes in the patient's performance. Workshop notes and content will be based on latest published research and movement science/motor relearning. Since first being run in 1993, workshop content has been regularly updated to incorporate new evidence. Over 90 workshops have been run in Australia, Denmark and the Faroe Islands, South Africa, Chile, Scotland, India, Singapore and England.

About the presenters

Karl Schurr is a senior physiotherapist and clinician researcher. He is currently employed at Bankstown-Lidcombe Hospital in Sydney, Australia. Karl has published 18 peer-reviewed papers, including a Cochrane review on the effectiveness of stretching to prevent contractures. An early publication on exercise dosage has been cited over 50 times. He is a co-investigator on several published and ongoing randomised trials evaluating the effectiveness of therapy interventions for older people and stroke survivors.



In 2012, Karl's commitment to rehabilitation research was recognised with an 'Outstanding Research Achievement' award by the Ingham Institute for Applied Medical Research. This award followed completion of a \$200,000 project, 'Optimising rehabilitation outcomes' led by Karl, which produced 13 peer-reviewed publications over five years. He presents regularly at national and international conferences, and invited workshops on upper and lower limb rehabilitation after stroke in countries such as Chile, Singapore, Denmark, Scotland/England and South Africa.

Simone Dorsch is a senior physiotherapist at Stroke Unit Bankstown-Lidcombe Hospital, Sydney. She has worked in Stroke and brain injury rehabilitation for 20 years + in Australia. She is also a lecturer in Neurological Physiotherapy at the Australian Catholic University. Simone has a Master of Health Science (Neurological Physiotherapy) from the University of Sydney and has completed her PhD studying weakness after Stroke and investigating the effect of EMG-triggered electrical stimulation on strength and activity after stroke. She presents regularly at workshops in Australia and overseas.

Workshop timetable

Time	Day 1	Day 2	Day 3
7:45	Registration		
8:00	Introduction	Standing-up: Biomechanics	Discussion of clinical issues arising from days 1 & 2
8:30	Evidence Based practice	Standing up Analysis of videos	Walking Biomechanics continued
9:15	Postural adjustments	Standing-up: Training strategies	Walking: Analysis of videos
10:15	Morning tea	Morning tea	Morning tea
10:45	Sitting Balance	Discussion of clinical implications of the evidence.	Walking: analysis - small group discussion
11:30	Training principles for very weak patients	Being a coach	Walking: Training strategies – implications of the evidence.
12:30	Lunch	Lunch	Lunch
1:30	Sitting balance: training strategies	Walking biomechanics: Introduction	Clinical session 3: Review of overnight practice
2:15	Discussion of clinical implications of the evidence for postural adjustments and sitting balance	Clinical session 2: Evaluation of overnight practice	Clinical session 4: Small groups: new stroke survivor
2.45	Afternoon tea	Working afternoon tea	Working afternoon tea
3:15	Clinical session 1: Observation of assessment, training and establishing home practice.	Clinical session 3: Assessment analysis and training of a stroke survivor in small groups.	Discussion of clinical sessions and implications for clinical practice.
4:30	Discussion of clinical session	Establishing overnight practice Discussion of clinical session	Personal goals
5:00	Finish	Finish	Finish