

# Analysis and retraining of advanced hand coordination post-stroke (*online*)



**Target audience:** Occupational therapists, physiotherapists and allied health assistants. No pre-requisites.

**Overview:** This new 1-day workshop will be presented via Zoom. The first part focuses on analysis, the second part focuses on retraining, with supporting research evidence. Videos and photos will be used throughout the workshop.

**Learning objectives:** Following the workshop, learners will be able to:

- **Name** the essential components of reach, grasp and manipulation.
- **Recognise** common compensations when observing stroke survivors attempting to reach, grasp and manipulate objects
- **Explain** how to minimise compensatory strategies or kinematic deviations during upper limb assessment and retraining
- **Plan** an assessment and retraining session with a stroke survivor using motor learning principles and task-specific practice
- **Cite** references from systematic reviews and national guidelines that support use of mirror box therapy, mental practice, electrical stimulation and constraint-induced movement therapy for improving upper limb motor recovery and coordination

**Presenters:** Karl Schurr & Dr Annie McCluskey

**Date / time:** Thu 22nd Oct 2020, 8:30am-4.00pm AEST

**Venue:** Fully Online via Zoom

**Cost:** \$233.19 (AUD) (\$220 plus \$13.19 Eventbrite admin fee)

**Contact person:** dranniemccluskey@gmail.com

**Phone:** 0419 447 738 (Annie McCluskey)

**For more information visit:** <http://strokeed.com/>



## About the 1-day workshop

**Part 1 - Analysis:** Therapists will learn about the essential components of reach to grasp and manipulation, visual cues that can help identify potential impairments, likely causes of the observed movement difficulties (eg hand, thumb, shoulder or a combination), how to distinguish between weakness in some muscles and excessive activity in other muscles which contribute to the observed compensations (kinematic deviations), and the difference between essential components and compensations.

**Part 2 - Retraining:** Examples of task-specific motor training will be presented targeting tasks of importance to stroke survivors such as using cutlery, writing and drinking. Part and whole practice examples will be presented, including strategies for reducing force and pressure on utensils, a common problem for stroke survivors. Other interventions that can improve strength and in-hand coordination include mirror therapy, electrical stimulation, mental practice and constraint-induced movement therapy. Emphasis will be placed on teaching stroke survivors how to practice without 1:1 supervision and without manual guidance, in preparation for home-based practice. A brief summary of the evidence will be presented supporting these therapies, and national guideline recommendations presented.

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