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Welcome to our second (and last) newsletter of the year. 2021 is quickly drawing to an end and we would like to share our news and achievements in the recent months. The majority of our workshops have been conducted online due to the recent rise in COVID cases in the major cities in Australia.

Summary of the newsletter:

- New upcoming workshops
- News, achievements & awards
- Research publications and grants

Workshops 2022

2022 is looking to be a busy year with workshops already planned. More details can be accessed [here](#). See below a summary of the workshops:

JANUARY

- **The Coaching Workshop (online):** 17th & 24th January

FEBRUARY

- **Lower Limb Retraining workshop:** Lady Davidson Hospital, NSW, Australia - 11th - 13th February
- **Analysis and retraining of upper limb function post-stroke: An introduction (3 parts, online) :** 21st February - 14th March
- **Upper Limb Retraining:** Alfred Health, VIC - 10th - 12th Feb

MARCH

- **Upper Limb Retraining:** Concentric Rehabilitation Centre Burwood, Sydney, NSW - 4th March - 6th March
- **Balance Workshop (online):** 8th & 22nd March
- **Constraint-induced movement therapy (CIMT) (online):** 1st March, 8th March & 5th April

APRIL:

- **Knowledge translation: Doing the right things right (online):** 4th April - 20th April.

2021

LECTURE SERIES

6PM-7PM AEDT*

*These 1-hr presentations on a range of topics will be presented live at 6pm-7pm Australian Eastern Daylight Time (AEDT), mostly on a Tuesday evening.
 London UK/ Ireland BST 7am | Copenhagen 8am | Brisbane 5pm | Perth 3pm | Adelaide 5.30pm | Auckland 8pm | Singapore 3pm

FREE Lectures- Not to be missed

Dr Emma Schneider Occupational Therapist	Dr Simone Dorsch Physiotherapist	Lauren Christie Occupational Therapist	Karl Schurr Physiotherapist	Dr Annie McCluskey With Bronwyn Simpson and Madeline Gerrard-Jones Occupational Therapists
Cognitive rehabilitation models: Evidence-based recommendations for adults with brain injury	Loss of Strength after stroke	An introduction to upper limb constraint-induced movement therapy (CIMT)	Understanding the trunk: Implications of biomechanics, anatomy and research for neuro- rehabilitation	Analysis and retraining of adult handwriting
Tues 9th Nov	Tues 16th Nov	Thu 18th Nov	Tues 23rd Nov	Tues 30th Nov

This year we introduced a series of online webinars that ran over a period of 4 weeks. We had up to 300 registrants attend each event live from all over the world including Australia, New Zealand, Canada, UK, Denmark, Ireland, Saudi Arabia, Palestine, Egypt, Malaysia, Indonesia & more.

The topics covered were:

- Cognitive rehabilitation models: Evidence-based recommendations for adults by Dr. Emma Schneider
- Loss of strength after stroke by Dr. Simone Dorsch
- Introduction to upper limb constraint-induced movement therapy by Dr. Lauren Christie
- Understanding the trunk: Implications of biomechanics, anatomy and research by Karl Schurr
- Analysis and retraining of adult handwriting by Dr. Annie McCluskey, Bronwyn Simpson & Michelle Detrick-Janes

News



FAST (Falls After Stroke Trial)

Kate continues to lead the intervention for the Falls After Stroke Trial. The trial is now back up and running after a pause due to Covid lockdown. This trial is for people within 5 years of stroke who are living in the community. You can find out more at the trial website: - <https://faststudy.com.au>



New blog on our website - *A stroke survivors perspective*. Read more [here](#)

StrokeEd resources

Lower limb	Upper limb	Balance	How to..?	Evidence-based practice
<input checked="" type="checkbox"/>				Evidence-based retraining of lower limb skills after Stroke
<input checked="" type="checkbox"/>				Clinical reasoning
<input checked="" type="checkbox"/>				Walking
<input checked="" type="checkbox"/>				Standing
<input checked="" type="checkbox"/>				Sitting
<input checked="" type="checkbox"/>				Sit to Stand

We have recently added a new section to our website - the Resource collection. There are 5 sections:

- Lower limb
- Upper limb
- Balance
- How to.. ?
- Evidence - based practise

Some examples of resources you will find are :

- Evidence - based retraining of lower limb skills after stroke
- Sit to Stand
- How to.. set up safe and effective exercises
- How to.. increase amounts of practise
- and much more.. Explore our new resource collection on the website [here](#)

Upper limb workshop - Adelaide, Australia - Nov 2021

- Presenters were excellent with a variety of lectures, practical teaching (sit to stand) and with patients. Showed me that telehealth sessions are possible, and the importance of verbal instructions.
- Really great getting to observe real client sessions and to link theory to those clients - great to have specific examples.
- Practical sessions were excellent. Shows what could be done via online means.
- It's great how the presenters applied all the concepts to 3 key tasks. It really helped to solidify the knowledge.

Evidence based lower limb & balance retraining workshop - Orange, NSW - June 2021

- It was a great update on evidence-based practice. It gave me ideas on exercises I could use during practical sessions with stroke survivors.
- High level of evidence-based information, presenters were engaging and very knowledgeable, good balance of theory and practical components.
- I have learnt the benefit of using extrinsic cueing, the seriousness of practice, how to assess what is functionally relevant.
- It was great having the swap between presenting. I appreciated their openness to questions and discussions and further contact.

Advanced hand coordination – Online - March 2021

- 2 weeks between the sessions were perfect- allowed opportunity to practice skills learnt during session. Also really liked the videos to help with learning analysis skills. Looking forward to hopefully being apart of the workshop for weaker UL function.
- This has been inspirational. Our plan is to embed this within the team - OT & PT. We are using many of these concepts within a group setting to increase semi-supervised practice.
- Thank you for creating on line learning. It has enabled continued professional development and easy access with a young family. Week days worked well for me as I was able to take annual leave and had a quite house!! Appreciate the lecture In 2 parts and time to digest the learning. The interventions for the hand and focus on occupation is brilliant.

Research publications and grants**PUBLICATIONS:**

- Dorsch S, Ada L, Sorrial T, Fanayan E. (2021). *The relationship between strength of the affected leg and walking speed after stroke varies according to the level of walking disability: A systematic review. Physical Therapy, 2021 Oct 6;pzab233*.doi: 10.1093/pt/pzab233. Online ahead of print. <https://pubmed.ncbi.nlm.nih.gov/34636921/>

A meta-analysis of observational studies reporting correlations between strength of the affected leg and walking speed after stroke. For more details, click [here](#)



- Levy, T., J Christie, L., Killington, M., Laver, K., Crotty, M., & Lannin, N. A. (2021). "Just that four letter word, hope": stroke survivors' perspectives of participation in an intensive upper limb exercise program; a qualitative exploration. *Physiotherapy theory and practice*, 1–15. Advance online publication. <https://doi.org/10.1080/09593985.2021.1875525>

Meet our administrator!**Farhana Mohamedali**

Farhana joined the StrokeEd team as the administrator in May 2021, and has since been assisting with Admin tasks.

Farhana is an experienced administrator having worked in the higher education sector for a number of years and uses her skill to improve the overall experience for all the clients of StrokeEd.



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