



“Evidence-based upper limb retraining after stroke”

This three day workshop focuses on helping therapists to minimise upper limb impairments post-stroke, and increase engagement in activities. Workshop notes and content will be based on published research and movement science/motor relearning. Over 90 workshops have been run in Australia, Denmark and the Faroe Islands, South Africa, Chile, Scotland and England

The workshop will be of interest to occupational therapists and physiotherapists from hospital and community based settings, who work with adults following stroke and acquired brain impairment in addition to allied health assistants.

About the workshop

Day One

Session 1: Movement Analysis 1

Session 2: Movement Analysis 2

Session 3: Being an Effective Coach 1

Session 4a: Demonstration 1: Analysis and training of person with stroke

Session 4b: Demonstration 2: Analysis and training of person with stroke

Day Two

Session 5: Implications of Evidence for Clinical Practice: A Case Example Muscle length changes and spasticity. Interventions including stretching, splinting, casting, positioning and botulinum toxin

Session 6: Being an Effective Coach 2

Session 7: Setting up the Physical Environment to Optimise Practice

Session 8a: Clinical session 1: Assessment, analysis and training of person with stroke

Session 8b: Clinical session 2: Assessment, analysis and training of person with stroke

Day Three

Session 9: Lecture presentations reviewing the evidence about effectiveness of interventions (electrical stimulation, mental practice, constraint therapy & mirror therapy)

Session 10a: Clinical Session 3: Assessment, analysis and training of person with stroke

Session 10b: Clinical Session 4: Assessment, analysis and training of person with stroke

Stroke ed

About the presenters

Dr Annie McCluskey

Annie is an occupational therapist, a health services researcher and educator. She has 30+ years' experience in stroke and brain injury rehabilitation, in Australia and the UK.

Annie has provided private occupational therapy and stroke rehabilitation services for over 20 years, consultations and mentoring for graduates. She is also an honorary senior lecturer at the University of Sydney, and Adjunct Associate Professor at James Cook University.

Research and publications: Annie has published over 70 peer reviewed journal articles and been awarded over \$4 million in competitive grant funding. Her research focusses on: translating evidence into practice particularly in stroke rehabilitation; adult handwriting and upper limb retraining; improving community participation and outdoor mobility; sexuality and intimacy after stroke. Annie is co-developer of 'OTseeker', a free evidence database for occupational therapist



Karl Schurr

Karl is a physiotherapy clinician, researcher and educator. He has over 30+ years' experience in stroke, brain injury and aged care rehabilitation in Australia and the UK.

Research and publications: Karl has published 29 peer reviewed journal articles and been awarded over \$1 million in research funding. His research focuses on methods to increase exercise intensity, dosage, and evaluating the effectiveness of rehabilitation interventions for stroke survivors and older people.



Where: Kenepuru Community Hospital, 16 Hospital Drive, Porirua, Wellington.
(Capital and Coast DHB)

When: 22-24 November

Cost: \$850