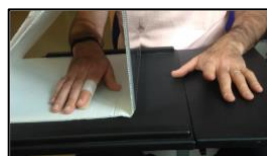
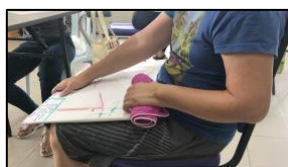


# Analysis and retraining of upper limb function post-stroke: An introduction (online, 3 sessions)



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

**Part 1: Analysis**, 4-hrs: Examples of features to observe when a person reaches to grasp and manipulate objects such as a cup or cutlery. Common compensations or kinematic deviations will be highlighted due to weakness and/or loss of coordination, using slow motion video analysis.

**Part 2: Retraining for People who are Very Weak**, 4-hrs: Examples of strength and task-specific training of the shoulder, arm and hand, which stroke survivors can practice independently including shoulder protraction, forward flexion, external rotation, wrist and finger extension, supination and thumb abduction. Interventions for eliciting movement will include mirror therapy, mental practice and electrical stimulation. Emphasis will be placed on semi-supervised and independent practice, enabling up to 300 repetitions per hour without manual guidance. Evidence will be presented supporting each intervention.

**Part 3: Retraining Advanced Hand Coordination**, 4 hrs: Examples will be presented targeting tasks of importance to stroke survivors including cutlery use, handwriting and haircare. Interventions will include task-specific training, mirror therapy, electrical stimulation, mental practice and constraint-induced movement therapy. Evidence will be presented supporting each intervention.

**Learning objectives:** Participants will learn how 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 guidelines that support use of strength training, mirror therapy, mental practice, electrical stimulation and constraint-induced movement therapy for improving upper limb recovery and coordination.

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

**Date / time:** **Wed 27 Oct, Mon 1 & 15 Nov 2021**, 18:00-22:00 AEST (8am start GMT/UK)

**Venue:** **Fully Online** via Zoom

**Cost:** \$370 + Eventbrite admin fee + 10% GST = **\$428.44 (AUD)**

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

**Phone:** +61 419 447 738 (Annie McCluskey)

**More info:** <http://strokeed.com/>