




## WORKSHOP

# Evidence-Based Retraining of Lower Limb skills after Stroke

 **Date:** 1<sup>st</sup> – 3<sup>rd</sup> December 2023

 **Venue:** Hutt Hospital - 638 High Street, Boulcott, Lower Hutt 5010, New Zealand

**Cost:** Wellington/. Lower Hutt DHB employees (\$NZ 914)  
External therapists (\$NZ 937)

## Lower Limb

**Content:** The workshop revises the biomechanics of sitting, sit to stand, standing balance and walking with a focus on effective movement analysis and clinical reasoning. The evidence-base for retraining of sitting, sit to stand, standing balance and walking is discussed. Practical examples of how to implement intensive strengthening and task training are included. Clinical sessions with stroke survivors on each of the days enable therapists to implement new skills and peer review effective coaching strategies. Importantly these sessions demonstrate how effective interventions, careful measurement and thoughtful coaching can result in profound changes in performance.

**Target audience:** Physiotherapists, allied health assistants and exercise physiologists from hospital and community-based settings, who teach adults following stroke and acquired brain impairment.

**Presenters:** Dr. Simone Dorsch *and* Karl Schurr,

**Website information:**

<http://strokeed.com/workshop/lower-limb-retraining-f2f-hutt-hospital-new-zealand/>

For registrations, kindly fill out the form below and email through to [info@strokeed.com](mailto:info@strokeed.com), and you will be sent an invoice with payment details.

**Registration form will be found here:** <http://strokeed.com/wp-content/uploads/2023/06/Registration-form-NZ-workshops-1.docx>