

WORKSHOP

1000 reps a day – Day 1

 **Date:** 1st March 2024

 **Venue:** Australian Catholic University, North Sydney

 **Cost:** \$250

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 **To Register:** [Click here](#)

1000 Reps a Day – Day 1

This workshop provides strategies to increase intensity and amounts of practice in rehabilitation

Learning Outcomes

At the completion of this course you should be able to:

- Outline the evidence for a dose-response relationship between amount of practice and outcomes
- Describe strategies to increase patient motivation and empowerment
- Describe effective instructions and feedback during practice
- Describe strategies to set up the environment for safe and effective semi-supervised practice
- Describe strategies to increase attendance and participation in classes
- Outline the evidence for and describe strategies to increase carer involvement in practice
- Outline the evidence for increasing adherence to independent exercise programmes
- Discuss and implement strategies to increase intensity of practice in your workplace

Content

How much is enough practice?

- The evidence for a dose-response relationship between amount of practice and outcomes

Changing motivation:

- Meaningful assessments
- How to increase motivation and self-efficacy
- Changing environments
- Changing behaviour

Semi-supervised practice:

- Structuring the environment for safe semi-supervised practice
- Structuring the environment for effective semi-supervised practice
- Increasing participation and attendance in classes
- Using workstations to increase practice
- Using devices to increase practice
- Evidence for involving carers in practice
- Strategies for involving carers in practice

One to one practice:

- Optimal amount and frequency of instructions
- Internal and external focus of instructions
- Optimal type, amount and frequency of feedback
- Structuring the environment to drive practice

Independent practice:

- Evidence for improving adherence to home exercise/ independent exercise programmes

Workshop material

The teaching material presented in this workshop is developed by Simone Dorsch, Karl Schurr and Kate Scrivener from the StrokeEd collaboration