



Welcome to the second and final StrokeEd newsletter for 2023, with news and achievements from recent months and planned workshops for 2024. Below you will find the contents of the newsletter:

- Upcoming workshops
- Recent workshops
- Resources
- News and invited presentations
- Publications & grants

UPCOMING WORKSHOPS

Face to face workshops:

Upper Limb retraining – Prairiewood, Sydney NSW – 1st-3rd February – waiting list - <http://strokeed.com/workshop/upper-limb-retraining-f2f-sydney-nsw/>

[This workshop is fully subscribed but we are able to offer 8 therapists a 'lecture only' option as the lecture space can accommodate a few more people.

This options includes attendance for 1.5 days (attending all of Day 1, half of Day 2). Observe the presenters assessing, training and working with 2 stroke survivors on Day 1, and reviewing their practice on Day 2. Includes the full manual/notes (electronically and in paper format) and catering on both days].

Lower Limb retraining – Hornsby, Sydney, NSW – 23rd-25th February – internal applicants only -

<http://strokeed.com/workshop/lower-limb-retraining-hornsby-nsw/>

1000reps a day, **Day 1** - North Sydney, NSW - 1st March -

<http://strokeed.com/workshop/1000reps-a-day-day-1-australian-catholic-university-north-sydney/>

Upper Limb retraining – Parkville, Melbourne, VIC – 8th-10th March – waiting list - <http://strokeed.com/workshop/upper-limb-retraining-f2f-melbourne->

vic-2/

[This workshop is fully subscribed but we are able to offer 10 therapists a 'lecture only' option as the lecture space can accommodate a few more people. (Only 4 spots left)]

This options includes attendance for 1.5 days (attending all of Day 1, half of Day 2). Observe the presenters assessing, training and working with 2 stroke survivors on Day 1, and reviewing their practice on Day 2. Includes the full manual/notes (electronically and in paper format) and catering on both days]

1000reps a day, **Day 2** - North Sydney, NSW - 15th March -

<http://strokeed.com/workshop/1000reps-a-day-day-2-australian-catholic-university-north-sydney/>

Lower Limb retraining - Logan, QLD - 22nd-24th March -

<http://strokeed.com/workshop/lower-limb-retraining-logan-qld/>

Upper Limb retraining - Hobart, TAS - 3rd-5th May - **3 vacancies** -

<http://strokeed.com/workshop/evidence-based-upper-limb-retraining-f2f-hobart-tas/>

Online workshops:

Balance workshop - 28th March & 19th April - This workshop is only open to SCIA staff -

<http://strokeed.com/workshop/balance-workshop-on-zoom-6/>

1000reps/day - 30th March & 14th April -

<http://strokeed.com/workshop/1000reps-day-strategies-to-increase-amounts-of-practice-in-rehab-on-zoom-2/>

Analysis and retraining of the UL post-stroke. An introduction (Online, 3 sessions) - 15th, 22nd and 29th June -

<http://strokeed.com/workshop/analysis-and-retraining-of-the-ul-post-stroke-an-introduction-online-3-sessions-2/>

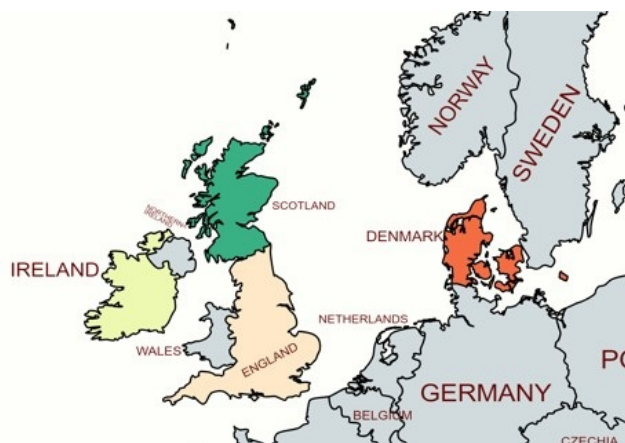
For further details and registration on any of the workshops, visit:

Face to face workshops - <http://strokeed.com/workshop-calendar/category/face-to-face/>

Online workshops - <http://strokeed.com/workshop-calendar/category/online/>

European Workshops 2024

Between **July and November 2024**, StrokeEd presenters Simone Dorsch, Annie McCluskey and Karl Schurr will be teaching a range of workshops in several European cities. Below you will find dates, locations and contact people for the proposed workshops. The local organisers below will be accepting enquiries and decide on the workshop registration fee. As most of the team will be overseas for the second half of 2024, face to face workshops in Australia will cease in June/ July and resume in early 2025.



Dates	City	Workshop	Contact person
22-24 July (Mon-Wed)	Klaksvik Faroe Islands	Hybrid (UL & LL retraining & 1000 reps)	Sunrid Mørkøre sunridm@hotmail.com
1 Aug (Wed)	Edinburgh, Scotland	1000 reps	Charlie Chung charlie.chung2@nhslothian.scot.nhs.uk
2-4 Aug (Thu-Sat)	Edinburgh, Scotland	Upper limb retraining	Charlie Chung charlie.chung2@nhslothian.scot.nhs.uk
23-25 Aug (Fri-Sun)	Carlisle, England	Upper limb retraining	Claire Allison claire.allison@ncic.nhs.uk
1-3 Sep (Sun-Tues)	TBA, England	Upper limb retraining	Angela Alty Angela.alty@lthn.nhs.uk
5-7 Sept (Thu-Sat)	Dublin, Ireland	Lower Limb retraining	Eoin Synnott cpng@iscp.ie
9-10 Sept (Mon-Tue)	Dublin, Ireland	Balance retraining	Eoin Synnott cpng@iscp.ie
11-13 Sept (Wed-Fri)	Dublin, Ireland	Upper limb retraining	Eoin Synnott cpng@iscp.ie
18 Sept (Wed)	Limerick, Ireland	1000 reps	Sinéad Taylor taylors2305@gmail.com
19-21 Sept (Thu-Sat)	Limerick, Ireland	Upper limb retraining	Sinéad Taylor taylors2305@gmail.com
23-24 Sept (Mon-Tue)	Manchester, England	Balance retraining	Hannah Jones Hannah.jones2@nca.nhs.uk
26-28 Sept (Thu-Sat)	Manchester, England	Lower Limb retraining	Hannah Jones Hannah.jones2@nca.nhs.uk
1-3 Oct (Tues-Thu)	Oxford, England	Lower Limb retraining	Flora Jukes Flora.Jukes@ouh.nhs.uk
4 Oct (Fri)	Oxford, England	1000 reps	Alison Bragg Alison.Bragg@ouh.nhs.uk Flora Jukes Flora.Jukes@ouh.nhs.uk
7-9 Oct (Mon-Wed)	Oxford, England	Upper limb retraining	Alison Bragg Alison.Bragg@ouh.nhs.uk
11-13 Oct (Fri-Sun)	London, England	Lower limb retraining	Adine Adonis Chair@acpin.net
23-25 Oct (Wed-Fri)	Aarhus, Denmark	Upper limb retraining	Sine Secher Mortensen sinesecherm@hotmail.com
28-30 Oct (Mon-Wed)	Aarhus, Denmark	Lower limb retraining	Sine Secher Mortensen sinesecherm@hotmail.com
1-3 Nov (Fri-Sun)	Copenhagen, Denmark	Lower limb retraining	Sine Secher Mortensen sinesecherm@hotmail.com
5-7 Nov (Tues-Thu)	Copenhagen, Denmark	Upper limb retraining	Sine Secher Mortensen sinesecherm@hotmail.com

RECENT WORKSHOPS

1)StrokeEd completed 2 workshops in NZ at Hutt Hospital during Nov/ Dec, while also enjoying excellent hospitality (and tramping on the Queen Charlotte Track on our days off). Thankyou to our hosts Nichola Moody,

Nicola Lowe and Rebecca Blackwell who made the first workshop run smoothly (the UL retraining workshop).

Below you will see two examples of interesting devices made for training, designed and made by local therapists in the woodwork department in Wellington. The first device aims to elicit movement in the shoulder external rotator muscles by reducing friction under the weight of the arm, and encourage increasing repetitions. The second device helps to elicit thumb abduction, reduce friction, provides measurement of distance, and encourage repetitions.



2) Annie, Karl and Lauren are also currently running a 3-part online workshop on retraining upper limb recovery for 50 Canadian therapists in Ontario and Ottawa







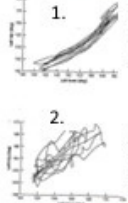







3) Tajikistan 2023 - World Physiotherapy has invited Simone to present in **Tajikistan** in December 2023, as part of a capacity building project. Tajikistan currently has one qualified physiotherapist. Simone is currently teaching at a workshop for trainee physiotherapists who will become physiotherapy educators in Tajikistan



RESOURCES

1)The document below summarises the features of effective coaching, with rehabilitation examples with images. These features are included and taught in our 1-day and 2-part online coaching skills workshop. Link below to this resource on the StrokeEd website.

chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/http://strokeed.com/wp-content/uploads/2023/12/10_Coaching-summary-2.pdf

Effective coaching – by Simone Dorsch		
- lessons compiled from Magill R and Anderson D 2016. <i>Motor Control and Learning</i> 11 th Ed. McGraw Hill New York		
Attentional capacity Attention is a <i>“limited capacity resource”</i> Beginner <ul style="list-style-type: none"> • 1 -2 instructions only • attention is divided between - <ul style="list-style-type: none"> – remembering instructions – performing the skill 		
Attentional focus <i>“action effect hypothesis”</i> Actions are best planned and controlled by their intended effects		
Demonstration <ul style="list-style-type: none"> • more demo ➔ better learning • demo should precede practice • demo as much as needed 		 <p>1. Hip/knee co-ordination in Performer who saw demo</p> <p>2. Hip/knee co-ordination in Performer who did NOT see demo</p>
Instructions <ul style="list-style-type: none"> • external focus ➔ better learning • internal focus ➔ interferes with learning 		
Instructions <ul style="list-style-type: none"> • 1 to 2 instructions only Too many instructions <ul style="list-style-type: none"> ➔ info overload ➔ interferes with learning 		
Environment structure Use environment structure to: <ol style="list-style-type: none"> 1. decrease instructions 2. provide external focus 		Environment structure <ul style="list-style-type: none"> ➔ Wall provides cue for hip and knee extension ➔ Minimal verbal instruction needed ➔ External focus can be used
Feedback Concurrent feedback <ul style="list-style-type: none"> • improves performance BUT is detrimental to learning <ul style="list-style-type: none"> ➔ Summarize sets of practice with knowledge of results FB 	Example 1 	Example 2 

2) Results of a network meta-analysis of 145 studies of active UL interventions were presented at WCP Dubai recently. Sarah Tenburg and colleagues reported that the most effective interventions were electrical stimulation combined with task-specific training (low evidence), high volume CIMT (moderate evidence), and strength training (low evidence). Forest plot below shows the unpublished findings.

What is the most effective UL training after stroke?

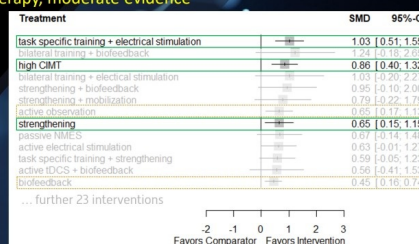
Sarah Tenburg presented this comprehensive network meta-analysis at the WCP in Dubai 2023

The analysis included -

- 145 studies of active UL interventions
- Within 6 months of Stroke
- Compared to non-specific/multimodal interventions

The most effective interventions for improving arm motor function -

- E-stim combined with task-specific training, low evidence
- High-volume constraint-induced movement therapy, moderate evidence
- Strength training, low evidence



Tenberg S, Mueller S, Vogt L, et al. Comparative Effectiveness of Upper Limb Exercise Interventions in Individuals With Stroke: A Network Meta-Analysis.

RESEARCH

Research Projects: HiWalk Mobility Booster Program

In 2023, Dr Kate Scrivener received a Stroke Foundation seed grant for the HiWalk mobility booster research project - evaluation of a physiotherapy-led program to improve walking. In Sydney (only), the program is based in a community rehabilitation gym in Burwood.

In the second week of January 2024, HiWalk will start with assessments, and will then run for 3 hours each weekday from January 15th to February 2nd. This is the last round of the program. More information here:

<https://enableme.org.au/community/research/hiwalk-mobility-booster-program>.

To find out more please contact Dr Kate Scrivener, by email Kate.scrivener@mq.edu.au or phone 02 9850 6625.

NEWS & INVITED PRESENTATIONS

- **Jan 2024 Promotion** - The first important new item is that **Simone Dorsch** has been promoted to Associate Professor at the Australian Catholic University, in recognition of her leadership in physiotherapy research and teaching. We are very proud of you Simone.
- **England 2024** - Simone will be a keynote speaker at the ACPIN (Association of Chartered Physiotherapists in Neurology) conference in London in May 2024. The theme of the conference is 'Advancing Leadership and Making Change'. Simone's presentation will have a focus on implementation of intensive task-specific practice.
- **Brazil 2025** - Simone will present a workshop at the international congress of neurofunctional physiotherapy(COBRAFIN) in Brazil in November 2025.
- **Australia 2023** - Lauren presented an invited webinar - *Using telehealth and technology to support rehabilitation for stroke survivors* - for Concentric Rehabilitation, 4th October 2023.
- **Australia 2023** - Lauren presented an invited webinar

PUBLICATIONS

Christie, L.J., Rendell, R., Fearn, N., Descallar, J., McCluskey, A., Pearce, A., & Lovarini, M. (Accepted 30 Nov 2023). Increasing the delivery of upper limb constraint-induced movement therapy programs for stroke and brain injury survivors: Evaluation of the ACTIveARM project. *Disability & Rehabilitation*. <https://doi.org/10.1080/09638288.2023.2290687>

Christie L, Rendell R, McCluskey A, Hunter A, Fearn N, & Lovarini M. (Accepted 20 Oct, 2023). Development of a behaviour change intervention to increase the delivery of upper limb constraint-induced movement therapy programs to people with stroke and traumatic brain injury. *Disability & Rehabilitation*. <https://doi.org/10.1080/09638288.2023.2290686>

Simone, Kate, Annie and Karl along with their co-authors have recently published a response to the Bobath group's letter to the editor regarding the Systematic review of Bobath therapy, '*Bobath therapy is inferior to task-specific training and not superior to other interventions in improving arm activity and arm strength outcomes after stroke*' (<https://www.sciencedirect.com/science/article/pii/S1836955322001151?via%3Dihub>).

The letter to the editor is here:

<https://www.sciencedirect.com/science/article/pii/S1836955323000887?via%3Dihub>

and our response letter is here:

<https://www.sciencedirect.com/science/article/pii/S1836955323000875?via%3Dihub>

GRANTS

- **Lauren Christie** - MRFF Assessment of High-Cost Gene Treatments and Digital Health *Subscalp EEG for Augmentation of Routine Care in Epilepsy* CIA H Simpson (Monash University), **CIG L Christie**
- **Lauren Christie** - St Vincent's Clinic Foundation Multidisciplinary Patient Focused Grant 2024 *RAISE- Robotic Arm Intervention for Stroke rEcovery: A pilot, feasibility randomised controlled trial* **CIA L Christie (\$50,000).**
- **Lauren Christie** - St Vincent's Curran Foundation Endowment Grant 2024 *RAISE- Robotic Arm Intervention for Stroke rEcovery: A pilot, feasibility randomised controlled trial* **CIA L Christie (\$106,128.10)**

CONFERENCE PRESENTATIONS

National Allied Health Conference (8-10 August 2023)

Musgrove E, **McMahon A**, Smith-Tamaray M, Berg N & **Christie L**. (2023, August 8-10). *Understanding current oral care practices in acute aged care* [Long oral presentation]. National Allied Health Conference 2023, Perth, Western Australia.

Weston K, Cahill L, Lannin N, **Fearn N**, Cox N, Qiang R & **Christie LJ** (2023, August 8-10). *Can the Nine Hole Peg Test be administered via telehealth? A pilot feasibility study with stroke survivors* [Long oral presentation]. National Allied Health Conference 2023, Perth, Western Australia.

Stroke 2023 (22nd-25th August 2023)

Weston K, Cahill L, Lannin N, **Fearn N**, Cox N, Qiang R & **Christie LJ** (2023, August 22-25). *Determining the acceptability and concurrent validity of administering the Nine Hole Peg Test via Telehealth* [Poster presentation]. Stroke 2023, Melbourne, Victoria.

Christie LJ, **Fearn N**, Kilkeny A, Shiner CT, McCluskey A, Lannin NA, Boydell J, Meharg A, Faux S & **Middleton S**. (2023, August 22-25). *Stroke survivor experiences of completing a constraint induced movement therapy program via telehealth: The ReCITE study* [Poster presentation]. Stroke 2023, Melbourne, Victoria.

Cahill LS, Sansonetti D, **Christie L**, Currie S, Pallit M, McFarlane C, Robin JacobN, Leifer D, Lannin NA. (2023, 21-23 June). *Implementation of evidence-informed discharge planning practice in inpatient rehabilitation* [Oral presentation]. Stroke 2023, Melbourne, Victoria.

AWARDS

L Christie - Allied Health Researcher of the Year- St Vincent's Health Network Sydney Allied Health Professions D



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