



## StrokeEd Newsletter #15

### December 2025



Welcome to the final StrokeEd newsletter for 2025. As the year comes to a close, we are delighted to share key updates, recent achievements, and a look back at the highlights from the past few months. We also provide a preview of upcoming workshops and initiatives as we prepare for an exciting year ahead in 2026.

#### Contents:

- Upcoming Workshops
- Lecture series
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# UPCOMING WORKSHOPS

## Face to face workshops:

### **1000reps/day St. Vincent's Medical Centre, Sydney, NSW**

*March 13th (Fri): 8:30am-4:30pm*

<https://strokeed.com/event/1000reps-day-strategies-to-increase-amounts-of-practice-in-rehabilitation-st-vincent-s-nsw/>

### **Lower Limb workshop, Sunshine Coast, QLD**

*May 22nd - 24th (Fri - Sun): 8:00am-5:00pm*

<https://strokeed.com/event/evidence-based-retraining-of-lower-limb-skills-after-stroke-sunshine-coast-qld/>

### **Upper Limb retraining, Sydney, NSW**

*June 19th - 21st (Fri - Sun): 8am-5:00pm*

<https://strokeed.com/event/upper-limb-retraining-arc-sydney-nsw/>

## Online workshops:

### **Balance workshop**

*Feb 4th & 18th (Wed): 6:00pm-10:00pm*

<https://strokeed.com/event/balance-workshop-online-3/>

### **Implementing CIMT**

*Feb 25th & Mar 4th (Wed): 6:00pm-10:00pm*

<https://strokeed.com/event/implementing-cimt-online/>

### **1000reps/day**

*March 3rd & 10th(Tue): 6:00pm - 10:00pm*

<https://strokeed.com/event/1000reps-a-day-strategies-to-increase-amounts-of-practice-in-rehab-online-3/>

### **Analysis & retraining of UL function post stroke**

*March 5th, 19th & 26th(Thu): 8:30am-12:00pm*

<https://strokeed.com/event/analysis-and-retraining-of-ul-function-post-stroke/>

### **Analysis & training of walking after stroke**

April 29th & May 13th (Wed): 6:00pm - 10:00pm

<https://strokeed.com/event/analysis-and-training-of-walking-after-stroke-online/>

### **Analysis & retraining of UL function post stroke**

July 2nd, 16th & 23rd(Thu evenings): 6:00pm - 9:30pm

<https://strokeed.com/event/analysis-and-retraining-of-ul-function-post-stroke-online/>

### **Analysis & retraining of UL function post stroke**

July 13th, 20th & 27th (Sat mornings): 9:00am - 12:30pm

<https://strokeed.com/event/analysis-and-retraining-of-ul-function-post-stroke-online-saturdays/>

**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/>

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## **LECTURE SERIES 2025**

StrokeEd hosted an online lecture series featuring presenters from across the world. All lectures were an hour long and the links to the session recordings can be found below.

### *1) Combining Somatosensory and Motor Retraining for UL Recovery Post-Stroke:*

<https://strokeed.com/combining-somatosensory-and-motor-retraining-for-ul-recovery-post-stroke/>

Presenter: *Dr Sandhya Urvashy Gopaul*

Dr Sandhya Urvashy Gopaul is a physiotherapist with an MSc in Physiotherapy-Neurorehabilitation (University of Nottingham, UK) and PhD in Physiotherapy (University of Newcastle, Australia).

### *2) Cognitive Assessment and Trajectories:*

<https://strokeed.com/cognitive-assessment-and-trajectories/>

Presenter: *Professor Nele Demeyere*

Professor Nele Demeyere heads the Translational Neuropsychology research group at the University of Oxford. The lab's research interests are at the interface of cognitive neuropsychology and clinical practice in stroke

### *3) Analysis and training of Muscle over-activity after stroke:*

<https://strokeed.com/analysis-and-training-of-muscle-over-activity-after-stroke/>

Presenters: *Dr. Simone Dorsch & Karl Schurr - StrokeEd directors.*

### *4) Design your own Rehab:*

<https://strokeed.com/design-your-own-rehab/>

Presenters:

*Emma Gee* - Occupational therapist and a stroke survivor

*Brian A. Beh* - Stroke survivor

*Steph Ho* - Stroke survivor at 22 years of age

*Thomas Graham* - Stroke survivor

*Simone Dorsch* - Physiotherapist clinician, researcher and educator and a Director of the StrokeEd collaboration

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## UPPER LIMB MOOC

We are currently analysing evaluations from the 2025 upper limb Massive Open Online Course (MOOC) and will share results in our next newsletter. The next upper limb MOOC will be repeated in **May/June 2026** over 5 weeks. Registrations will not commence until April/May via the StrokeEd website.

## LOWER LIMB MOOC

StrokeEd has started work on a new Massive Open Online Course (MOOC) about the analysis & retraining of lower limb skills. This MOOC is expected to be offered for the first time in Oct/Nov 2026 over 5 weeks with similar fee structure to the UL MOOC. The steering committee includes therapists from India, Nepal, Egypt, UK, Canada, Turkey and Australia. The role of the steering committee members is to advise on content and accessibility of the MOOC, with some members helping to develop new content.

**Learning objectives:** Upon completion of the MOOC, participants should be able to:

- Describe the normal biomechanics of the LL skills; sitting, standing up, standing and walking
- Apply an evidence-based clinical reasoning approach to the analysis of activity limitations in the LL skills; sitting, standing up, standing and walking
- Discuss the research evidence for interventions that improve lower limb impairment and activity outcomes after stroke
- Describe the critical features of effective task-specific training for LL skills and strategies to adapt this to a stroke survivor's impairments
- Discuss strategies to increase amounts and intensity of practice during stroke rehabilitation

It is anticipated that the MOOC will include about 3 hours of learning content per week over 5 weeks, similar to the UL MOOC which has been offered twice to date.

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## OTHER NEWS

**Upper limb workshop goes to Brazil**

Simone travelled to São Paulo, Brazil to teach the UL workshop - *Evidence-based UL Retraining after Stroke* in mid November. The workshop was run as a pre-conference workshop before the COBRAFIN conference - the conference of the Association of Neurophysiotherapists of Brazil. Simone also delivered a presentation at the conference on *Evidence-based rehabilitation after Stroke*.





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## PUBLICATIONS

Scrivener K, Ada L, Glinsky JV, **Dorsch S**, Jamieson S, Brighton-Hall SM, McCredie L, Hanekom A, Lannin NA.

Electrical stimulation of the motor system after stroke.

Cochrane Database of Systematic Reviews 2025, Issue 12. Art. No.: CD015338.

DOI: [10.1002/14651858.CD015338.pub2](https://doi.org/10.1002/14651858.CD015338.pub2).

This Systematic review investigated the effects of:

- **Cyclical electrical stimulation (CES)**, stimulation targeting muscle strength
- **Functional electrical stimulation (FES)**, stimulation applied during practice of an everyday activity i.e. during walking or reach to grasp an object

### Methods:

89 RCTs with 2905 participants were included

- 34 trials investigated CES, 1176 participants
- 55 trials investigated FES, 1729 participants
- Most trials were small, with only nine enrolling more than 50 participants
- The risk of bias for most items was low; however, many were unclear especially regarding allocation concealment and selective reporting

### Results:

*CES versus nothing/sham post-intervention effects*

**Effect on strength**, 23 trials n=741, 15 UL trials and 7 LL trials, 1 trial of UL and LL

- SMD 0.47, 95% CI 0.32 to 0.61
- High-certainty evidence of a moderate effect

**Effect on activity**, 20 trials n=662

- SMD 0.50, 95% CI 0.34 to 0.65
- High-certainty evidence of a moderate effect
- The mean total dose of the CES was 1050 min, SD 873

*FES versus nothing/sham post-intervention effects*

**Effect on activity**, 12 trials, n=235

- SMD 0.42, 95% CI 0.16 to 0.68
- Moderate-certainty evidence of a moderate effect

*FES versus practice of the same activity post-intervention effects*

**Effect on activity**, 35 trials, n=1193 participants, 10 UL trials and 25 LL trials

- SMD 0.22, 95% CI 0.11 to 0.34
- High-certainty evidence of a small effect

**Key messages:**

- Electrical stimulation is effective in increasing strength and activity after stroke
- As the person regains movement and can attempt everyday activities, there is a small benefit from adding electrical stimulation during their practice

Scrivener K, Hug D, Lannin NA, Lin I, Wan J & **Christie L.** (2025). Design and feasibility of a digital application to assess and document falls in residential aged care: a mixed methods study. *BMC Digital Health* **3**, 56.

<https://doi.org/10.1186/s44247-025-00196-y>

Mazariego C, Gul H, Liang S, Kelly-Hanku A, Brady B, Allida S, Baffsky R, McErlean G, Crespo C, Hodgins M, **Christie L**, Peiris D, Debono D MacMillan F, Ferguson C, Heneka N, Kennedy SG, Liu H, Morrow A, Fontaine G, Findlay M, Middleton S, Lim D, Straiton N, Taylor N. Critical actions for embedding research evidence into practice: how to get the most out of your implementation scientist. *JBIM Evidence Implementation*,

DOI: [10.1097/XEB.0000000000000518](https://doi.org/10.1097/XEB.0000000000000518)

Cahill LS, **Christie LJ**, Sansonetti D, Currie S, Palit M, Robin JN, Leifer D & Lannin NA. (2025) An evidence-informed approach to discharge planning from specialist brain injury rehabilitation: a mixed method study using the PRECEDE–PROCEED model. *Brain Impairment*, 26.

<https://doi.org/10.1071/IB24029>

Pilli K, Worne B, **Christie LJ** & Simpson GK. (2025). Assistive technology in brain injury rehabilitation: A survey scoping clinician frequency and type of assistive technology use. *Neuropsychological Rehabilitation*, 1–18.

<https://doi.org/10.1080/09602011.2025.2475544>

**Christie LJ**, Godecke E, Smith M, Scrivener K, Hill K, Kim J, Crotty M, Cadilhac DA, Dos Santos A & Lannin NA. (2025). State of Stroke Rehabilitation in Australia: A WHO STARS Assessment to Identify Strengths and Gaps Across Policy, Practice and

Ward, E., Wales, K., Jolliffe, L., Schmidt, J., Lannin, N. A., Casson, C., Turcott, A., Ferrer, J., & **Schneider, E. J.** (2025). *Interventions used to increase participation among older adults experiencing mild cognitive decline: A systematic review*. *The American Journal of Occupational Therapy*.

<https://doi.org/10.5014/ajot.2025.051121>

Pike, S., Lannin, N. A., Cameron, L., Palit, M., **Schneider, E.**, & Cusick, A. (2025). *What stroke survivors say about living with upper limb spasticity and how they manage it*. *Australian Occupational Therapy Journal*.

<https://doi.org/10.1111/1440-1630.70045>

Harding, P., McCaskie, D., Gunn, E., **Schneider, E.**, Kim, H. ., Burge, A., & McDonald, C. (2025). Factors Influencing Attrition and Retention of An Allied Health Workforce. *Asia Pacific Journal of Health Management*, 20(2).

<https://doi.org/10.24083/apjhm.v20i2.4047>

Horrobin, S., Jolliffe, L., **Schneider, E.**, Wheatcroft, J., Nielsen, B., Roberts, K., & Lannin, N. A. (2025, August). *Comparison of rehabilitation interventions provided between inpatient and bed substitution programs to address self-care goals after stroke*. In *Cerebrovascular Diseases* (Vol. 54, Suppl. 2, p. 167). Karger

Grant T, Jolliffe L, Wales K, **Schneider E**, Drummond A, Lannin N  
Activity-Based Interventions to Increase Independence After Stroke In the Hospital  
Setting: Protocol for a Systematic Review  
JMIR Res Protoc 2025;14:e73133

URL: <https://www.researchprotocols.org/2025/1/e73133>

DOI: [10.2196/73133](https://doi.org/10.2196/73133)

## CONFERENCE PRESENTATIONS

**Christie LJ**, Fearn N, **McCluskey A**, Lannin NA, Shiner C, Kilkenny A, Boydell J, Meharg A, Churilov L, Jolliffe L, Makroglou K, Faux S & Middleton S. A feasibility study of remote constraint induced therapy of the upper extremity (ReCITE) [Oral presentation]. <https://smart-strokes-2025.p.asnevents.com.au/days/2025-10-16> \*Winner: **Best Scientific abstract** *Smart Strokes Annual Scientific Meeting 2025, Newcastle, NSW, Australia 15-17 October 2025*

Birnie J, Bird ML, **Christie L**, Haracz K, Johnson L, Kenah K, Shiner C, Simpson D & Janssen H. *Care providers' experiences implementing the Exercising, Socialising and Thinking: Environmental Enrichment Model after stroke (ESTEEM) program in regional New South Wales (NSW): a qualitative descriptive study* [Oral presentation]. <https://smart-strokes-2025.p.asnevents.com.au/days/2025-10-16/abstract/127476> *Smart Strokes Annual Scientific Meeting 2025, Newcastle, NSW, Australia 15-17 October 2025*

Sterling M, Burns C, Egan A, Crowthers D, Yates L, **Christie LJ**, Levy T, Purvis T, Cadilhac D, Hill K & Kilkenny M. *Factors Influencing Access to Community Rehabilitation Following Inpatient Rehabilitation* [Oral presentation]. <https://smart-strokes-2025.p.asnevents.com.au/days/2025-10-17/abstract/127661> Smart Strokes Annual Scientific Meeting 2025, Newcastle, NSW, Australia 15-17 October 2025

**Christie LJ**, Salisbury A, Fearn N, Jolliffe L, Bruggemann M, Kempson C, Kleinitz F, Ridge B, Teramayi R, Patterson A, Parsons MW & Pearce A. *Stroke survivor preferences for the delivery of constraint-induced movement therapy (CIMT) programs: A discrete choice experiment* [Oral presentation]. <https://anzsoc-2025.p.asnevents.com.au/days/2025-09-04/abstract/12261> Australian and New Zealand Stroke Organisation Conference 2025, Hobart, Tasmania, Australia 2-5 September 2025 **Winner: Best Oral Presentation, Rehabilitation, Recovery and Life after stroke**

Smith MC, Lannin NA, Godecke E, Dos Santos A, Robinson S, Makroglou K, Scrivener K, Shine CT, Hill K, Parsons MW, & **Christie LJ**. *What are the unmet stroke rehabilitation needs within priority populations in Australia? A qualitative study* [Oral presentation]. <https://anzsoc-2025.p.asnevents.com.au/days/2025-09-03/abstract/121921> Australian and New Zealand Stroke Organisation Conference 2025, Hobart, Tasmania, Australia 2-5 September 2025

Smith MJ, Zhou JL, Antonic-Baker A, **Christie LJ**, Clarkson AN, Corbett D, Dancause N, Hayward KS, Wingfield M & Lannin NA. *Adjuvants and upper extremity motor training: A synthesis of preclinical evidence to guide future trial design* [Oral presentation]. <https://anzsoc-2025.p.asnevents.com.au/days/2025-09-05/abstract/123233> Australian and New Zealand Stroke Organisation Conference 2025, Hobart, Tasmania, Australia 2-5 September 2025

Makroglou K, Fearn N, Portelli B, Badge H, Boydell J, Kilkenny A, Meharg A & **Christie LJ**. *Exploring therapists' experiences of an educational website to support telehealth delivery of constraint induced movement therapy* [Poster presentation]. *Occupational Therapy Australia 31st National Conference and Exhibition, Adelaide, Australia, 25-27 June 2025.*

Rogers M, Chrystie A, **Cahill LS** & **Christie LJ**. *Patient outcomes and satisfaction with hospital outpatient hand therapy: mixed methods study* [Poster presentation]. *Occupational Therapy Australia 31st National Conference and Exhibition, Adelaide, Australia, 25-27 June 2025.*

D'Cunha C, **Christie LJ**, **McCluskey A** & **Cahill LS**. *Validating the Handwriting Assessment Battery (HAB-v6): An international Delphi study* [Oral presentation]. *Occupational Therapy Australia 31st National Conference and Exhibition, Adelaide, Australia, 25-27 June 2025.*

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WE WISH YOU ALL A

Merry Christmas  
& a Happy New  
Year

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