UPPER LIMB

Massive Open Online Course (MOOC)

Analysis and retraining of upper limb function after stroke 2026

Dates: 4th May to 7th June 2026

Registrations open here

Upper Limb MOOC

To access information in other languages: www.StrokeEd.com/MOOC

How will the MOOC run?

The MOOC will run for 5 weeks **from 4th May to 7th June 2026** with approximately 3 hours per week of self-paced online tasks and weekly interactive activities on Facebook

Learning Outcomes

At completion of the MOOC participants should be able to:

- Apply a structured approach to analyse activity limitations when observing reach, grasp and manipulation tasks
- Discuss research evidence about interventions that do / do not improve upper limb recovery
- Apply evidence-based interventions to improve strength in very weak arm muscles and improve hand-arm coordination; interventions will include task-specific training, mental practice, electrical stimulation, mirror therapy and constraint-induced movement therapy.
- Apply strategies to increase amounts and intensity of practice during UL rehabilitation
- Discuss strategies used to prevent and treat secondary impairments of the affected arm

Presenters

Assoc Prof Simone Dorsch, Physiotherapist
PhD MHlthSc BAppSci(Physio)
Dr Annie McCluskey, Occupational Therapist
PhD MA DipCOT
Karl Schurr, Physiotherapist
MAppSc (Physio)

About the presenters: https://strokeed.com/presenters/

COST

- High income country: $100AUD
- Upper middle-income country: $50AUD
- Lower middle-income country: $20AUD
- Low income country: Free

Content of the MOOC

Week 1 – Key concepts

- Biomechanics principles, UL anatomy
- Clinical reasoning in the analysis of UL movement problems after stroke

Week 2 - Movement analysis

- The biomechanics of UL tasks
- Determining the causes of UL movement problems

Week 3 – Evidence-based intervention

- Appraising systematic reviews and clinical trials
- Improving strength in weak UL muscles

Week 4 – Evidence-based intervention

- Improving advanced hand co-ordination
- Preventing/ managing secondary impairments

Week 5 – Effective coaching and intensity of practice

- Coaching, increasing intensity & amounts of UL practice
- UL Case studies and changing your practice

FAQ about content and delivery of the MOOC

UL MOOC 2026 FAQ

Further enquiries

MOOC@StrokeEd.com

The StrokeEd Collaboration
5 Shepherd St, Ashfield NSW 2131
Australia

www.StrokeEd.com/MOOC
StrokeEd | @stroke_ed |
The StrokeEd Collaboration