



**OT AUSTRALIA NSW**

Australian Association of Occupational Therapists - New South Wales

## **Evidence Based Upper Limb Retraining After Stroke**

Saturday 27th and Sunday 28th November 2010

8:00 — 5:00pm each day

**Royal Rehab, Ryde, NSW**

**Cost: \$980** (includes GST)

**Members receive a 50% discount –Member rate: \$490** (includes GST)

**Is there evidence to support the routine use of functional electrical stimulation (FES) after stroke to prevent shoulder subluxation and elicit muscle recovery?**

**Is there evidence to support the use of prolonged low-load stretches or splints for the prevention of muscle contracture after stroke?**

This workshop focuses on helping therapists to minimise upper limb impairments post-stroke, and increase engagement in activities. Course notes and content will be based on published research and movement science/motor relearning as described by Carr and Shepherd (1989, 2003). Since first being run in 1993, workshop content has been regularly updated to incorporate new evidence. The workshop has been run in Australia, Denmark, South Africa, Scotland and England.

**By the end of this workshop, participants will be able to:**

**Name** the essential components (invariant kinematic features) of normal reach and manipulation.

**Recognise** common compensations when observing people with stroke/brain injury attempting to reach for and use everyday objects; understand and explain why these compensatory strategies should be discouraged during client practice.

**Discuss** factors thought to contribute to the development of muscle overactivity/spasticity, and intervention strategies to help prevent these secondary problems.

**Explain** the relationship and differences between spasticity/overactivity, muscle length changes, missing essential components & compensations.

**Plan and conduct** an observational analysis and motor training session with a person who has had a stroke.

**Name** key factors that affect motor learning, and discuss ways in which these factors can be modified to enhance learning and increase the intensity of client practice.

**Use** an ES machine (electrical stimulation) to stimulate paralysed muscles.

**Discuss** evidence related to use of ES and constraint-induced movement therapy (CIM) to improve motor recovery and function of a person's upper limb

### **OT AUSTRALIA NSW**

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By attending this Continuing Professional Development event you may be able to claim 8 points towards the Accredited Occupational Therapist Program CPD points. Please check the CPD section in your AccOT manual.



## Course Outline:

### Day 1:

Analysis of normal reaching and manipulation

Missing components and compensations

Training strategies, including ideas for teaching and managing change

Clinical session 1: Demonstration assessment and movement analysis of person with stroke (30 min)

Clinical session 2: (involving people with stroke/brain injury): Assessment, analysis, training and establishing a practice program (2 hrs)

### Day 2:

The effect of soft tissue changes/muscle length changes and overactivity on movement: review of research evidence plus practical stretching session

Clinical session 3: Review of client practice from previous day & re-measurement (30 mins)

Clinical session 4: Assessment, analysis and training of person with stroke (1.5 hrs)

Feedback from clinical sessions and opportunity for discussion about other training/rehabilitation issues

Functional electrical stimulation (FES): Review of evidence and practical session

## About the Presenters:

### **Annie McCluskey**

Clinical experience: Stroke and brain injury rehabilitation for 20 years + in Australia and the UK

Postdoctoral research fellow at the University of Sydney, Australia

Private occupational therapy practitioner offering community-based motor retraining for people with stroke

Research and publications: Outcome measurement and evidence-based practice; adult handwriting assessment; effectiveness of hand splinting after stroke;

Developer of the free OT-CATs website, ([www.otcats.com](http://www.otcats.com)), and co-developer of 'OTseeker', a free evidence database for occupational therapists ([www.otseeker.com](http://www.otseeker.com))

### **Karl Schurr:**

Clinical experience: Stroke and brain injury rehabilitation for 20 years + in Australia and the UK

Presents regularly at workshops and conferences in Australia and overseas

Senior Physiotherapist, Stroke unit, Bankstown-Lidcombe Hospital, Sydney, Australia

Research and publications: Gait and balance rehabilitation after stroke; shoulder and upper limb activities of people aged 65+

Co-investigator in several randomised controlled trials examining the effectiveness of physiotherapy interventions in rehabilitation

**Pre-reading** will be sent to participants approximately 4-6 weeks prior to the workshop.

**Numbers:** The workshop accepts 20 registrants, enabling small groups to work with clients and receive feedback from the presenters during clinical sessions. A minimum number of participants is required for the course to proceed. Confirmation will be provided once minimum registration numbers have been reached

**To secure a place for this CPD event complete the OT Australia NSW CPD Registration form and fax to the .  
Places for CPD events are limited.**

Registration forms available from website [http://www.otnsw.com.au/download/Education\\_Registration\\_Form.pdf](http://www.otnsw.com.au/download/Education_Registration_Form.pdf)  
or telephone 02 9648 3225.

**Registration close 27 October 2010 or when workshop is full**

**Please fax your registration form to (02) 9737 0023**  
All enquiries to [info@otnsw.com.au](mailto:info@otnsw.com.au) or call 02 9648 3225