



# 1000 Reps a Day: Strategies to increase intensity of practice in rehabilitation

## 1000 Reps a Day - Course Aims

This course aims to give you strategies to increase the intensity of practice for patients in rehabilitation. It is designed for any allied health professionals and assistants and draws on research that has been done to increase intensity of practice in physiotherapy, occupational therapy and speech pathology. The course looks at the evidence for and describes strategies for increasing practice in 3 modes of therapy delivery; one to one therapist/patient practice semi-supervised practice i.e. classes, work stations, carer supervised practice and independent practice i.e. weekend, home exercise programmes.

## Learning Outcomes

At the completion of this workshop, participants should be able to;

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



## Dr Simone Dorsch

Simone has worked in traumatic brain injury and stroke rehabilitation for over 20 years. She currently works as a Lecturer in neurological physiotherapy at the Australian Catholic University and a presenter for the StrokeEd collaboration. She has a Master of Health Science and she was awarded a PhD in 2012. Her PhD studies investigated loss of strength after Stroke and the effect of interventions to increase strength. Her current research focuses on strategies to increase intensity of practice in rehabilitation and the associations between impairments and activity limitations after Stroke. She has taught many workshops on the implementation of evidence-based practice in rehabilitation in Australia and Europe.

**When:** Saturday the 4th August 2018, 8am-4:00pm

**Where:** 139 Boundary St, South Townsville

**Cost:** \$200 per person

**RSVP:** Call 07 4772 1219 or email to [events@alliancerehab.com.au](mailto:events@alliancerehab.com.au)

Morning Tea, Lunch and Afternoon Tea provided.

