

Townsville Upper Limb Retraining



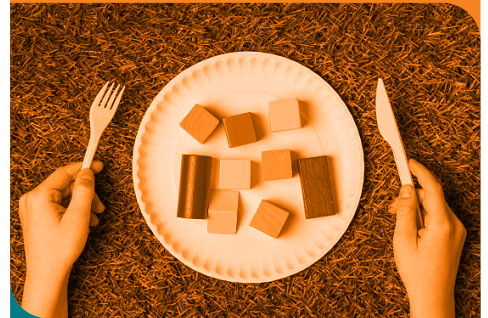
3 Day Evidence-Based Workshop

This workshop focuses on helping therapists to minimise upper limb impairments post-stroke, & increase engagement in activities. The workshop will be of interest to occupational therapists & physiotherapists from hospital & community based settings, who teach adults following stroke & acquired brain impairment, as well as university lecturers.

Key Learning Objectives include:

- **Name** the essential components (invariant kinematic features) of normal reach & manipulation.
- **Recognise** common compensations when observing people with stroke/ brain injury attempting to reach for & use everyday objects; understand & explain why these compensatory strategies should be discouraged during practice.
- **Discuss** factors thought to contribute to the development of muscle overactivity/spasticity, & strategies to prevent these secondary problems.
- **Explain** the relationship & differences between spasticity/overactivity, muscle length changes, missing essential components & compensations.
- **Plan** & conduct an observational analysis & motor training session with a person who has had a stroke
- **Name** key factors that affect motor learning, & how these factors can be modified to enhance learning & increase intensity of practice.
- **Use** an electrical stimulation machine to stimulate paralysed muscles.
- **Discuss** evidence related to various interventions including constraint-induced movement therapy & mirror therapy to improve motor recovery & function of a person's upper limb.

Friday 29th September -
Sunday 1st October 2023



📍 Alliance Rehabilitation
139 Boundary Street,
Railway Estate

💰 \$990.00 (inc GST) Morning
Tea, Lunch & Afternoon Tea
Provided on all days.

📅 To make a booking email:
events@alliancerehab.com.au
or Call 07 4772 1219

LIMITED SPACES - BOOK NOW



Upper Limb Retraining Workshop Presenters:



Dr Annie McCluskey

PhD MA DipCOT FOTARA

Occupational therapist, health services researcher and educator. She has 30+ years experience in stroke and brain injury rehabilitation.



Karl Schurr

Physiotherapist, MAppSc. BAppSc

Clinical experience in stroke and brain injury rehabilitation for 30 years+ in Australia and the UK.

Workshop Timetable

Time	Day 1 - Friday 29th Sept	Time	Day 2 - Saturday 30th Sept	Time	Day 3 - Sunday 1st Oct
8.00	Housekeeping, introductions; workshop overview	8.00 Session 5	Implications of evidence for clinical practice: A case example. Muscle length changes & spasticity. Interventions including stretching, splinting, casting, positioning & botulinum toxin	8.00 Session 9	Evidence of Therapy Effectiveness -Lectures interspersed with videos & practical: (i) Electrical stimulation (ii) Mental practice
8.30 Session 1	Analysis of normal movement: Essential components of reach & grasp (cup, pen, cutlery, brush). Anatomy revision.	9.30 Session 6	Training Ideas & Being an Effective Coach 2: With videos	10.15	Morning Tea
10.00	Morning Tea	10.10	Morning Tea	10.30	Session 9 continued – (iii) Constraint therapy (iv) Mirror box therapy
10.20 Session 2	Analysis of Abnormal Movement: Missing components & compensations with videos. Allocate groups.	10.30 Session 7	Training Ideas / Being an effective Coach 2 (continued) Setting up the Physical Environment to Optimise Practice: Videos /practical	12.15	Lunch
12.15	Lunch	12.15	Lunch	1.00 Session 10a	Clinical Session 3: Groups review practice & goals for stroke participant from Day 2. Re-measure performance. Progress practice.
1.00 Session 3	Being an Effective Coach 1: Focus on goal setting, feedback, practice intensity & measurement, with feedback video.	1.00 Session 8a	Clinical Session 1: Review practice & homework from Day 1 with 4 stroke participants (by tutors).	2.00	Stroke participants have a short break. Groups provide verbal handover to the next group, including suggestions for training. Plan tasks to analyse, equipment needed & sequence of coaches
2.15 Session 4a	Demonstration 1: Analysis & training of stroke participants 1 & 2; provision & set-up/ video of overnight practice by tutors	1.40	Groups meet for 15-20 mins to plan for Clinical Session 2 (eg Equipment needed; tasks to analyse; sequence of coaches)	2.15 Session 10b	Clinical Session 4: Groups analyse & train another stroke participant. Aim for 300 repetitions. Audio-record coaching. Observe & record other coaches giving feedback. Set-up /video take-home practice.
3.15	Afternoon Tea	2.00 Session 8b	Clinical Session 2: Groups assess /analyse (20-30 mins) together, then take turns training a new stroke participant. Aim for 300 repetitions. Write up / video overnight practice for hospital/home.	3.00	Working afternoon tea – Groups meet to discuss session including coaching
3.30 Session 4b	Demonstration 2: Analysis & training of stroke participants 3 & 4; provision & set-up/ video of overnight practice by tutors	3.30	Working afternoon tea – Meet in small groups to discuss session, including coaching	3.30	Discussion as a large group/ Qs arising over 3 days. Statement of goal intentions. Evaluation form. Round robin with each person stating 'When I return to work next week, one thing I will do is'
4.30	Large group discussion & questions. Evaluation form. Round robin with each person stating "One thing I learnt today...."	4.00	(Evaluation form). Meet for debrief & discussion as a large group. Round robin with each person stating 'One thing I learnt today....'	4.00	FINISH
5.00	FINISH	4.30	FINISH		

Alliance Rehabilitation is a specialised private allied health service providing rehabilitation and disability care. Our high-quality, interdisciplinary supports focus on optimal recovery, capacity building and provide timely and efficient care for our participants.



Alliance
Rehabilitation

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