

Analysis and retraining of advanced hand coordination post-stroke



Target audience: Occupational therapists, physiotherapists, allied health assistants. No pre-requisites.

Overview: **Part 1 - Analysis**, 4 hrs: Examples of what to look for when observing a person reach to grasp and manipulate everyday objects such as a cup, knife and fork. Common compensations or kinematic deviations will be highlighted due to weakness and loss of coordination. **Part 2 - Task-specific motor training**, 4 hrs: Examples will be presented targeting tasks of importance to stroke survivors - using cutlery, handwriting and haircare. In addition to task-specific training, other interventions will include mirror therapy, electrical stimulation, mental practice and constraint-induced movement therapy. A brief summary of the evidence will be presented supporting each intervention.

Learning objectives: Participants will learn how to:

- **Name** the essential components of reach, grasp and manipulation.
- **Recognise** common compensations when observing stroke survivors attempting to reach, grasp and manipulate objects.
- **Explain** how to minimise compensatory strategies or kinematic deviations during upper limb assessment and retraining.
- **Plan** an assessment and retraining session with a stroke survivor using motor learning principles and task-specific practice.
- **Cite** references from systematic reviews and national guidelines that support use of mirror therapy, mental practice, electrical stimulation and constraint-induced movement therapy for improving upper limb motor recovery and coordination.

Presenters: Dr Annie McCluskey & Karl Schurr

Date / time: **Thu 21 & Wed 27 Jan 2021**, 19:00-23.00 AEDT

Venue: **Fully Online** via Zoom

Cost: \$220 plus \$13.19 Eventbrite admin fee = **\$233.19**

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More info: <http://strokeed.com/>
