



Contents of the newsletter:

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- Recent workshops
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- News
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UPCOMING WORKSHOPS



UPCOMING ONLINE & FTF WORKSHOPS JUNE | JULY | AUG 2023

ANALYSIS & TRAINING OF WALKING AFTER STROKE (online)

<http://strokeed.com/workshop/analysis-and-training-of-walking-after-stroke-online-4/>

JUNE
14 & 28

ANALYSIS & RETRAINING OF THE UL POST STROKE: AN INTRODUCTION (online, 3 sessions)

<http://strokeed.com/workshop/analysis-and-retraining-of-the-upper-limb-post-stroke-an-introduction/>

JULY
17 & 31
AUG
14

THE BALANCE WORKSHOP (FTF Melbourne, VIC)

<http://strokeed.com/workshop/the-balance-workshop-f2f-melbourne-vic/>

JUNE
17 & 18

LOWER LIMB RETRAINING (FTF Sydney, NSW)

<http://strokeed.com/workshop/lower-limb-retraining-advanced-rehab-centre-hurstville/>

JUNE
23, 24
& 25

COACHING SKILLS WORKSHOP (FTF Sydney, NSW)

<http://strokeed.com/workshop/1-day-coaching-skills-workshop/>

AUG
27

www.strokeed.com
Enquiries: info@strokeed.com

Details for workshops from September onwards are below:

Face to face:

1. Upper Limb Retraining (F2F), Townsville, QLD: *29th Sept - 1st Oct*
<http://strokeed.com/workshop/upper-limb-retraining-f2f-townsville-qld/>
2. Lower Limb retraining - Brighton, Brisbane: *13th - 15th Oct*
<http://strokeed.com/workshop/lower-limb-retraining-brighton-brisbane/>
3. Lower Limb Retraining (F2F) - Woy Woy (NSW) : *10th - 12th Nov*
<http://strokeed.com/workshop/lower-limb-retraining-f2f-woy-woy-nsw/>

For further details and registration on any of the workshops, click below:

Online workshops - <http://strokeed.com/workshop-calendar/category/online/>

Face to face workshops - <http://strokeed.com/workshop-calendar/category/face-to-face/>

Attention New Zealand therapists!

Annie and Karl have just confirmed a 3-day upper limb retraining workshop in Wellington 17-19 Nov; venue and fee to be confirmed and advertised shortly on our website and via Facebook.

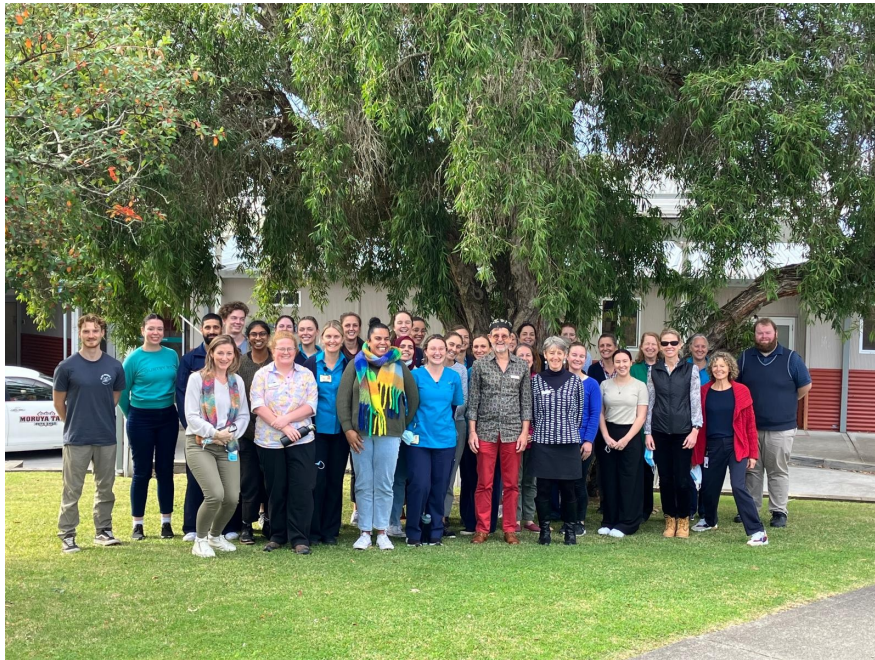
Simone will also be joining Karl in Wellington to run a 3-day lower limb retraining workshop later in November with dates to be confirmed shortly.

RECENT WORKSHOPS

1. A NSW HETI funded workshop concluded recently on the south coast of New South Wales. Annie and Karl presented a 'hybrid' workshop tailored to occupational therapists, physiotherapists and allied health assistants who occasionally see stroke survivors in hospital or the community.

One day focused on lower limb retraining, another on upper limb retraining and the final day focussed on coaching skills and strategies to increase repetitions and intensity of practice. Instead of 8 days face to face, pre-recorded lectures and pre-reading were provided, to help prepare therapists, enable part time therapists to attend, and reduce time away from clinical duties.

The Eurobodalla health district has planned a community of practice during June to help the 50+ rehabilitation therapists follow through with practice change, implementation and achieve their learning goals.



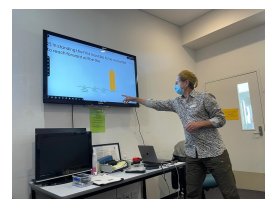
Moruya 3-day neurorehabilitation skills workshop



Annie introduces analysis of writing and cutlery during the upper limb retraining workshop










Therapists placing cardboard with cues for



Karl discussing the quiz questions on Day 1 about the pre-recorded lectures

- Cognitive rehabilitation - from theory to practical application in Stroke rehab by *Dr. Charlie Chung*
- The brain that changes: Neuroplasticity and stroke rehabilitation by *Dr. Simone Dorsch & Stroke survivors: Brian Beh & Stephanie Ho*
- Effective balance training by *Dr. Daniel Treacy*

Tues 2nd May	How to use groups to increase the amount of UL practice in rehabilitation		Dr Emma Schneider Occupational Therapist
Mon 8th May	Using mental imagery in stroke rehabilitation		Prof Karen Liu Occupational Therapist
Mon 15th May	Cognitive Rehabilitation – from theory to practical application in stroke rehabilitation		Dr Charlie Chung Occupational Therapist
Wed 17th May	The Brain that changes: Neuroplasticity and stroke rehabilitation with Dr. Simone & Stroke survivors - Brian & Stephanie		Dr Simone Dorsch Physiotherapist
		 Brian Beh	 Stephanie Ho
Wed 24th May	Effective balance training		Dr Daniel Treacy Physiotherapist

The webinars have been recorded and can be found on the StrokeEd website [here](#). (sample of the new layout below) Each recording is 1-1.5 hrs in duration.

<div style="border: 1px solid #ccc; padding: 10px; margin-bottom: 10px;"> <p>Effective balance training</p> <p><small>By The StrokeEd Collaboration Categories: Intervention, Lower Limb, Lectures, Uncategorized</small></p> <hr/> <p>Author: The StrokeEd Collaboration Duration: 1.02.02 Presenter: Daniel Treacy PhD, MHLthAdmin, BASc(Physio) Daniel Treacy is the Physiotherapy advisor for the South Eastern Sydney Local Health District. He completed his PhD at The University of Sydney in 2021. Daniel does research in Physiotherapy and Rehabilitation Medicine. Description: [...]</p> <p>Read More ></p> </div>	<div style="border: 1px solid #ccc; padding: 10px; margin-bottom: 10px;"> <p>The Brain that changes: Neuroplasticity and stroke rehabilitation</p> <p><small>By The StrokeEd Collaboration Categories: Enabling Rehabilitation, Lectures</small></p> <hr/> <p>Author: The StrokeEd Collaboration Duration: 1.22.27 Presenters: Stephanie Ho, Brian Beh and Simone Dorsch Stephanie Ho: After surviving a severe stroke at 22 years of age, Stephanie has committed her life to improving the healthcare system and easing the burden for other survivors. She currently serves as an [...]</p> <p>Read More ></p> </div>	<p>INTERVENTION</p> <ul style="list-style-type: none"> Upper Limb <ul style="list-style-type: none"> Introduction to CIMT Implementing CIMT Electrical stimulation UL Handwriting Lower Limb <ul style="list-style-type: none"> Electrical stimulation LL Other <ul style="list-style-type: none"> Cognitive rehabilitation
<div style="border: 1px solid #ccc; padding: 10px; margin-bottom: 10px;"> <p>Cognitive Rehabilitation – from theory to practical application in stroke rehabilitation</p> <p><small>By The StrokeEd Collaboration Categories: Intervention, Cognitive rehabilitation, Other, Lectures</small></p> <hr/> <p>Author: The StrokeEd Collaboration Duration: 1.25.45 Presented by: Dr Charlie Chung PhD, MSc occupational therapy, BSc occupational therapy, Certificate in Disability Management, Professional Certificate in Management of public and non-profit organisations. Dr Charlie Chung is the Allied Health Professions Stroke Strategic Lead for NHS Lothian (Scotland) and a consultant [...]</p> <p>Read More ></p> </div>	<div style="border: 1px solid #ccc; padding: 10px; margin-bottom: 10px;"> <p>Using mental imagery in stroke rehabilitation</p> <p><small>By The StrokeEd Collaboration Categories: Intervention, Lectures</small></p> <hr/> <p>Author: The StrokeEd Collaboration Duration: 1.06.23 Presented by: Prof Karen Liu, PhD, OT, FOTARA, Professor of Occupational Therapy, Western Sydney University, Australia - Honorary Allied Health Researcher, South Western Sydney Local Health District, Australia - Professor of Occupational Therapy, The Hong Kong Polytechnic University, Hong Kong SAR [...]</p> <p>Read More ></p> </div>	<ul style="list-style-type: none"> CLINICAL REASONING <ul style="list-style-type: none"> Impairments <ul style="list-style-type: none"> Spasticity Contractures Loss of strength Analysis & biomechanics <ul style="list-style-type: none"> Understanding the trunk Movement analysis 10 things I wish I'd learned ENABLING REHABILITATION <ul style="list-style-type: none"> Motivation Circuit classes

NEWS

The HiWalk trial is now recruiting participants in Sydney and Melbourne.

What is HiWalk?

HiWalk is a physiotherapy program designed to improve mobility. HiWalk involves attending a rehabilitation gym for up to 3-hours a day, 5-days a week, for 3-weeks. HiWalk consists of different exercises and activities that target walking. The program is tailored to each participant's goals and abilities.

Who can participate in HiWalk?

You can participate in HiWalk if you:

- Are aged over 18
- Are more than 6-months but less than 8-years after your stroke
- Can walk 10m without assistance
- Would like to improve your walking
- Have adequate English language skills and are able to follow instructions in order to participate

What does participation involve?

- Participation is voluntary and comes at no cost to you
- You will participate in an assessment by a physiotherapist
- One group of participants will then participate in the HiWalk program
- The other group will continue their usual activities and will be offered a physiotherapy consultation at the end of the study
- The study team will stay in contact with all participants for 6 months

It is also on Enable me here:

<https://enableme.org.au/community/research/hiwalk-mobility-booster-program>

Contact details:

Kate.scrivener@mq.edu.au

(02) 9850 6625

Does your walking need a boost after stroke?



HiWalk is a new research project to improve walking in people after stroke

Is this you?

- Adult
- More than 6-months but less than 8-years after your stroke
- Can walk 10m without assistance
- Would like to improve your walking
- Have adequate English language and cognitive skills to participate

What is HiWalk?

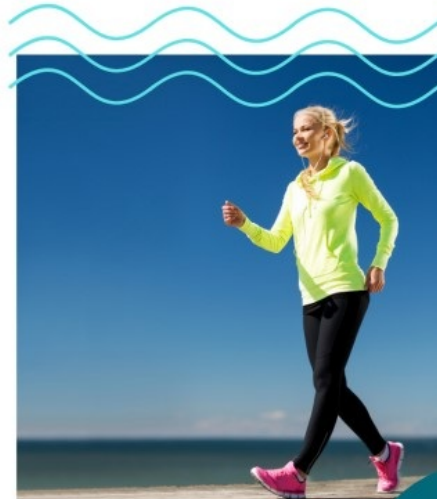
HiWalk is a physiotherapy program designed to improve mobility.

HiWalk involves attending a rehabilitation gym for up to 3-hours, on weekdays for 3-weeks.

HiWalk consists of different exercises and activities that target walking. The program is tailored to each participant's goals and abilities.

What does participation involve?

- Participation is voluntary and comes at no cost to you
- You will participate in an assessment by a physiotherapist
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Locations

The project will be based at community rehabilitation gyms in:
Sydney - Burwood
Melbourne - Tarneit

About the research team

The HiWalk team includes senior researchers from Macquarie, Monash and Sydney Universities.

How to find out more

Contact Dr Kate Scrivener
Email: Kate.scrivener@mq.edu.au
Phone: (02) 9850 6625

This project has been approved by Macquarie University Human Research Ethics Committee (approval number 520231306850151).



MACQUARIE
University

We have recently signed up to the Australian-owned **Humanitix Platform** (free to join) for advertising and collecting registrations/payments.

<https://humanitix.net/au/about-us>

Reasons for changing from Eventbrite to Humanitix include:

- It is an Australian-owned business
- Office is in Sydney, with REAL people who answer phone calls and offer help
- Service/booking fee is only 4%; Eventbrite charges 5.35%
- Not for profit organisation that directs 100% of the profits from booking fees to education projects including literacy programs for children and girls.
- We can add small attachments to emails

Welcome to the world of humane ticketing



Our story

Humanitix started as a pact between our founders, Adam and Josh, to escape the corporate world and do something meaningful. Like many social entrepreneurs, they looked for industries with inefficiencies that could be disrupted - for good! Then it appeared: tickets! Event ticketing has always been frustrating for hosts and guests alike and everyone hates booking fees. Fast forward to today and Humanitix has transformed over \$2.5M of those annoying booking fees into helping disadvantaged kids around the world.

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