



Workshop Timetable

Day 1

09.30-10.00am		Housekeeping, introductions; workshop overview, EBP
10.00-11.40am	Session 1	Movement Analysis 1: Essential components of reach and grasp (cup, pen, cutlery, brush). Using slow motion videotaping. Anatomy revision
11.40-12.00pm		** BREAK ** (20 mins)
12.00- 12.45pm	Session 2	Movement Analysis 2 (Part 1): Missing components and compensations with videos of stroke survivors.
12.45-13.30pm		** LUNCH ** (45 mins)
13.30-14.30pm		Movement Analysis 2 (Part 2): Missing components and compensations with videos of stroke survivors.
14.30-15.45pm	Session 3	Being an Effective Coach 1: Focus on goal setting, feedback, practice intensity and measurement, with feedback video
15.45 - 16.45pm	Session 4a	Demonstration 1: Analysis & training of stroke participants 1 and 2; provision and set-up/video of overnight practice by tutors
16.45 -17.00pm		** BREAK ** (15 mins)
17.00 -18.00pm	Session 4b	Demonstration 2: Analysis & training of stroke participants 3 and 4; provision and set-up/video of overnight practice by tutors
18.00 - 18.30pm		Large group discussion and questions. Evaluation form. Round robin with each person stating <i>"One thing I learnt today....."</i>

Day 2

08.00-9.30am	Session 5	Implications of evidence for clinical practice: Spasticity and contracture. Interventions including stretching, splinting, casting, positioning and botulinum toxin
9.30-10.10am	Session 6	Being an Effective Coach 2 - Setting up the Physical Environment to Optimise Practice:: With videos and training ideas
10.10-10.30am		** BREAK ** (20 mins)
10.30-12.15pm	Session 7	Being an Effective Coach 2: (continued) Setting up the Physical Environment to Optimise Practice: Videos /practical
12.15-13.00pm		** LUNCH ** (45 mins)
13.00-13.50pm	Session 8a	Clinical Session 1: Review practice and homework from Day 1 with 4 stroke participants (by tutors).
13.50-14.00pm		Groups meet to plan for Clinical Session (eg Equipment needed; tasks to analyse; sequence of coaches)
14.00-15.30pm	Session 8b	Clinical Session 2: Groups assess /analyse (20-30 mins) together, then take turns training a stroke participant (n=8 will attend). Aim for 300 repetitions. Write up /video overnight practice for hospital/home.
15.30-16.00pm		** BREAK ** Meet in small groups to discuss session
16.00-16.30pm		(Evaluation form). Meet for debrief and discussion as a large group. Round robin with each person stating <i>"One thing I learnt today...."</i>

Day 3		
08.00-10.15am	Session 9	Lecture presentations reviewing the evidence about effectiveness of interventions. Interpersed with videos and practical: (i) Electrical stimulation (ii) mental practice.
10.15-10.30am		** BREAK ** (15 mins)
10.30-12.30pm		Session 9 continued - (iii) Constraint therapy (iv) Mirror therapy
12.30-13.00pm		** LUNCH ** (30 mins)
13.00-14.00pm	Session 10a	Clinical Session 3: Groups review practice and goals for 8 stroke participant from Day 2. Re-measure performance. Progress practice.
14.00-15.00pm	Session 10b	Clinical Session 4: Groups train a different stroke participant. Aim for 300 repetitions. Audio-record coaching. Observe and record other coaches giving feedback. Set-up /video take-home practice.
15.00-15.30pm		** BREAK ** Groups meet to discuss session
15.30-16.00pm		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 <i>will</i> do is'

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For more details: www.StrokeEd.com (Facebook page: StrokeEd)



Established in 2011, the StrokeEd collaborators aim to provide evidence-based workshops that improve the skills, knowledge and practice of students and neuro-rehabilitation therapists, and influence the delivery of physical rehabilitation services to stroke survivors.

All four members of the StrokeEd Collaboration are:

- Experienced clinicians, educators and active researchers
- Recognised leaders in their profession
- Higher research degree graduates (PhD or masters by research)
- Providers of rehabilitation in public and/or private health, including tele-rehabilitation
- Registered physiotherapists and occupational therapists

Our Mission: To teach evidence-based stroke rehabilitation, to optimise recovery post-stroke

Our Vision

- That graduate physiotherapists and occupational therapists have the skills, knowledge, confidence and competence to routinely deliver evidence-informed physical rehabilitation

That stroke survivors receive prompt, evidence-based rehabilitation regardless of their geographic location, ability to pay, age or the experience of treating therapists