

Evidence-based Lower Limb Retraining

Retraining lower limb skills following stroke and brain injury
- a three-day workshop



Karl Schurr

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

- What muscles are essential for sitting and standing balance during reaching?
- Why is acceleration of the trunk forward (ie. hip flexion) important for standing up?
- How does hip flexion at the beginning of swing phase contribute to knee flexion?

This workshop teaches therapists how to minimise lower limb impairments in people post-stroke and increase engagement in activities such as sitting, standing up, sitting down and walking. Workshop content is based on research about movement, learning and evidence-based interventions.



Dr Simone Dorsch

Simone has worked in neurological physiotherapy for 20 years, in traumatic brain injury and stroke rehabilitation. She has a Masters of Health Science...

**Where: Pantai Integrated Rehab
(Pantai Hospital Ampang, Malaysia)**

When: 17th to 19th February 2019

Cost: RM2000 per pax

Contact: 03 4291 1203

For workshop information please email:
duffin.stephen@parkwaypantai.com

For payment information please email:
fatimah.ali@parkwaypantai.com

Evidence-based Lower Limb Retraining

Dates	17 th , 18 th & 19 th February 2019
Location	Pantai Integrated Rehab, Pantai Hospital Ampang, Malaysia
Venue	Auditorium Ground Floor, Jalan Perubatan 1 Pandan Indah 55100 Kuala Lumpur Malaysia
Time	8.00am -5.00pm
Description	<p>Introduction</p> <p>The workshop includes lectures, practical sessions with stroke survivors and opportunities for discussion of issues arising during the three days. This is an interactive workshop with an emphasis on application and practicing clinical skills to optimize outcomes of people with stroke and brain injury.</p> <p>Aims</p> <p>This workshop aims to increase participants’;</p> <ol style="list-style-type: none"> 1. Awareness of the key aspects of a being an evidence-based clinician 2. Ability to apply that knowledge to the rehabilitation of people following stroke or traumatic brain injury 3. Knowledge of the biomechanics and motor control of Sitting and Standing balance, Standing-up and Sitting-down and Walking 4. Ability to analyse movement problems in these skills, taking into account neutral, biomechanical, musculoskeletal and environmental components 5. Ability to distinguish between compensations and missing essential components 6. Ability to plan and implement appropriate training strategies for the analysed movement problems 7. Ability to evaluate the effectiveness of the chosen training strategy and to modify these strategies in response to changes in the patient’s performance 8. Ability to critically evaluate and modify teaching skills to optimize practice and training
Trainer	<p>Karl Schurr <i>Consultant Physiotherapist, StrokeEd, Sydney. Member of the StrokeEd Collective</i> Clinical experience: Stroke and brain injury rehabilitation for 30 years in Australia and the UK. Research interests: Gait and balance rehabilitation after stroke, effectiveness of specific rehabilitation interventions, observations of patient activity levels, dosage of practice and observation of arm activities of older people Presents Lower Limb and Upper Limb workshops in Australia and Internationally for physiotherapists and occupational therapists</p>
Trainer	<p>Simone Dorch <i>Senior Physiotherapist Stroke Unit, Bankstown-Lidcombe Hospital. Lecturer at Australian Catholic University, Member of the StrokeEd Collective</i> Clinical experience: Stroke and Brain injury rehabilitation for 20 years PhD examined weakness after stroke including a randomized controlled trial investigating the effectiveness of EMG triggered electrical stimulation on recovery of arm function after stroke. Currently investigating strategies to increase opportunities for people to practice. Presents workshops regularly in Australia and Internationally.</p>

Lower Limb Workshop Timetable 2018

Day 1		
7:45		Registration
8:00		Housekeeping, introductions; workshop overview
8:15	Session 1	Evidence based practice
8:45	Session 2	Principles of Intervention: Impairments after stroke. Intensity of practice
10.00am		Morning tea
10:20	Session 2	Principles of intervention (continued)
11:30	Session 3	Postural Adjustments
12:00	Session 4	Sitting Balance: Biomechanics
12:30		LUNCH
13:15	Session 5	Standing Balance: Biomechanics
13:45	Session 5	Sitting and Standing Balance: Analysis of videos
14:15	Session 6	Sitting and Standing Balance: Training strategies
15:00		Afternoon tea
15:30	Session 7	Clinical 1: Assessment and analysis of stroke survivors by presenters
16.30-17.00pm		Discussion and questions.
Day 2		
8.00	Session 8	Discussion of issues from day 1
8:15	Session 9	Standing up: Biomechanics
8:45	Session 10	Analysis of Standing-up: stroke survivor videos
9:30	Session 11	Training strategies for standing up
10:00		Morning Tea
10:20	Session 12	Walking Biomechanics
11:30	Session 13	Being a Coach
12:30		LUNCH
13:30	Session 14	Clinical session 2: Review of overnight practice
13:50		Prepare for clinical session in groups
14:00	Session 15	Clinical Session 3: Clinical session with stroke survivors in 8 small groups
15:00		Working Afternoon tea
15:15		Clinical session (continued)
16:30-17:00		Discussion of clinical session and lecture content
Day 3		
8:00		Discussion of issues from day 2 –Clinical issues?
8:00	Session 16	Review of walking biomechanics
9:00	Session 17	Walking analysis of videos
10:00		Moring Tea
10:20		Walking: Training strategies – implication of the evidence
11:30	Session 18	Muscle testing and progression – practical
12:30		LUNCH
13:15	Session 19	Clinical Session 4: Review of stroke survivor's practice & progression
14:15		Handover to next group
14:30	Session 19	Clinical Session 5: Analysis & training of new stroke survivor in small groups
15:00		Working afternoon tea
15:20		Clinical session continued – establish home program of exercise
16:00-1630		Review of clinical session; Statement of personal goals. Complete evaluation form.

Registration Form

Please register me for **the Evidence-based Lower Limb Retraining Workshop**
17th, 18th & 19th February 2019 Kuala Lumpur Malaysia

Date : _____

Name : Mr [] / Ms [] _____
First Family

Date of birth : dd/mm/yyyy ____/____/____

Tel /Hp : _____

Fax : _____

E-mail : _____

Address 1 : _____

City : _____ Country : _____

Terms and Conditions of Registration

- 1) Registration to a course/workshop will be confirmed once "Deposit Payable" has been received
- 2) All successful registrations will be confirmed by email or fax or letter.
- 3) Places in a course will be allocated on a first come first served basis.
- 4) Course fees include instruction, course manual, light refreshments and Certificate of Attendance when applicable.

5) Payments

If you are making payment via telegraphic transfer or direct bank, please remit to the following

Name of Bank : CIMB Cawangan Jalan Tuanku Abdul Rahman, Kuala Lumpur
 Name of Account : Pantai Integrated Rehab Services Sdn Bhd
 Account Number : 14320002833058
Swift Code : CIMBBMYKL

- i. All Payments are made Payable to **Pantai Integrated Rehab Services Sdn Bhd**
- ii. Mailing address: Pantai **Integrated Rehab Services**
 11-2 Jalan Perubatan 3, Pandan Indah, 55100 Kuala Lumpur
- iii. Contact: 03 4291 1203/1582

I have read and agree to the above Terms and Conditions of Registration.

Name : _____

Signature : _____

Date : _____