



Assessing and Treating the Weaker Upper Extremity Post-Stroke

Debbie Rand B.OT, MSc, PhD

August 20 & 21, 2016

Vancouver

Course Description

While the majority of clients regain their ability to walk post stroke, most have a non-functional upper extremity. This workshop will review the different impairments that hinder the recovery of the upper extremity post-stroke such as motor weakness, the (painful) hemiplegic shoulder, spasticity and sensory impairments. The workshop will combine evidence-based practice literature with hands-on clinical practice focusing on treatment of the weaker upper extremity. The integration of these techniques will enhance the stroke client's ability to move and use their upper extremity.

Learning Outcomes

- Identify the underlying impairments which hinder the recovery of the upper extremity;
- Learn to easily access evidence-based research to answer clinically-based questions;
- Recognize different therapeutic techniques that can be applied to elicit active movement of the “paralyzed” upper extremity;
- Learn different therapeutic approaches that can be applied to enhance functional use of the weaker upper extremity: Task specific training, Motor Relearning approach (Carr and Shepherd), Constraint Induced Movement Therapy, Virtual Reality and Gaming for rehabilitation, sensory treatment approaches based on Dannenbaum, Yekutial and Carey.
- Learn to “fine tune” the treatment in terms of up and down grading the demands and techniques for adapting the therapeutic goals for each client.

Who Should Attend?

Occupational Therapists and Physical Therapists who work with adults with acquired brain injury.

Instructional Methods

Lectures, demonstrations, case studies and video presentations.

Presenter

Dr. Debbie Rand is a senior lecturer in the Department of Occupational Therapy at Tel-Aviv University, Israel. Her PhD focused on the use of virtual reality as a tool for improving the upper extremity and executive functions deficits of individuals with stroke. During her post-doctoral studies at UBC she researched the recovery and the amount of use of the weak upper extremity post-stroke. Dr. Rand's research has been published in over thirty-nine articles, all on the topic of stroke rehabilitation. Dr. Rand is also an experienced clinician with more than 16 years of clinical work as an OT specializing in treatment of the weaker upper extremity and executive functions in individuals post-stroke. Dr. Rand's workshops focusing on the rehabilitation of the upper extremity post-stroke have been presented numerous times in Israel and BC.

What participants have said:

- All the treatments were very useful and practical; (recognize) the importance of assessing and treating sensation from the beginning.
- Very well organized, the instructor was a wonderful speaker (very engaging), good mix of lecture/discussion/hands-on. Overall, very happy with this experience!
- Very knowledgeable instructor with clinical and research experience. Amazing course!
- Content was even more than I hoped for. Truly fantastic instructor – I am so thrilled I came.

Location

OT/PT Dept. G.F. Strong Rehab Centre, 4255 Laurel St. Vancouver

Registration/breakfast 8:00 a.m.; program 8:30 a.m. - 4:30 p.m.

Tuition

Before June 24: \$498 plus GST= **\$522.90**; after June 24: \$550 plus GST= **\$577.50**. Breakfast, refreshments and lunch are included. Make cheques payable to Dianna Mah-Jones OT Consultant. Cheques may be post-dated with fee according to above dates. NSF cheques are subject to a \$30 fee. Interac e-Transfers can be arranged. Registration deadline is July 28. Minimum enrollment: 20.

Refund Policy

Written notice received 14 days prior to the course will receive a refund less a processing fee of \$40. **No refunds** will be given after that date but you may send an alternate. The organizer reserves the right to cancel due to insufficient enrollment. Do not book flights until the course is confirmed.

Accommodation

The Park Inn and Suites, 898 West Broadway, has a corporate rate of \$145.00 plus tax for single & double occupancy--please quote Dianna Mah-Jones Occupational Therapy Consultant when you call (604) 872-8661 or e-mail reservations@parkinn-vancouver.ca. The hotel is approximately 1 mile from G. F. Strong Rehab Centre and is on the #17 bus route.

Information

Contact Dianna at dmjot@telus.net or call (604) 263-8730 to leave a message.

Assessing and Treating the Weaker Upper Extremity Post-Stroke

August 20 & 21, 2016

Name: _____ Profession: _____

Company: _____

Mailing Address: _____ Postal Code: _____

Phone: Work: _____ Home: _____

e-mail: _____ Dietary restrictions: _____

Registration fee with GST: Before June 24: **\$522.90** after June 24: **\$577.50**. Deadline July 28. Make cheques payable to Dianna Mah-Jones OT Consultant; send to 1243 W 64th Ave. Vancouver, V6P 2M7.