

Stroke Rehab: Upper limb stroke rehabilitation (Part 1)

Stroke rehabilitation maximises arm and hand function, helping persons with stroke regain the ability to perform many daily activities. Join this course to gain knowledge on neuroplasticity, evidence-based practices and factors that lead to functional improvement.

Course objectives

- Understand the principles of neuroplasticity in stroke rehabilitation
- List common lesions and their functional presentations
- Revise upper limb anatomy and upper limb kinesiology
- Identify appropriate upper limb outcome measures
- Interpret upper limb assessment results and outline client-centred goal setting
- List upper limb training approaches with evidence-based strategies
- Recognise common compensations and how they affect hemiparetic upper limb recovery
- List principles of closed, modified closed and open chain in training of the hemiparetic upper limb with functional tasks
- Identify principles, contraindication and precautions on usage of functional electrical stimulation
- Conduct practical session with patients

Course outline (2 days)

Day 1

- Neuroanatomy and its impact on functional daily activities
- Principles of neuroplasticity
- Theoretical frameworks/models used in different clinical settings
- Analysis of upper limb anatomy and movement in function
- Upper limb outcome measures
- Common compensations of hemiparetic upper limb movement

Day 2

- Goal-Attainment Scaling (GAS)
- NDT: Considerations for progression strategies in the recovery of limb function; closed, modified-closed and open chain

Training methodology

Lectures, demonstrations

Trainers' profile

Gribson Chan and Bala Rajaratnam are senior rehabilitation staff at St Luke's Hospital, which is the first hospital in Singapore dedicated to the elderly sick. Their areas of specialisation include stroke, geriatric and neuro rehabilitation. **Nurhafizzah Juwaini and Nor Azilah Pami** are occupational therapists. Their areas of specialisation include neuro-developmental treatment and community integration.

You may sign up for both Part 1 and 2 of this course. Part 2 includes topics such as hemiplegic shoulder subluxation, fine motor hand muscles and hemiparetic upper limb spasticity.

- slh.org.sg
- fb.com/slhsg
- giving.sg/slh



Target audience: Physiotherapists and occupational therapists with at least one year of working experience in stroke rehabilitation

Course duration (2 days):

Run	Month	Day 1	Day 2
		9.00am-6.00pm	
1	Sept 2019	17	25
2	Oct and Nov	30 Oct	20 Nov
3	Mar 2020	5	12

Course fee: \$620.60 (including GST)

Prevailing course fee subsidy at **90%** for Singaporeans/PRs and **45%** for foreign staff working in eligible community care organisations.

Venue: St Luke's Hospital
2 Bukit Batok Street 11
Singapore 659674



REGISTER

through your organisation's designated AIC LMS Administrator
https://lms.aic-learn.sg/lms/app/SYS_login.aspx

Course code: SLH-CL-16-[run no.]

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Posed photos of patients and clients for illustration only.