

# Stroke Rehabilitation: Gait Training Part 2

Being able to walk independently is crucial for most daily activities. Join this course to gain additional knowledge of the scientific application of electromyography and functional electrical stimulation as assessment and treatment modalities. Learn how to use robotic technology to facilitate and explore strategies towards gait retraining.

## Course objectives

- Understand and apply International Classification of Function (ICF) framework for gait and balance retraining
- Setting rehabilitation goals based on ICF model
- Learn about electromyography (EMS) and functional electrical stimulation (FES) as assessment and/or treatment modalities
- Learn strategies to challenge trunk and lower limb stability in stance
- Understand the usage of gait training devices/aids and orthosis
- Know more about innovation in gait and balance training
- Gain practical skills:
  - Gait retraining in the community
  - Robotics rehabilitation principles in stroke and spinal cord rehabilitation

## Course outline (2 days)

### Day 1

- ICF framework for gait and balance retraining
- Rehabilitation goals based on ICF model
- EMG and FES as assessment and/or treatment modalities and application
- Evidence based practice on the usage of gait training devices/aids and orthosis (suspension harness)
- Innovation in gait and balance training
- Gait retraining in the community and the role of telerehab

### Day 2

- Robotics in rehab
- Exoskeletal
- End-effector and balance robotics

## Training methodology

Lectures, demonstrations, role play

## Trainers' profile

**Bala Rajaratnam, Celis Zeng, Khin Wei Thet and Tang Wei Mun** are physiotherapists 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.

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**Target audience\*:** Physiotherapists and occupational therapists

\*Participants must have completed Stroke rehabilitation in gait training: part 1 by St Luke's Hospital

## Course dates:

Month	Day 1	Day 2
Oct and Nov 2019	(8.30am – 5.30pm)	(8.30am – 1.30pm)
	23 Oct	13 Nov
Apr 2020	22	29

**Course fee:** \$465.45 (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

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[https://lms.aic-learn.sg/lms/app/SYS\\_login.aspx](https://lms.aic-learn.sg/lms/app/SYS_login.aspx)



**Course code:** SLH-CL-19-[run no.]

## Enquiries

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Posed photos of patients and clients for illustration only.

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