

Outline

Severe stroke mechanisms and prognostic guidelines

When you have seen one stroke...you have seen one

Applications specific to mechanism and severity – learn how to tailor your approach to the stage of recovery

Determine prognosis and timelines for the UE and LE

1x/week, 3x/week, place treatment plan on hold?

How long can a person continue to recover after a stroke?

Spasticity vs tone are not the same problem

Discover the difference and the treatment for each

Apply evidence to drive neuroplasticity: Upper Extremity

Flaccid to "Found"

Facilitate movement from a flaccid wrist or hand

Found to Function

Advance the UE from being available, to being "chosen"

Force more recovery: CIMT and beyond – Techniques and tasks beyond a constraint

Apply evidence to drive neuroplasticity: Lower Extremity & Fall Risk

Tasks and activities to facilitate movement

Develop neuromuscular resources

Strength, endurance, motor control and balance

Forced use in action for LE recovery

Incorporate evidence-based practice

Engage our patients to optimize outcomes

Apply the OPTIMAL theory of motor learning

Autonomy, enhanced expectancies, and external focus

Behavioral economics in rehabilitation

Identify traits of bias, decision making and choice architecture

Facilitate compliance, intensity, and attendance

Live Webinar Schedule (Times listed in Central)

8:00 Program begins

12:00-1:00 Lunch Break

3:30 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

Objectives

1. Analyze objective assessment data to gauge prognosis, treatment timeline and progression.
2. Propose 3 techniques to successfully facilitate motion in the flaccid UE and LE.
3. Investigate evidence-based applications for post stroke gait training to achieve independent community ambulation.
4. Demonstrate how to use dual task interference to promote automaticity in recovery of mobility and ADLs.
5. Discriminate spasticity vs tone, the functional implications, and the best evidence in management of each.
6. Propose 3 applications of forced use therapy for LE motor recovery.



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STROKE REHAB

Proven Techniques to Regain
Functional Use of the UE and LE

Live Interactive Webinar
Tuesday, December 7, 2021

BONUS! – Registration includes FREE on-demand access for 3 months.



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STROKE REHAB

Proven Techniques to Regain
Functional Use of the UE and LE



Featuring author and international lecturer with expertise in clinical neurology

Mike Studer, PT, MHS, NCS, CEEAA, CWT, CSST, FAPTA

- **Re-imagine the possibilities of rehabilitation after a stroke!**
- Proven techniques to regain function in a flaccid arm
- Learn to apply neuroplasticity principles to 'force' movement in a flaccid limb
- Improve gait quality while reducing fall risk.... And so much more!

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STROKE REHAB:

Proven Techniques to Regain Functional Use of the UE and LE

After suffering a stroke, many emerge feeling trapped in a body that no longer works and fear the life they knew is gone. Furthermore, standard treatment strategies end with persistent long-term deficits and very basic gross motor skills at best. Your patient does not have to accept this fate and with the correct skillset, neither should you. Stroke rehabilitation does not have to be an either/or scenario – patients do not have to choose between walking or the ability to regain use of their arm!

While you may know techniques to facilitate movement in a flaccid UE and LE are similar, do you know how to improve each individually as movement emerges? Are you able to easily identify methods to “force” movement and drive neuroplasticity in motor control and sensory recovery? Can we re-create automatic movement (without thinking)? Don’t miss this opportunity to get answers to these questions and leave with a groundbreaking evidence-based skillset to achieve life changing results for your patients!

You are working with a 68-year-old patient 2 weeks after a stroke who is demonstrating minimal but observable wrist and finger extension + sensory impairment in their affected arm. Can you help this person achieve full use of their arm to dress, carry items while walking, open doors and turn on faucets? After this course – your response should be a resounding...“Yes!”

Unfulfilled rehabilitation potential is one of the greatest losses a stroke patient may face. Don’t miss your opportunity to learn the skills needed to completely redefine what is possible for quality of life after a stroke.

Target Audience:

Physical Therapists/Physical Therapist Assistants • Occupational Therapists/Occupational Therapy Assistants • Speech and Language Pathologist • Strength and Conditioning Specialists • Nurses • Nurse Practitioners • Physician Assistants • Physicians

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Meet Your Speaker

Mike Studer, PT, MHS, NCS, CEEAA, CWT, CSST, FAPTA, has been practicing physical therapy for over 30 years. He has been board-certified as a Clinical Specialist in Neurologic Physical Therapy since 1995. Mike has served as the vice-president of the Academy of Neurologic Physical Therapy of the APTA and has been the chair and vice-chair of several special interest groups at the national level in each of the Academies of Neurologic and Geriatric PT, including Balance and Falls, Stroke, and the Practice Committee in neurology. He founded and practices at Northwest Rehabilitation Associates, in Oregon. Mr. Studer has presented courses and published articles on neurologic and geriatric rehabilitation. He has authored and co-authored over 30 articles on topics of neurology and geriatrics, as well as several chapters on stroke, cognition, PD, and preventative care. Mike is a regular guest lecturer on a national and international basis on topics of dual task rehabilitation, concussion, stroke, Parkinson’s Disease, balance, motor control, motor learning in rehabilitation and sport performance, cognitive impairment and case management. He was awarded the 2011 Clinician of the Year by the Academy of Neurologic Physical Therapy and again in 2014 by the Academy of Geriatric PT. In 2021, Mike received the Mercedes Weiss Service award from APTA Oregon. Mike achieved fellowship status through the APTA in 2020 for achievements in clinical practice, research, education, and leadership.

Speaker Disclosure:

Financial: Mike Studer is the president and owner of Northwest Rehabilitation Associates, Inc. He works as a Consultant to Western Oregon University. Mike receives a speaking honorarium from PESI, Inc.

Non-financial: Mike Studer is a member of the American Physical Therapy Association and the Oregon Physical Therapy Association.

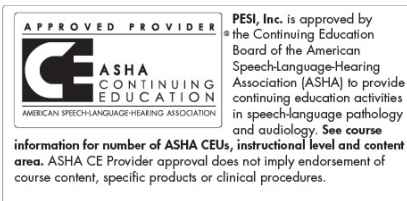
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This continuing education activity is designed to meet state board requirements for the following professionals: **Physical Therapists, Occupational Therapists, Speech and Language Pathologists, Nurses, Physicians, and Physician Assistants.**

For specific credit approvals and details, visit pesirehab.com/webcast/86252

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Credits listed are for full attendance at the live webinar only. The CE certificate can be downloaded/printed after completing the webinar and passing the online post-test evaluation (80% passing score). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



This course is offered for .6 ASHA CEUs (Intermediate level, Professional area).

*** Please note that Speech-Language Pathologists must complete the post-test and evaluation within two weeks of attending the live event if they would like their participation submitted to the ASHA CE Registry. Detailed instructions will be provided the day of the program under the Handouts section of the online program.*

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QUESTIONS

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