

# Handling Skills Workshop

## A Two-Part Series

September 11 & 18, 2024



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## Description

This two-day workshop will provide handling skills to enhance patients' functional recovery post-stroke. The workshop will consist primarily of hands-on lab practicum. Intervention strategies and rationale will be presented, and workshop participants will practice in pairs with the opportunity to receive feedback from the instructor and lab assistants. The information presented will be appropriate to many rehabilitation professionals and presented so as to be applicable throughout the continuum of care. The overall objective is to enable participants to bring information back to their facility and apply it toward promoting more functional movement and achieving functional outcomes with their patients.

## Objectives

Upon completion of the course, the participants will:

- Demonstrate basic skill in analyzing movement during sitting and standing activities and some transitions
- Identify major impairments of the trunk, upper and lower extremities that interfere with movement and function in the adult with hemiplegia
- Demonstrate basic handling skills to enhance patient's postural control and functional movement as related to their functional goals
- Demonstrate an increased repertoire of evaluation and management strategies for the client with hemiplegia

**Dates:** September 11 & 18, 2024

**Time:** 8:30 a.m. - 4:30 p.m. *Registration begins at 8:00 a.m.*

**Target Audience:** OTs and PTs working primarily on a stroke unit

**Location:** Hennick Bridgepoint Hospital,  
1 Bridgepoint Drive, Toronto, ON M4M 2B5,  
Room M160 Auditorium (main floor)

**Register Here:** [www.surveymonkey.com/r/WBMB99F](https://www.surveymonkey.com/r/WBMB99F)

# Day 1: Laying the Foundation for Function

September 11th, 2024, 8:00 a.m. - 4:30 p.m.

8:00-8:30	<b>Registration</b>
8:30-8:45	Introduction
8:45-9:15	Appreciating the Importance of Postural Control
9:15-10:15	Lab Session - Exploring Movement
10:15-10:30	<b>Break</b>
10:30-12:00	Lab Session – Facilitating Movement Strategies in the Trunk
12:00-12:45	<b>Lunch</b>
12:45- 1:45	Lab Session – Shoulder Girdle Assessment and Facilitation
1:45-2:30	Lab Session –Developing Support Function of the UE
2:30-2:45	<b>Break</b>
2:45-4:00	Lab Session – Treating the Whole Body - A Progression of Challenges in Sitting
4:00-4:30	Wrap-up Discussion/Questions

# Day 2 – Intervention Strategies to Address Gait and Upper Extremity Function

September 18th, 2024, 8:00 a.m. - 4:30 p.m.

8:00-8:30	<b>Registration</b>
8:30-9:30	Lab Session – Preparing the LE for Standing and Walking - Facilitation Sit↔Stand; Facilitation in Standing
9:30-10:00	Lab Session – Components of Gait
10:00-10:15	<b>Break</b>
10:15-11:45	Lab Session – Facilitating Gait
11:45-12:30	<b>Lunch</b>
12:30- 1:00	Guidelines for UE Treatment
1:00- 2:00	Lab Session - Specific Strategies Addressing the Higher Tone
2:00- 2:45	Lab Session – UE Treatment Progression – Progressing the UE through Greater Ranges and Against Gravity/Working the UE on Incline Surfaces
2:45- 3:00	<b>Break</b>
3:00- 3:45	Lab Session - UE Treatment Progression (cont'd) – Working the UE - Vertical Surfaces
3:45- 4:15	Discussion – Painful Shoulders and Subluxations - Use of Splints and Slings
4:15- 4:30	Wrap-up/Questions