

# Assessment and Management of the Hemiparetic Upper Extremity Post-Stroke

November 7-8, 2025

## Course Description

This 2-day hands-on workshop provides a comprehensive framework for assessing and managing the hemiparetic upper extremity (UE) post-stroke, with a strong focus on the trunk-arm connection. Common dysfunctions such as shoulder subluxation, pain, tone abnormalities, and edema will be addressed. Participants will practice handling skills aimed at improving motor recovery and improving function in daily activities.



**Karen Brunton, PT, BScPT, C/NDT**  
NDTA Coordinator Instructor

## By the end of the workshop, participants will:

- Understand normal trunk and UE biomechanics and the impact on UE function
- Assess shoulder girdle and humeral movements in relationship to trunk movements
- Demonstrate handling strategies to facilitate motor control in the low tone and weak UE
- Demonstrate handling strategies to address impairments specific to the high tone UE
- Identify the influence of abnormal alignment of the trunk and shoulder girdle on common secondary complications in the UE post-stroke

**Date:** Friday, November 7 & Saturday, November 8, 2025

**Time:** 8:00 AM to 4:30 PM (*Registration begins at 7:30 AM*)

**Location:** St. John's Rehab – Grasset Hall

**285 Cummer Avenue, Toronto, Ontario**

## Target Audience:

Occupational Therapists and Physiotherapists working primarily in stroke care in Toronto

**REGISTER NOW**



<https://www.surveymonkey.com/r/VJY8B22>

For more information :



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## Assessment and Management of the Hemiparetic UE - Day 1

7:30 – 8:00	Registration
8:00 – 8:15	Welcome and Introduction
8:15 – 8:30	UE Clinical Presentations Post-Stroke
8:30 – 9:30	Importance of the Trunk - Arm Connection
9:30 – 10:30	Lab - Assessment of The Shoulder Girdle Complex
10:30 – 10:45	Break
10:45 – 11:15	Lab - Activating the Scapula on the Trunk
11:15 – 11:45	Lab - Closed Kinetic Chain vs Active Support Function of UE
11:45 – 12:30	Lab1 - Intervention Strategies for Managing the Low Tone/Weak UE
12:30 – 1:15	Lunch
1:15 – 2:00	Lab - Progression Strategy to Challenge Low Tone/ Weak UE
2:00 – 3:00	Lab - Facilitation of Active Support in Standing
3:00 – 3:15	Break
3:15 – 4:00	Lab - Facilitation of Active Support Function of UE in Transitions
4:00 – 4:30	The Problem of Shoulder Subluxation

## Assessment and Management of the Hemiparetic UE - Day 2

7:30 – 8:00	Registration
8:00 – 8:30	A Framework for UE Treatment Progression
8:30 – 10:30	Lab - UE Treatment Progression
10:30 – 10:45	Break
10:45 – 11:00	Over-recruitment Issues vs Hypertonicity
11:00 – 12:30	Lab - Intervention Strategies to Address High Tone UE
12:30 – 1:15	Lunch
1:15 – 2:00	Lab - The High Tone Hand
2:00 – 3:00	Lab - Strategies to Address ROM Impairments of the Hand and Forearm
3:00 – 3:15	Break
3:15 – 3:45	Lab - Adaptations to Close the Chain and Begin to Work on Active Support with High Tone UE
3:45 – 4:30	Questions and Discussion - Adjuncts, Use of Splints and Slings

**Please Note:** The schedule is subject to change without prior notice. Timing may vary depending on the level of participation and the number of questions from participants.

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