

Join the Toronto Stroke Networks for a 2-day in-person workshop

# An Introduction to Post-Stroke Handling Skills for OT and PT

## Objectives

By the end of this session, participants will:

1. Demonstrate basic skill in analyzing movement and functional activities in sitting, standing and gait.
2. Identify major impairments in the trunk, upper and lower extremities that interfere with movement and function in the adult post-stroke.
3. Demonstrate basic handling skills to enhance patient's functional movement as related to his/her functional goals.
4. Demonstrate an increased repertoire of evaluation and treatment strategies for OTs and PTs who work with individuals that suffer from stroke.

## Target Audience

This workshop is for Occupational Therapists and Physiotherapists working in stroke care in Toronto.

## Date and Location

**Dates:** Thursday, July 23<sup>rd</sup> and Thursday, July 30<sup>th</sup> 2026

**Time:** 8:30 AM- 4:30 PM

**Location:** Auditorium, West Park Healthcare Centre, 170 Emmett Ave  
Toronto, ON M6M 2J5

**Attendance:** Participants are required to attend **both** days



## Featured Speaker



**Karen Guha, PT, C/NDT, NDTA Coordinator Instructor, CIDN** is a Physiotherapist at Waterloo Regional Health Network (WRHN) and Back Works Physiotherapy. She received her Physical Therapy degree from the University of Toronto in 1996 and became NDT trained in 1999. Karen became a NDTA™ PT Instructor in 2007 and a NDTA™ Coordinator Instructor in 2011. She has thirty years' experience working with adults with neurological impairments in acute, rehabilitation and outpatient settings. Karen has taught NDT courses throughout North America and internationally.

**Seats are limited- Sign-up now!**

Time	Topic
8:15 - 8:30 AM	Registration
8:30 - 8:45 AM	Introduction
8:45 - 9:45 AM	Lecture: Working in Function
9:45 - 10:15 AM	Lab: Exploring Movement
10:15 - 10:30 AM	Break
10:30 AM - 12:00 PM	Lab: Facilitating Movement Strategies in the Trunk
12:00- 12:45 PM	Lunch
12:45 - 1:45 PM	Lab: Shoulder Girdle Assessment and Facilitation
1:45 - 2:30 PM	Lab: Developing Support for UE
2:30 - 2:45 PM	Break
2:45 - 4:00 PM	Lab: Challenges in Sitting
4:00 - 4:30 PM	Questions/Wrap-Up

Note: Agenda and Speakers are subject to change without notice

Contact [jaclyn.gilpin@uhn.ca](mailto:jaclyn.gilpin@uhn.ca) for questions

Time	Topic
8:15 - 8:30 AM	Registration
8:30 - 9:15 AM	Lab: Preparing the LE for Standing and Walking
9:15 - 10:15 AM	Lab: Facilitation of Sit to Stand/Stand to Sit
10:15 - 10:30 AM	Break
10:30 AM - 11:30 AM	Lab: Facilitating Activities in Standing
11:30 AM - 12:00 PM	Lab: Components of Gait
12:00- 12:45 PM	Lunch
12:45 - 2:15 PM	Facilitating Gait
2:15 - 3:30 PM	Problem Solving: Connecting the UE and LE in Function
3:30 - 4:00 PM	Practice Opportunities: Team Approach
4:00 - 4:30 PM	Questions/Wrap-Up

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