

Upper Extremity Management Post-Stroke Workshop

November 26, 2026

Course Description

This one-day workshop will focus on handling strategies for the post-stroke upper extremity (UE). Relevant research and best practice guidelines will inform clinical decision-making. Participants will explore the role of the UE in function, assess movement dysfunction, and examine treatment strategies to facilitate active support and reach.



Karen Guha, PT, C/NDT
NDTA Coordinator Instructor
Certified Integrated Dry Needling

Upon completion of the workshop, participants will:

- Demonstrate an increased repertoire of evaluation and treatment strategies to manage the affected UE post-stroke
- Identify major impairments that interfere with developing UE function in an individual post-stroke
- Demonstrate basic handling skills to facilitate the UE for support and for progression into reach
- Apply knowledge of UE biomechanics, research, and progression framework to determine appropriate treatment strategies for impairments in the UE post-stroke

Date: November 26, 2026

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

Location: West Park Healthcare Centre, Auditorium (WP-2A-137)
170 Emmett Avenue, Toronto, ON M6M 2J5

Target Audience:

Occupational Therapists and Physiotherapists working primarily in stroke care in Toronto who have taken the TSN Handling Skills Workshop or Introduction to NDT

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For more information :



Sandy.Lyeo@sunnybrook.ca

Workshop Agenda

8:00 AM – 8:30 AM	Registration and Light Breakfast
8:30 AM – 8:45 AM	Introduction
8:45 AM – 9:45 AM	Lecture: Management of the Upper Extremity
9:45 AM – 10:00 AM	Lab: Exploring Typical Movement
10:00 AM – 10:15 AM	Break
10:15 AM – 11:15 AM	Lab: Assessment of the Shoulder Girdle and Facilitating Support in the UE
11:15 AM – 12:00 PM	Lab: Using Incline Surfaces
12:00 PM – 12:45 PM	Lunch
12:45 PM – 1:45 PM	Lab: Using Vertical Surfaces
1:45 PM – 2:15 PM	Lab: Stretch to Gain Range into Scapular Depression
2:15 PM – 2:45 PM	Lab: Stretch to Gain Range into Scapular Adduction and G-H Ext. Rotation
2:45 PM – 3:00 PM	Break
3:00 PM – 3:30 PM	Problem-Solving: Driving Practice Opportunities
3:30 PM – 4:15 PM	Discussion: Using FES and Other Adjuncts
4:15 PM – 4:30 PM	Wrap-Up

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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