

NEYNL CPD Opportunity

Functional Training After Stroke

26th August 2010



This CPD day has been designed by the Dr Tom Balchin and the ARNI Trust national stroke team for UK physiotherapists and specialist cardiac exercise trainers who have an interest in gaining further knowledge and practical strategies concerning Functional Training After Stroke.



Approaches presented in this CPD day are pulled from the advanced sections of the ARNI Trust 5 day Level 4 (HE) Accreditation in Functional Training after Stroke (run at Middlesex University and the Royal Society of Medicine). The Trust hopes that these strategies will add to your existing armoury of practical skills in rehabilitation following stroke.

The ARNI programme encourages and advances the training of those who require the progressive recovery of movement, balance, physical strength and confidence after stroke. CPD is a combination of task-related practice, coping strategies and resistance training based around the lines of strongest current clinical evidence.

Timetable

- 9.15 - 9.30 Arrival & Registration
- 9.30 - 10.30 The ARNI Concept
- 10.30 - 10.45 Coffee/water break
- 10.45 - 11.45 Getting down to and up from the floor unassisted from a chair and from standing
- 11.45 - 12.30 Falling to sides/back/front and recoveries
- 12.30 - 1.30 Lunch
- 1.30 - 2.30 Lower Body Action Control: balance and gait correction/turning/off-balance training
- 2.30 - 3.30 Upper Body Action Control: stretching, reach & grasp/release, bodyweight training
- 3.30 - 3.45 Coffee/water break
- 3.45 - 4.15 Innovative Kit Section
- 4.15 - 4.30 Sum-up & Questions

For further information about the work of the ARNI Trust, please visit

