

Upper Limb Resources

TRACS website:

Clinical Reasoning Guide From OPH: OT guide to assessment and intervention based on severity of UL impairment by Toni Heinemann.

- http://www.subacutecare.org.au/images/StrokeWAHealthResources/OTrehabUpperLimbClinicalReasoningGuide_OPH_2018.pdf

The BEST Study:

- <https://interact2.csu.edu.au/bbcswebdav/orgs/O-BEST-study-01/stroke/index.html>
- Resources for clinicians and videos on: Task Repetitive Specific Training, Graded Motor Imagery, Electrical Stimulation, CIMT, Bilateral training, ADLs and Splinting
- Linked to the NSF Stroke Guidelines

CIMT videos:

- Videos from Lauren Christie and co. about delivering constraint induced movement therapy. The Active ARM Project, St Joseph's Hospital, Sydney.
- <https://www.youtube.com/watch?v=1JPqHnInHPA>
- <https://www.youtube.com/watch?v=liOyY5kr0h4>
- <https://www.youtube.com/watch?v=evKkyDFEmQ>
- <https://www.youtube.com/watch?v=PQkwTWwytA4>
- <https://www.youtube.com/watch?v=MF6PZ3K4aVc>
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ViaTherapy App: <http://www.viatherapy.org/>

- Best practice and evidence-based recovery interventions for upper extremity stroke rehabilitation
- Guide for evidence-based treatment options filtered by assessment results.
- Free App for Apple and Android

SENSE therapy Video: Leanne Carey, The Florey Institute

- <https://www.youtube.com/watch?v=mKkoWCacbgQ>

Stroke Ed website- resources page <http://strokeed.com/strokeed-resources/>

- Chapter on optimising motor performance and sensation after brain impairment. McCluskey A, Lannin NA, Schurr K, & Dorsch S 2017
- The Strong-Arm device
- PUSH Program
- CIMT
- HAB Test booklet (handwriting assessment battery)
- REPS Recovery Exercises (App- Apple only). Macquarie University (Dr Kate Scrivener).

Designed to be prescribed by PT/OT. Videos on the use of the PUSH Program (UL 5 tasks in sitting and lying, shoulder stabilisation shoulder protraction, shoulder flexion, elbow flexion/extension, motor visualisation of hand movements, thumb movement) and TASK (4 everyday tasks: sitting, standing, stepping and standing up) exercise programs

GRASP Program <https://neuorehab.med.ubc.ca/grasp/>

- Graded Repetitive Arm Supplementary Program
- The University of British Columbia
- New hospital and home-based manuals
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National Stroke Foundation: Inform Me: [Recovery of Upper Limb Function](https://informme.org.au/learning-modules/r/recovery%20of%20upper%20limb%20function)
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- Online learning: 45 mins.
- Level: General
- Estimated time:45 mins
- Author: Dr Annie McCluskey, Honorary Senior Lecturer, The University of Sydney and member of the StrokeEd Collaboration.

TRAIN Program <https://sites.google.com/mq.edu.au/train-program/home>

- A Clinicians Guide to Effective Task Specific Training
- (only one UL program -Re-training seated reach. Others are Sit to stand, standing, stepping and walking.)