Functional Hand Use in Hemiplegia
Evidence-based treatment for children with cerebral palsy

Day 1

Time	Topic
8:45 to 10:45	**Introduction** - Introductions - What is cerebral palsy (CP)? - Manual Ability Classification System (MACS) - What is functional hand use?
10:45 to 11:10	Morning tea
11:10 to 12:30	**Brain plasticity** - Mirror movements and impact on bimanual hand use - Current evidence for plasticity and impact on the timing/choice of intervention
12:30 to 1:15	Lunch
1:15 to 2:30	**Constraint-induced movement therapy (CIMT)** - Development, theory and current evidence. - What model and how can CIMT be implemented in clinical practice?
2:30 to 2:35	Short break
2:35 to 3:30	- What model and how can CIMT be implemented in clinical practice (continued)? - Limitations of CIMT
3:30 to 4:00	Afternoon tea
4:00 to 5:00	**Motor planning** - Evidence and impact of motor planning on upper limb task performance. **Bimanual upper limb therapy** - Understanding bimanual hand function in unilateral CP. - Theory and evidence.

Day 2

Time	Topic
8:45 to 10:00	**Bimanual upper limb therapy (continued)** - Implementation and examples of strategies in practice. - One hand or two? What should we consider?
10:00 to 10:20	Morning tea
10:20 to 11:20	**Case examples and group discussion** - Unimanual or bimanual?
11:20 to 12:00	**Behaviour management** - What is behaviour and why is it important? - Typical behaviours in children with unilateral CP. How can these be managed?
12:00 to 12:45	Lunch
12:45 to 2:00	**Cognitive-motor theory, motor skill acquisition and Goal Directed Training** - Theory and evidence - How can goal directed training be implemented in clinical practice?
2:00 to 2:45	**Home programs and implementation** - Home programs. Evidence. What, why and how. - Implementation of evidence-based upper limb intervention.
2:45 to 3:00	Afternoon tea
3:00 to 4:30	**Upper limb assessment** - How and what do I choose? - What am I trying to change? **Conclusion and open discussion**