



Functional Hand Use in Hemiplegia

Evidence-based therapy for children with cerebral palsy

Day 1

Time	Topic
8:45 to 10:15	Introduction <ul style="list-style-type: none">- Introductions- What is cerebral palsy (CP)?- Manual Ability Classification System (MACS)
10:15 to 10:30	Morning tea
10:30 to 11:15	- What is functional hand use?
11:15-11:20	Short break
11:20 to 12:45	Activity dependent plasticity <ul style="list-style-type: none">- Mirror movements and impact on bimanual hand use- Plasticity and impact on the timing/choice of therapy
12:45 to 1:45	Lunch
1:45 to 3:15	Constraint-induced movement therapy (CIMT) <ul style="list-style-type: none">- Development, theory, and current evidence.- What approach and implementation in clinical practice?
3:15 to 3:30	Afternoon tea
3:30 to 4:30	- What approach and implementation in clinical practice? (continued) <ul style="list-style-type: none">- Limitations of CIMT.

Day 2

Time	Topic
8:45 to 10:00	Motor planning <ul style="list-style-type: none">- Evidence and impact of motor planning impairment. Bimanual upper limb therapy <ul style="list-style-type: none">- Theory and evidence.
10:15 to 10:30	Morning tea
10:30 to 12:30	Bimanual upper limb therapy (continued) <ul style="list-style-type: none">- Implementation and examples of strategies in practice.- One hand or two? How do we decide?
12:30 to 1:30	Lunch
1:30 to 2:45	Behaviour management <ul style="list-style-type: none">- What is behaviour and why is it important?- Supporting families and promoting positive behaviour.
2:45 to 3:00	Afternoon tea
3:00 to 4:30	Cognitive-motor theory, motor skill acquisition and goal directed training <ul style="list-style-type: none">- Theory and evidence- Implementing goal directed training in clinical practice.

Day 3

Time	Topic
8:45 to 10:00	Home programs and implementation <ul style="list-style-type: none">- Home programs. Evidence. What, why and how.- Implementing evidence-based upper limb intervention.
10:00 to 10:15	Morning tea
10:15 to 12:15	Upper limb assessment <ul style="list-style-type: none">- What assessment and why? What am I trying to change?
12:15 to 12:30	Questions and course conclusion