



CPTeaching

Functional Hand Use in Hemiplegia

Evidence-based therapy for children with cerebral palsy

Day 1

Time	Topic
8:45 to 10:45	Introduction <ul style="list-style-type: none">- 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 <ul style="list-style-type: none">- Mirror movements and impact on bimanual hand use- Plasticity and impact on the timing/choice of therapy.
12:30 to 1:15	Lunch
1:15 to 2:30	Constraint-induced movement therapy (CIMT) <ul style="list-style-type: none">- Development, theory and current evidence.- What approach and implementation in clinical practice?
2:30 to 2:35	Short break
2:35 to 3:30	<ul style="list-style-type: none">- What approach and implementation in clinical practice? (continued)- Limitations of CIMT.
3:30 to 4:00	Afternoon tea
4:00 to 5:00	Motor planning <ul style="list-style-type: none">- Evidence and impact of motor planning impairment. Bimanual therapy <ul style="list-style-type: none">- Theory and evidence.- Implementation and examples of strategies in practice.

Day 2

Time	Topic
8:45 to 10:20	Bimanual therapy (continued) <ul style="list-style-type: none">- Implementation and examples of strategies in practice (continued)- One hand or two? How do we decide?
10:20 to 10:45	Morning tea
10:45 to 12:00	Promoting positive behaviour <ul style="list-style-type: none">- What is behaviour and why is it important?- Supporting families and promoting positive behaviour.
12:00 to 12:45	Lunch
12:45 to 2:00	Cognitive-motor theory, skill acquisition & goal directed training <ul style="list-style-type: none">- Theory and evidence.- Implemented goal directed training in clinical practice.
2:00 to 2:10	Short break
2:10 to 3:00	Home programs and implementation <ul style="list-style-type: none">- Evidence. What, why and how.- Implementation of evidence-based upper limb intervention.
3:00 to 3:25	Afternoon tea
3:25 to 5:00	Upper limb assessment <ul style="list-style-type: none">- What assessment and why? What am I trying to change? Conclusion and open discussion