

# S2R: STRENGTHENING FOR STROKE RECOVERY<sup>®</sup>

**Saturday, July 15, 2023**

**REGISTRATION AND BREAKFAST: 7:30 AM**

**PROGRAM TIME: 8:00 AM – 5:30 PM**

Past research has purported interventions of constraint, intensity, and repetition as key factors to stroke recovery when there are strength or force generation deficits. Stroke recovery, however, is multifactorial that encompasses cognitive, motor, sensory, environmental, psychosocial components and most importantly lesion location and the extent of damage. The key to maximizing outcomes is choosing the appropriate measurement tool to assess lesion specific stroke deficits affiliated with strength and or force generation. This program defines and differentiates strength and force generation. The clinical reasoning processes to determine assessment and treatment of stroke deficits affiliated with strength or force generation will also be addressed. Treatment interventions will be supported by evidence-based practice. After observing videos or discussing case studies, therapy practitioners will be given the opportunity to demonstrate clinical decision-making skills in choosing measurement tools and treatment interventions that primarily use elastic bands.

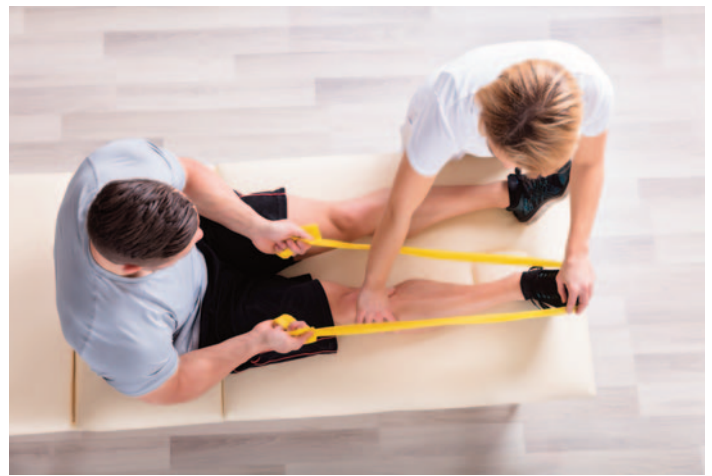
## Target Audience

Occupational Therapists, Occupational Therapy Assistants, Physical Therapists, Physical Therapy Assistants, and other interested healthcare professionals

## Speaker



**Jennifaye Brown, PT, PhD, NCS** has a BA-Psychology (Emory University), a MS-Physical Therapy (University of Miami-FL) and a PhD-Exercise Science (University of South Carolina). Dr. Brown has 31 years of clinical experience focused in neurorehabilitation across the



continuum of care and has presented numerous continuing education courses on adult neurologic assessment and treatment intervention for acquired brain injury. Dr. Brown's special interests and extensive clinical background include gait analysis and training and AFO fabrication. Her approach to effective gait analysis and treatment to alleviate impairments impacting gait is to know the lesion site, understand neuroanatomical functions and along with past medical history, environmental, psychosocial and cultural factors, determine prognosis and devise realistic goals reflective of the client and caregiver's lived experiences. Her current research agenda explores the perceptions and opinions of individuals with stroke regarding their experiences with AFO fabrication, modification and maintenance. Her goal is to partner with healthcare professionals to fabricate AFOs (specializing in accommodating ladies' footwear) utilizing scanning technology, computer aided design and 3D printing based on a full spectrum gait-related physical therapy evaluation. In addition, she is exploring the presence of diversity, inclusion, cultural competence and humility topics in health care curriculum. You can read more about Dr. Brown at [www.jvbneuropt.com](http://www.jvbneuropt.com)

## Learning Objectives

At the conclusion of this competency-based activity, the participant should be able to:

- Analyze strength, functional strength and force generation as it pertains to stroke impairment deficit.
- Examine the role of the cerebrum, cerebellum, brainstem & spinal cord in strength/force generation.
- Identify whether strength or force generation is the impairment based on stroke lesion location.

To register visit [www.wakeahec.org](http://www.wakeahec.org).

**WAKE AHEC**  
PART OF NC AHEC

**RECRUIT  
TRAIN  
RETAIN**

- Identify and choose the appropriate measurement tools required for assessment.
- Formulate SMART goals based on measurement tool outcomes, patient/client/caregiver goals and social determinants of health.
- Develop innovative and culturally appropriate treatment interventions relevant to stroke impairments, patient/client/caregiver goals, and social determinants of health.

## Agenda

7:30 am	Registration and Breakfast
7:55	Welcome and Overview of the Day
8:00	Introductions and Pre-test
8:05	What is Strength, Functional Strength vs Force Generation?
8:30	Neuroanatomy Review: Cerebrum, Cerebellum, Brainstem & Spinal Cord Role in Strength/Force Generation
9:00	Identifying Strength vs Force Generation as an Impairment Based on Stroke Lesion Location
9:20	Case Study
9:40	Summary of Training
9:45	Break
10:00	Strength/Force Generation Impairment Origin and Prognosis
10:45	Outcome Measures & Tools to Assess Strength/Force Generation Deficits
11:15	Innovative Exercises to Address Strengthening – A Compliance Issue
11:45	Exercise & Evidence – Elastic Bands Work for Eccentric, Isometric & Concentric Muscle Activity
12:00 pm	Lunch (provided)
1:00	Exercise & Evidence – Elastic Bands Works for Eccentric, Isometric & Concentric Muscle Activity
1:45	Case Study Application: Trunk
2:30	Break
2:45	Case Study Application: Upper Extremity
3:30	Case Study Application: Lower Extremity
4:15	Innovation Applications of Elastic Bands
4:55	Summary of Training
5:15	Question & Answer; Post-Test
5:30 pm	Adjourn

## Special Instructions

Participants need to wear comfortable clothing and bring: yoga mat, six feet of Elastic Bands of three different tensions/colors

## Credit

**NCBPTE:** Wake AHEC is a pre-approved provider for NCBPTE Continuing Competence Activities. This activity is 8.0 hours.

**Occupational Therapist/Assistant:** As of July 1, 2018, the NCBOT no longer accepts applications for pre-approval of CCAs. OT practitioners need to make sure they are completing activities that comply with Section .0800 of the NCBOT Rules. 8.0 CCAs. Please select contact hours for your certificate.

**Wake AHEC CEU:** Wake AHEC will provide 0.8 CEUs to participants upon completion of this activity.

A participant must attend 100% of the program to receive credit. Partial credit will not be awarded.

**Contact Hours:** Wake AHEC will provide 8.0 Contact Hours to participants.

## Registration Fee

- **Early Fee** – \$150; after July 1, 2023 – \$170. Vouchers will be accepted.
- Fee will include online handouts/online certificate of completion.
- Breakfast/break/lunch will be provided.
- To assure quality programming and safety for all participants, babies and children may not attend this program.
- Visit [www.wakeahec.org](http://www.wakeahec.org) for our Inclement Weather Policy.

## Cancellations and Refunds

Registrants cancelling between July 1 and July 12, 2023 will incur a 30% cancellation fee. No refunds or credits will be given for cancellations received after July 12, 2023. Substitutes are encouraged.

## ADA Statement

Wake AHEC is fully committed to the principle of equal educational opportunities for all individuals and does not discriminate on the basis of any characteristic protected by federal or state law. If you require any of the auxiliary aids or services identified in the Americans with Disabilities Act (ADA), in order to participate in programs or services, please call us at 919-350-8547. Organizing such resources generally takes 3-4 weeks, so please give us as much notice as possible to make appropriate arrangements.

**Questions?** Contact Kimberly Spencer at 919-350-0480 or [kispencer@wakeahec.org](mailto:kispencer@wakeahec.org).

# REGISTRATION

\$150; after July 1, 2023 – \$170.

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All information requested on this form must be completed to be registered for the program. Incomplete forms cannot be processed.

69725ks

☐ Dr. ☐ Mr. ☐ Ms. ☐ Mrs.

First Name MI Last

Clinical Specialty Degree(s) (e.g., MD, PharmD, MS, BS)

Home Address City  
( )

State Zip Home County Home Phone

Employer Job Title

Work Address City  
( )

State Zip Work Fax Work Phone

Department Preferred E-mail (REQUIRED)

By providing your fax number, email address and telephone number, you have granted permission for us to contact you via the numbers and address indicated.

### PAYMENT OPTIONS Payment of check, credit card or supervisor signature must accompany registration.

- ☐ Check enclosed. (Make check payable to Wake AHEC.)
- ☐ Credit card: Contact Kimberly Spencer at [kispencer@wakeahec.org](mailto:kispencer@wakeahec.org) for an online payment link to make credit card payment online.
- ☐ Employer will make payment. Supervisor complete below and fax registration to 919-350-0470.

Supervisor's Name Printed Title

Supervisor's Signature Phone

By signing, I am certifying that agency payment will follow. If you have a balance due and do not attend or send a substitute, you will be invoiced for the full program fee.

☐ Vegetarian lunch

**Questions?** Contact Kimberly Spencer at 919-350-0480 or [kispencer@wakeahec.org](mailto:kispencer@wakeahec.org).

**WAKEMED EMPLOYEES ONLY**  
WakeMed Employees Only: An Education, Meeting & Travel Request Form must be submitted with the registration for processing if your department is paying.

### Register Today!

**Online:** [www.wakeahec.org](http://www.wakeahec.org)

**Fax:** 919-350-0470

**Mail:** Wake AHEC  
Attn: Kimberly Spencer  
3261 Atlantic Avenue Suite 212  
Raleigh, NC 27604-1657