



Rehabilitation Inc.

Neurology & Traumatic Injury
Physiotherapy
Occupational Therapy
Speech Therapy

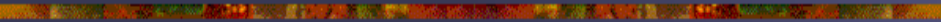
A Multidimensional Approach facilitating movement in the paretic slow stream arm & hand

3 tricks of the trade to facilitate movement


Anna Greenblatt OTRegOnt)

The purpose of this presentation is to explore strategies which have been helpful in advancing the recovery of movement and function of the arm and hand in people who are sometimes months and even years post onset.

This presentation is based on experience with slow stream recovery post onset



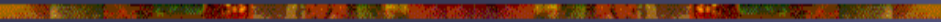
This presentation is useful for therapists with neurological handling skills who bring their patients to a certain level of arm and hand recuperation but would welcome some other ideas




It assumes that factors such as

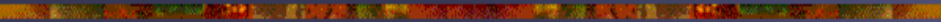
- trunk control
- perception and cognition
- vision
- sensation
- gait
- alignment
- weight shift and weight bearing on the UE

HAVE BEEN ADDRESSED AND CARRIED FORWARD




With the scientific proof of neuroplasticity, we now have support for long term potential for motor recovery in the person with neurological impairments





In an environment which offers multiple approaches to movement problems in the arm and hand, it is effective and possible to achieve change by integrating several approaches months and even years after onset.



A variety of approaches increases the probability of regaining function in the arm & hand

- Bobath-based sensory motor approaches
 - Osteopathic manual therapy including myofascial release and cranio-sacral therapy
 - Motor learning and retraining
 -and others
-

A variety of modalities

- E-stim including bioness and myndmove
- Neuro-proprioceptive taping

can enrich treatment programs and facilitate the acquisition and perfecting movement and function

Basis of Treatment with the presented subjects

- Myofascial release
 - Bobath based treatment approaches
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Fascia

- Tough connective tissue
- Covers all the structures in the body

Myofascial release

Manual therapy which releases tightened structures in the body

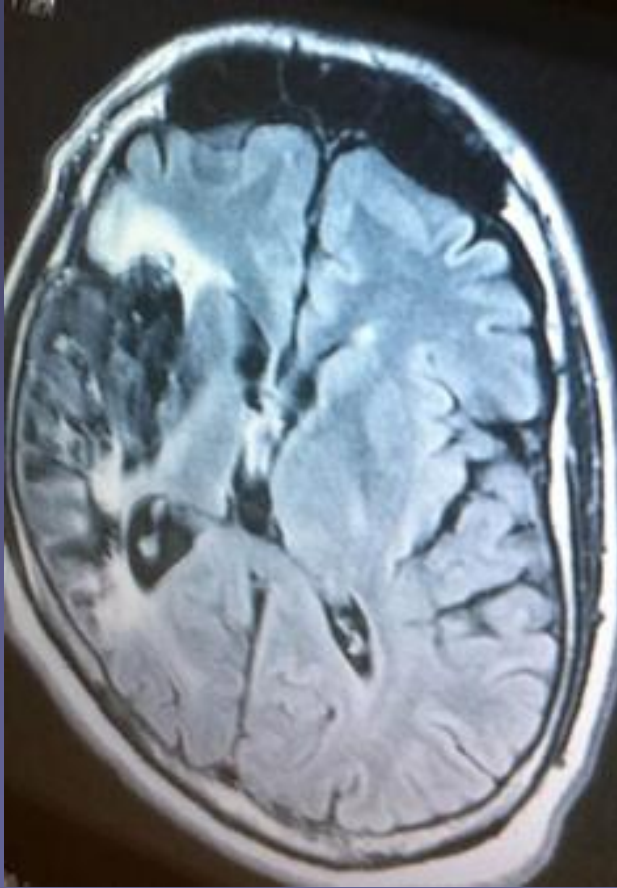




**The subjects in the following have requested
that their pictures and videos not be posted**



LEFT HEMIPLEGIA



Two years later, three years after onset,
he returned to see if the Bioness H200
would help advance his progress

Three years post onset

Unable to hold and place

Extension of the elbow in a small range but not isolated movement

Hyperextension of the MCP's of the fingers and thumb

Wrist: no extension, held in flexion

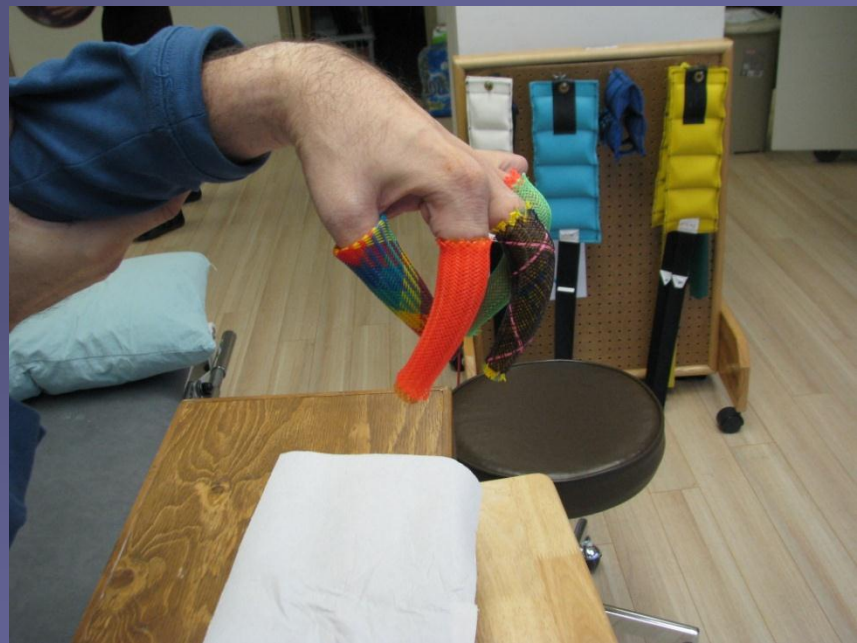
A bit of active finger extension in the fingers if the arm was held higher than 90 degrees shoulder flexion

Considerations

Hyperextension of the MCP's of the hand

Hypermobility of the thumb

A lack of gross motor activity in the upper extremity at the level of the elbow and the shoulder



Easy Active™ Mobile Shoulder Assist





**Assistive devices can help move function and
movement forward**

BUT

***only as an adjunct to the skills of the therapist
and the hard work of the patient.***

SUGGESTED READING

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Websites of Interest:

John F. Barnes Myofascial Release

www.myofascialrelease.com

International Bobath Instructors Training Association

www.ibita.org

Neuro-Developmental Treatment Association

www.ndta.org

Neuro-Integrative Functional Rehabilitation And Habilitation

www.neuro-ifrah.org

Constraint Induced Movement Therapy (CIMT)

www.uab.edu/citherapy

L'Association Neuro-Environmental Rehabilitation 21

www.ner21.org

Boinks



Toy or pet store

Easy Active™ Mobile Shoulder Assist



www.kinemedic.com

Magnet with handle





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