



**SREE CHITRA TIRUNAL
INSTITUTE FOR MEDICAL
SCIENCES & TECHNOLOGY**

REGISTRATION

The workshop is open for registered participants only. In order to register please contact:

Mr. B Ratheesh (MSW)

Comprehensive Stroke Care Unit, SCTIMST
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e-mail : ratheesh9msw@gmail.com

OR

Mr. M G Amal (Physiotherapist)

Comprehensive Stroke Care Unit, SCTIMST
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e-mail : amalmgpt@yahoo.co.in

Registration will close by 10/07/2012

*The fee for participation is Rs. 400/-
and is payable on-the-spot
at the venue of workshop.*

WORKSHOP ON

POST-HOSPITAL STROKE PHYSIOTHERAPY

Organized by
**Department of Physical Medicine and
Rehabilitation &
Comprehensive Stroke Care Unit
SCTIMST**



**SREE CHITRA TIRUNAL INSTITUTE FOR
MEDICAL SCIENCES & TECHNOLOGY**

Venue : Auditorium-II, SCTIMST
Date : 15 July 2012

POST-HOSPITAL STROKE PHYSIOTHERAPY WORKSHOP, SCTIMST, 15 JULY 2012

Dear Colleagues,

Stroke is a major cause of long term disability.

In order for rehabilitation to be successful, patients must receive good quality physiotherapy. The physiotherapy in the post-acute setting must be problem oriented and to some extent tailored to the needs of the patient. The physiotherapist should also help the caregivers to participate in the therapy and to understand why these exercises are being done.

Aims of the workshop

This one-day workshop on Post-hospital Stroke Physiotherapy will help practising physiotherapists:

1. To improve knowledge on the types, patterns and prognosis of stroke survivors.
2. To gain information on various physiotherapeutic measures, assessments of new problems and the needed interventions
3. To understand appropriate standardized physiotherapy practices relevant to stroke

Who should attend?

The workshop is open for graduate physiotherapists who are in practice for at least a year and interested in working with stroke survivors.

Dr. U. Nandakumaran Nair
Visiting Professor, (PMR)

Dr. P.N. Sylaja. MD, DM
Additional Professor Neurology



SCIENTIFIC PROGRAMME

Registration	08:00 am onwards
Inaugural Session	09:00 to 09:30 am
Pre-test	09:30 am to 10:00 am

Session-I Theory and Practice

1 Stroke Burden - Challenges: Dr. P.N. Sylaja Additional Professor	10:00 am
2 Living with Stroke: Dr. Sajith Sukumaran Assistant Professor	10:30 am
Tea	10:50 am to 11:00 am
3 Exercise Protocol: Mr. M.G. Amal Physiotherapist	11:00 am
4 Occupational Therapy: Mrs. Nisha Praveen Occupational Therapist	11:20 am
5 Constraint induced movement therapy Dr. U. Nandakumaran Nair Visiting Professor	11:40 am

Session-II

1 Assessment scales: Mr. Fayaz Khan Phd. Fellow	12:00 noon
2 Rehab. Alerts: Dr. U. Nandakumaran Nair & Mr. M.G. Amal	12:20 pm
3 Q & A:	12:40 pm
Lunch	01:00 pm to 02:00 pm

Session-III Visits

1 Visits to Stroke Unit and PMR	02:00 to 03:00 pm
Post-test	03:00 pm to 03:30 pm
Valedictory	03:30 pm to 03:45 pm
Tea	03:45 pm to 04:00 pm