

WORKSHOP 2026

EVIDENCE-BASED RETRAINING OF LOWER LIMB SKILLS AFTER STROKE

ORGANISED BY MPA
NEUROLOGY SIG



29th - 31st August 2026 (SATURDAY TO MONDAY)



REGEN REHAB HOSPITAL
PETALING JAYA



8.00AM - 5.00PM



MPA MEMBER : RM300



NON MEMBER : RM2,000



For more info visit www.mpa.net.my

For registration, you may scan the QR Code
that has been provided in the poster

BOOK NOW



SIMONE DORSCH

- Physiotherapy clinician, researcher and educator.
- 25+ years experience in stroke, brain injury and aged care rehabilitation.
- Senior lecturer at the Australian Catholic University in North Sydney, Australia.
- Her research focuses on the relationship between loss of strength and activity limitations and strategies to increase amounts of practice in rehabilitation



KARL SCHURR

- Physiotherapist and clinician researcher.
- Retired from his clinical role at Bankstown-Lidcombe Hospital in Sydney, Australia in 2016. Based near Sydney.
- Been awarded over \$1 million in research funding, and published over 30 peer-reviewed papers.
- Co-investigator on several published randomised trials evaluating the effectiveness of therapy interventions for older people and stroke survivors.



29th AUGUST 2026 (DAY 1)

7.45		REGISTRATION
8.00	SESSION 1	EVIDENCE-BASED PRACTICE
9.00	SESSION 2	IMPAIRMENTS AFTER STROKE
10.00		 MORNING TEA
10.20	SESSION 3	INCREASING STRENGTH IN VERY WEAK MUSCLE
11.00	SESSION 4	INTENSITY OF PRACTICE
11.30	SESSION 5	POSTURAL ADJUSTMENTS AND STANDING BIOMECHANICS
12.45		LUNCH 
13.30	SESSION 6	• STANDING ANALYSIS AND INTERVENTION • SITTING PRACTICAL SESSION : WEIGHTBEARING IN SIT AND REACH • SITTING BIOMECHANICS, ANALYSIS AND INTERVENTION
15.30	SESSION 7	CLINICAL SESSION 1 : ASSESMENT AND ANALYSIS OF STROKE SURVIVORS BY PRESENTER
16.30		DISCUSSION AND QUESTION

30 th AUGUST 2026 (DAY 2)		
8.00	SESSION 8	STANDING UP AND STANDING : PRACTICAL SESSION
9.00	SESSION 9	STANDING UP : BIOMECHANICS, ANALYSIS AND INTERVENTION
10.00		 MORNING TEA
10.20	SESSION 10	WALKING : BIOMECHANICS
11.30	SESSION 11	BEING A COACH
12.45		LUNCH 
13.30	SESSION 12	CLINICAL SESSION 2 : REVIEW OF OVERNIGHT PRACTICE
14.00	SESSION13	CLINICAL SESSION 3 : CLINICAL SESSION WITH STROKE SURVIVORS
16.00		DISCUSSION AND QUESTION

31 st AUGUST 2026 (DAY 3)		
8.00	SESSION 14	REVIEW OF WALKING BIOMECHANICS
9.00	SESSION 15	WALKING : ANALYSIS
10.00		 MORNING TEA
10.20	SESSION 16	WALKING : EVIDENCE-BASED INTERVENTION
11.30	SESSION 17	MUSCLE TESTING AND PROGRESSION - PRACTICAL
12.45		LUNCH 
13.30	SESSION 18	CLINICAL SESSION 4 : REVIEW STROKE SURVIVORS PRACTICE AND PROGRESSION
14.15		HANDOVER
14.30	SESSION 19	CLINICAL SESSION 5 : ANALYSIS AND TRAINING OF NEW STROKE SURVIVOR IN SMALL GROUP
16.00		REVIEW OF CLINICAL SESSION, STATEMENT OF PERSONAL GOAL