

**With
Erica
Malcolm**

Posture & Balance in Relation to the Upper Limbs for Therapy Assistant Staff

Duration: 1 day

CPD Hours: 7

Date: 2nd March 2026

Format: Face to Face

Fee: £160

Venue: Mickleover Golf Club



Erica Malcolm Consultant Physiotherapist Neurology

Overview:

This course will look at the influence of posture movement and balance on the control of movement and function of the upper limbs
The course will develop the clinical skill of analysis through observation, palpation and handling.

Aims of the Course:

- To give the participant the opportunity to develop a logical structure to analyse posture and movement patterns.
- To develop the participants clinical reasoning process when analysing the influence of posture on the upper limbs during function
- To build confidence in the area of postural and balance analysis

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Training made easy

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Learning Outcomes:

By the end of this course the participant should be able to:

- Explain the importance of postural control for upper limb function
- Understand aspects of the effects of negative neuroplasticity on an individual's ability to use the upper limbs
- Assess whether the tone in an individual's upper limbs in various postures is appropriate/ideal for that posture
- Influence an individual's posture to effect a positive change towards improved posture and demonstrate how this positively impacts on the control and movement of the upper limbs
- Recognise aspects of postural deficits and relate these to functional difficulties in the upper limbs

SUGGESTED PRE -COURSE READING

- Review the anatomy of the upper limbs
- Any text where 'patterns of movement' are explored

Please note that this course is highly practical and t- shirts and shorts or leggings are required (no jeans please)

