

With  
Erica  
Malcolm

# Posture & Balance as they Relate to Selective Control of the Upper Limb for Occupational Therapists

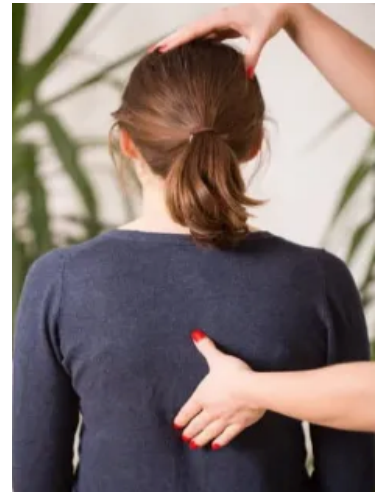
**Duration: 2 day**

**CPD Hours: 14**

**Date: 10th-11th December 2024**

**Format: Face to Face**

**Fee: £265**



**Erica Malcolm Consultant Physiotherapist Neurology**

## Overview:

This course will look at aspects of posture and balance and how they relate to/influence the movement and function of the upper limbs

The course will use the clinical skills of observation, palpation and handling. The course is aimed at the qualified occupational therapists working in adult neurology, although the principles may well be of interest to those working in other clinical areas.

Course participants will be shown how to effect a positive change in an individual's postural control and so influence their balance and movement.

Course participants will explore several practical functional scenarios and apply their learning to effect a positive change in function.

## Aims of the Course

-To give the participant the opportunity to develop a logical structure to analyse posture and relate this to balance and movement using observational and handling skills.

-To develop a clinical reasoning process to help answer that difficult question...'where do I begin?' when seeking to improve an individual's upper limb function

-To build confidence in the area of postural analysis and handling of the upper limbs.

### SUGGESTED PRE -COURSE READING

**-Review the anatomy of the proximal upper limbs**

**-Please note that this course is highly practical and strappy/vest tops are required**

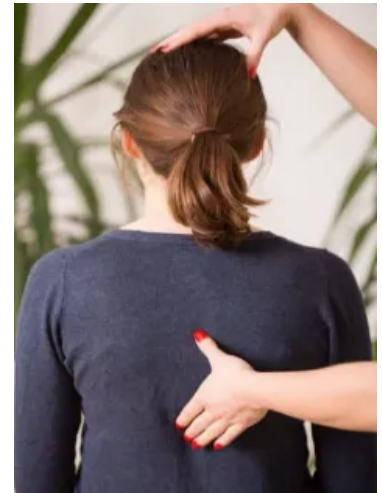
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## Learning Outcomes:

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

- Briefly assess and significantly alter posture to improve balance, movement and function
- Identify key aspects involved in maintaining the integrity of the upper limbs following neurological damage.
- Relate the ability to control selective movement in the upper limbs to the ability to improve posture and balance
- Structure an assessment of the upper limbs, taking into account, anatomy, alignment, tone and patterns of movement, and relate these to the potential for function.
- Use bespoke 'treatment markers' to evaluate their intervention
- Identify when an upper limb is/is not able to be facilitated and why.

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