

STROKE REHAB:

The Science & Art of Developing Intentional Interventions

WHEN?

SAT & SUN
AUGUST 16 & 17, 2025
8AM – 4:30PM

WHERE?

ADVANCED PHYSICAL THERAPY
501 EXECUTIVE PLACE
FAYETTEVILLE, NC 28305

14.0
CONTACT
HOURS



1.4
CEUS



PRE-APPROVED IN
NC

Tired of the same interventions, not seeing the outcome you had hoped for? Discouraged when patients “plateau”?

Break through the plateau with a fresh, practical approach that transforms neuroscience into action. This course blends the *science* of neuroplasticity with the *art* of purposeful, high-repetition, and high-intensity task practice—helping you see real functional change from the start to the end of a session. Relevant interventions specifically addressing the demands of transfers, gait, balance, and ADL’s will be discussed, practiced and applied on **real-life patients in a half-day lab experience**

Perfect for therapists in any setting and ideal for those who feel a bit “neuro-rusty,” this course will reignite your confidence and creativity.

Come ready to simplify complex concepts, refresh your toolkit, and reimagine what's possible for your patients. Depart with actual solutions you can apply on Monday.

Presenter: Michelle Green PT, DPT, Board Certified Clinical Neurologic Specialist Dr. Michelle Green is a board-certified clinical specialist in neurologic physical therapy with over 25 years of experience across a variety of rehabilitation settings. She has worked with patients recovering from neurologic, medical, surgical, and traumatic conditions, and brings a practical, evidence-informed approach to every clinical interaction. Dr. Green is passionate about helping clinicians make rehab both **simple and effective**, even when faced with time, staff, or equipment limitations. She supports therapists in building structured, adaptable frameworks for assessment and intervention—grounded in neuroplasticity, motor learning, and motor control principles—that translate directly to functional outcomes. Her approach emphasizes real-world progress, from dressing and ADLs to walking, stair navigation, hiking, and even yoga. Currently, Dr. Green serves as an Associate Professor and Assistant Director in the Doctor of Physical Therapy program at Campbell University. She is a 1995 graduate of Ithaca College and lives in Fayetteville, North Carolina with her husband and two sons.



OBJECTIVES: By the end of this course, participants will be able to:

1. Develop a revised approach assessment approach aimed to prioritize functionally limiting deficits.
2. Correlate limiting impairments with activity limitations noted during an initial examination.
3. Categorize interventions into like groups aimed at specific activity limitations or impairments.
4. Recognize the impact of motor control and learning theories on treatment session development
5. Implement appropriate treatment interventions for identified impairments.
6. Modify treatment interventions to maximize carryover of tasks and movement patterns into functional activities
7. Implement a process of developing interventions and intentionally progressing them toward specific functional goals.
8. Apply principles of neuroplasticity to interventions to improve stroke outcomes

COURSE AGENDA:

Strategies for Assessment

- Use of ICF and motor control framework to understand impairments and task limitations due to stroke
- Use of systems screen and examination to rule in/rule out impairments correlating to activity limitations
- Building a language to describe deficits to guide identification of starting point for interventions and progression
- Core Set of Outcome Measures for Adults with Neurologic Conditions

The Science of Recovery After Stroke: Principles of Neuroplasticity

- Highlighting principles of specificity, intensity, repetition and salience
- Error Augmentation, Optimal Theory of Motor Learning

Identification of Perceived barriers and strategies for their mitigation

- Hemiplegic UE
- Spasticity & Flaccidity
- Use of AFO's & FES post-Stroke CPG
- Cognition
- Plateaus- applying motor learning

The Art of Applying the Science for Intentional Progression of Interventions

- Strategic use of positions such as half kneeling, prone, tilt table, standing with endpoint and standing frame
- Strategies for task specific intervention development for transfers, ADL's, balance reactions and gait
- Developing skill of progression/regression within interventions
- Implementing High Intensity Gait and Task-Specific Training
- Cardio Circuits for endurance and functional training for all patient levels

Case Discussion and Live Patient Application of concepts above



COURSE SCHEDULE:

Day 1

7:30 – 8:00 Registration
8:00 – 9:30 Strategies for Assessment
9:30 – 9:45 Break
9:45 – 10:30 The Science of Recovery
10:30 – 12:00 Identification of Perceived Barriers

12:00 – 1:00 Lunch on own
1:00 – 2:45 Art of Applying the Science: Motor Control/Learning
2:45 – 3:00 Break
3:00 – 4:30 The Art of Applying the Science
(Supine- Sit, Seated ADL's, Sit – Stand)

Day 2

7:30 – 8:00 Registration
8:00 – 9:30 The Art of Apply the Science
(squat pivot, floor transfers)
9:30 – 9:45 Break
9:45 – 12:00 The Art of Applying the Science
(Balance Reactions, Gait, High Intensity Training, Circuits)
12:00 – 1:00 Lunch on own
1:00 – 2:00 Case Preparation
2:00 – 2:15 Break
2:15 – 4:15 Live Patient Application
4:15 – 4:30 Closing Remarks and Questions

COST: \$300 Early Bird (By July 15, 2025)

\$349 after July 15th. \$399 after Aug. 14th

REGISTER ONLINE:

www.movement-solutions-for-pt.com

Or call 910-797-5335

Registration open through Wednesday, 8/13. After 8/13: Register onsite. Full refunds through Thursday, 8/14.