



## Massive Open Online Course (MOOC)

### Analysis and retraining of upper limb function after stroke 2026

Dates: 4<sup>th</sup> May to 7<sup>th</sup> June 2026

Registrations open from 01/04/26

## Upper Limb MOOC

To access information in other languages: [www.StrokeEd.com/MOOC](http://www.StrokeEd.com/MOOC)

### How will the MOOC run?

The MOOC will run for 5 weeks **from 4<sup>th</sup> May to 7<sup>th</sup> June 2026** with approximately 3 hours per week of self-paced online tasks and weekly interactive activities on Facebook

### Learning Outcomes

At completion of the MOOC participants should be able to:

- Apply a structured approach to analyse activity limitations when observing reach, grasp and manipulation tasks
- Discuss research evidence about interventions that do / do not improve upper limb recovery
- Apply evidence-based interventions to improve strength in very weak arm muscles and improve hand-arm coordination; interventions will include task-specific training, mental practice, electrical stimulation, mirror therapy and constraint-induced movement therapy.
- Apply strategies to increase amounts and intensity of practice during UL rehabilitation
- Discuss strategies used to prevent and treat secondary impairments of the affected arm

### Presenters

Assoc Prof Simone Dorsch, Physiotherapist  
PhD MHLthSc BAppSci(Physio)

Dr Annie McCluskey, Occupational Therapist  
PhD MA DipCOT

Karl Schurr, Physiotherapist  
MAppSc (Physio)

About the presenters: <https://strokeed.com/presenters/>

### COST

- High income country: \$100AUD
- Upper middle-income country: \$50AUD
- Lower middle-income country: \$20AUD
- Low income country: Free

### Content of the MOOC

#### Week 1 – Key concepts

- Biomechanics principles, UL anatomy
- Clinical reasoning in the analysis of UL movement problems after stroke

#### Week 2 - Movement analysis

- The biomechanics of UL tasks
- Determining the causes of UL movement problems

#### Week 3 – Evidence-based intervention

- Appraising systematic reviews and clinical trials
- Improving strength in weak UL muscles

#### Week 4 – Evidence-based intervention

- Improving advanced hand co-ordination
- Preventing/ managing secondary impairments

#### Week 5 – Effective coaching and intensity of practice

- Coaching, increasing intensity & amounts of UL practice
- UL Case studies and changing your practice

### FAQ about content and delivery of the MOOC

[UL MOOC 2026 FAQ](#)

### Further enquiries

[MOOC@StrokeEd.com](mailto:MOOC@StrokeEd.com)