



Managing Complex Tone: Spasticity and Casting Provisional programme

| Day 1 Tuesday 13th July 2021 | |
|---------------------------------|--|
| 08.30 | Registration |
| 09.00 | Introduction |
| 09.30 | Normal Muscle Physiology and Function |
| 10.15 | Refreshments |
| 10.30 | Changes in Muscle after Brain Injury |
| 11.15 | Spasticity and Pharmacology |
| 12.15 | Lunch |
| 13.00 | Casting demonstration - the elbow |
| 13.30 | Casting practical – the elbow |
| 15.00 | Refreshments |
| 15:15 | Casting Demonstration – ankle resting splint |
| 15.45 | Casting Practical – ankle resting splint |
| 17.00 | Close |

Managing Complex Tone: Spasticity and Casting Provisional programme

| Day 2 Wednesday 14 th July 2021 | |
|---|--|
| 08.45 | Refreshments |
| 09.00 | Assessing Muscle Tone and Contracture |
| 10.00 | Understanding the Evidence Base: Spasticity, Contracture and Prolonged Stretch |
| 10.30 | Upper Limb Case Study and Problem Solving |
| 11.15 | Refreshments |
| 11.30 | Casting demonstration – wrist and hand |
| 12.00 | Casting practical – wrist and hand |



| | |
|--------------|---|
| 13.00 | <i>Lunch</i> |
| 13.45 | Planning, Maintaining Safety and Problem-Solving Challenges |
| 14.45 | <i>Refreshments</i> |
| 15.00 | Casting 'free time' |
| 17.00 | Close |

Please note this is a draft programme and maybe subject to change