

Stroke Recovery

5 Steps Before Function



Purpose: This 2-hour enduring program equips occupational and physical therapy practitioners with a structured, evidence-based framework for advancing stroke recovery before functional task training. Grounded in neurodevelopmental principles and current research on neuroplasticity, participants will explore five progressive steps that prepare the nervous system and musculoskeletal system for functional reintegration.

At the conclusion of this program, each participant will be able to:

- Explain the neurophysiological rationale for preparing the sensory-motor system prior to functional task training in stroke rehabilitation.
- Identify postural, balance, and sensory-motor impairments that interfere with anticipatory control and functional mobility after stroke.
- Demonstrate clinical reasoning to select interventions that improve trunk control, midline orientation, and spatial awareness.
- Apply upper and lower extremity weight-bearing strategies to support tone modulation and promote normal movement patterns.
- Differentiate between normal and compensatory movement patterns and modify interventions to reduce maladaptive synergies.
- Integrate neuroplasticity principles (intensity, frequency, specificity) into treatment planning to enhance motor relearning and skill generalization.
- Develop a progressive treatment sequence using the 5-step framework to support sensory-motor reintegration and functional carryover.

Program Fee: \$75 for non-members // Free for Upstate AHEC Members
To register: <https://www.scahec.net/learn/programs/4726>

Stroke Recovery - 5 Steps Before Function

Program Instructor:

Cindy Erb, OTD, MSH, OTR/L, CNDT, CLT, Associate Professor - Presbyterian College-Clinton, SC

Cindy has enjoyed a diverse clinical, management, and academic career in occupational therapy for 40+ years in SC, NC, and WI, first as a COTA then OTR, and in 2018 she received her OTD. Neuro rehab and orthopedic clinical focus enabled specialty in stroke/traumatic brain injury rehab and UE/shoulder/hand treatment, which ultimately enabled exciting opportunities in driver rehab, home modifications, lymphedema, workers rehab/FCE, and orthotics. Current research involves identifying/expanding the distinct role of occupational therapy in driver rehab, cancer/lymphedema recovery, stroke rehab, neuro-recovery protocols, and exploring the effects of military trauma. Cindy has taught at all levels of education in occupational therapy and has developed/presented continuing education courses across the country for interdisciplinary team effectiveness.

Continuing Education Credit:

Licensed Nurses: This nursing continuing education activity awards **2 contact hours** upon successful completion. Upstate AHEC is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. www.nursecredentialing.org/accreditation.aspx.

Physical Therapy: This course has been approved for **2 credit hours** by the South Carolina Physical Therapy Association (SCAPTA) for CEU credit.

Occupational Therapy: This course has been approved for **2.0 CEUs** by South Carolina Occupational Therapy Association (SCOTA).

All Other Participants: This program is approved for **0.20 CEUs (2 clock hours)** by Upstate AHEC and meets SC AHEC best practice standards.

Please Note: Licensees should verify with their state licensing board for acceptance of continuing education units. ANCC Disclosure Statement: Upstate AHEC's conflict of interest policy requires faculty to disclose any real or apparent commercial financial affiliations related to the content of their presentations/materials. The speaker has signed a vested interest form declaring no conflict of interest in education activity. Provisions of this educational activity by Upstate AHEC does not imply endorsement by Upstate AHEC or ANCC of any commercial products displayed in conjunction with this activity.

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Cancellation and Refund Policy: Cancellations must be made prior to each program's cancellation deadline date as listed on its program details page in order to be eligible for a refund. If you paid a registration fee for your in-person or webinar program and cancel via the registration system by the cancellation refund deadline, you are eligible for a full refund (minus any material fee, if applicable) and our staff will be in touch with refund details—refunds are typically processed within 10-15 business days after that. Registrations for online modules and on-demand video programs are not eligible for refunds.