



ARNI STROKE THEORY WORKSHOP – 13th September 2025

Welcome to the ARNI STROKE REHAB ZOOM-BASED WORKSHOP

This Zoom-based stroke rehab theory day is designed for therapists and professional physical exercise Instructors who are completing the ARNI Institute Functional Rehabilitation & Exercise Training after Stroke Qualification. You have an interest in gaining knowledge, skills and experience concerning rehabilitation from stroke and other brain injuries. You may have trained stroke survivors for many years or may not have yet trained someone coping with physical and psychological limitations resulting from brain injury. Whatever your knowledge base, we are pleased to be able, with the assistance of the lecturers who are giving their time today, to take you on a journey through stroke rehabilitation. You will find out how neurorehabilitation is initiated. You will be shown how the structure of the brain is altered and continues to alter after stroke. You will find out how stroke affects so much of the survivor’s daily life, from legal issues to movement control to cognition, emotional coping abilities and speech. You will find out what it is like to have a stroke and be left with residual limitations... and what kinds of interventions are being shown positively to affect recoveries. The aim is to inform your training of this cohort.

LECTURERS

10.00 – 10.15	Meeting Chair	Dr Tom Balchin
10.15 – 11.00	Cognition after Stroke	Professor Catherine Doogan
11.00 - 11.45	Speech, Language and Understanding after Stroke	Olivia Hodgkinson & Storm Anderson
11.45 - 12.00	<i>Coffee break</i>	
12.00 – 12.50	Imaging and Stimulating Motor Recovery after Stroke	Dr Melanie Fleming
12.50 - 1.30	ARNI Functional Recovery after Stroke	Professor Cherry Kilbride
1.30 – 2.30	<i>Lunch</i>	
2.35 – 3.15	Fatigue after Stroke	Dr Anna Kuppuswamy
3.15 – 3.30	<i>Coffee break</i>	
3.30- 4.15	Common Legal Issues After Stroke	Hokman Wong
4.15 – 5.00	Lower Body Rehabilitation	Dr Mohsen Shafizadeh

Professor Catherine Doogan

Professor of Clinical Psychology, Institute of Cognitive Neuroscience School, UCL

Olivia Hodgkinson & Storm Anderson

Speech and Language Pathologists, Johannesburg & Wellcome Centre for Human Neuroimaging, UCL

Dr Melanie Fleming

Research Fellow, Plasticity Group, Nuffield Dept Clinical Neurosciences, University of Oxford

Hokman Wong

Senior Solicitor, Brain Injury Team Lead, Bolt Burdon Kemp, London (ARNI Charitable Partners)

Dr Anna Kuppuswamy

Henry Dale Research Fellow, Institute of Neurology, UCL.

Professor Cherry Kilbride

Professor of Neurorehabilitation, Brunel University & Lead Clinical AHP @ Royal Free NHS Trust

Dr Mohsen Shafizadeh

Senior Lecturer in Movement Science, Sheffield Hallam University

