



ARNI STROKE THEORY WORKSHOP – 1st NOVEMBER 2025

Welcome to the ARNI STROKE REHAB ZOOM-BASED WORKSHOP

This Zoom-based stroke rehab theory day is designed for therapists and professional 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 provided training for stroke survivors for many years or may not have yet have 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 evidence-based 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	Dr Catherine Doogan
11.00 - 11.45	Imaging and Stimulating Motor Recovery after Stroke	Dr Melanie Fleming
11.45 - 12.00	<i>Coffee break</i>	
12.00 – 12.45	Technology in Rehabilitation	Dr Rachel Stockley
12.45 – 1.45	Upper Limb Rehabilitation	Professor Nick Ward
1.45 – 2.35	<i>Lunch</i>	
2.35 – 3.15	Fatigue after Stroke	Dr Leisle Ezekiel
3.15 – 3.30	<i>Coffee break</i>	
3.30 – 4.15	Speech and Language after Stroke	Dr Olivia Hodgkinson
4.15 – 5.00	Lower Limb Rehabilitation after Stroke	Dr Mohsen Shafizadeh

Dr Catherine Doogan

Senior Lecturer in Clinical Psychology, Institute of Cognitive Neuroscience School, UCL

Dr Melanie Fleming

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

Dr Rachel Stockley

Associate Professor in Stroke Recovery and Rehabilitation, University of Lancashire

Professor Nick Ward

Professor in Clinical Neurology and Neuro-rehabilitation, Institute of Neurology, UCL

Dr Leisle Ezekiel

Lecturer in Occupational Therapy, University of Southampton.

Dr Olivia Hodgkinson

Speech & Language Pathologist, ARNI Stroke Rehab, Johannesburg

Dr Mohsen Shafizadeh

Senior Lecturer in Movement Science, Sheffield Hallam University

