



# ARNI STROKE THEORY WORKSHOP – 18<sup>th</sup> APRIL 2026

## 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	<b>Meeting Chair</b>	<b>Dr Tom Balchin OBE</b>
10.15 – 11.00	<b>Upper Limb Rehabilitation</b>	<b>Prof Nick Ward</b>
11.00 - 11.45	<b>Imaging and Stimulating Motor Recovery after Stroke</b>	<b>Prof Melanie Fleming</b>
11.45 - 12.00	<i>Coffee break</i>	
12.00 – 12.45	<b>Technology in Rehabilitation</b>	<b>Prof Rachel Stockley</b>
12.45 – 1.45	Lunch	
1.45 – 2.35	<b>Speech and Language after Stroke</b>	<b>Dr Olivia Hodgkinson</b>
2.35 – 3.15	<b>Fatigue after Stroke</b>	<b>Dr Leisle Ezekiel</b>
3.15 – 3.30	<i>Coffee break</i>	
3.30 - 4.15	<b>Cognition After Stroke</b>	<b>Dr Catherine Doogan</b>
4.15 – 5.00	<b>Lower Limb Rehabilitation after Stroke</b>	<b>Dr Mohsen Shafizadeh</b>

Dr Catherine Doogan	Senior Lecturer in Clinical Psychology, Institute of Cognitive Neuroscience School, UCL
Professor Melanie Fleming	Associate Professor, Plasticity Group, Nuffield Dept Clinical Neurosciences, University of Oxford
Professor 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

Attend

