



The Shoulder: Positioning and Handling Considerations Post-Stroke

Content Summary

Painful shoulders post-stroke are a common source of additional disability. Shoulder pain results in increased length of stay, decreased quality of life, and critical rehabilitation time lost. This education module provides an overview of factors that may contribute to shoulder pain, anatomy of the shoulder, factors that lead to impingement pain, as well as handling and positioning strategies to prevent/minimize shoulder pain. Practical examples are used throughout the presentation.

Target Audience

- Rehabilitation specialists and nurses
- All other interested health care providers

Learning Objectives

Upon completion of the session, the participant will be able to:

1. Describe at least 3 strategies to enhance a stroke survivor's body awareness.
2. Identify at least 3 factors that may lead to impingement resulting in shoulder pain.
3. Identify 9 strategies to prevent shoulder pain.

Format

1. Web-based self-study module in PowerPoint presentation format
2. Additional background information for the learner
3. List of references used in the development of the self-study module
4. Poster
5. Participant evaluation form

Evaluation

For education program evaluation purposes, we request your assistance with the following:

1. Upon completion, please submit to Diane MacPherson, APSS Administrative Assistant, the following information: title of the learning module, date, and number of participants taking this self-study module, by email to dmacpherson@hsf.ab.ca
2. Please send the Participant Evaluation Form(s) to:

Gayle Thompson, RNMN
Program Manager
Alberta Provincial Stroke Strategy
3rd Floor South Complex, Red Deer Regional Hospital
Bag 5030, 3942-50A Avenue
Red Deer, Alberta, T4N 6R2