

# INTENSIVE UPPER LIMB PROGRAMME

***Achieve Meaningful Arm Use With This  
Personalised 3 Week Programme.***




PHYSIOTHERAPY CLINIC



## INFORMATION

- Following a Neurological Injury, such as stroke, many people are left with limited use of their arm, affecting daily life & independence.
- Arm recovery can be complex & must be unique to each person.
- Our specialist neurophysiotherapy team delivers hands-on, evidence-based rehabilitation focused on real-life function & movement quality.
- We assess your potential & create a personalised, high-intensity plan to restore meaningful arm use

## PROGRAMME OBJECTIVES

-  Reconnect with your arm through improved sensory awareness.
-  Maximise potential for functional movement within your arm.
-  Reduce the impact of secondary changes such as pain, joint stiffness, & muscle tightness (increased tone).
-  Improve the integration of your arm into daily tasks such as getting out of bed, having a drink & washing/dressing.
-  Provide knowledge and education to help guide management and self-care of your arm.

***A screening assessment is required before acceptance to ensure the programme is suitable and beneficial for each individual.***

## PROGRAMME STRUCTURE

### WEEK 1

#### Clinic based programme

- Initial assessment with outcome measures, video/photos, & goal discussion.
- 3 hours of daily physiotherapy for 5 days.
- Pre-assigned weekend practice.

### WEEK 2

#### Home based programme

- Tailored programme based on your needs & home set-up.
- Home practice supported by videos & optional home visit.
- Minimum 30 hrs recommended.

### WEEK 3

#### Clinic based programme

- 3 hours of daily physiotherapy for 5 days.
- Final assessments with repeat of outcome measures, video/photos, & goal discussion.

## WHAT TO EXPECT

This programme includes a detailed assessment, one-to-one therapy sessions, video analysis, a tailored home exercise plan, and progress tracking. Wherever you are in your recovery—months or years post-diagnosis—we aim to help you maximise your upper limb potential.

**Contact us for more info**



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