**Program Title:** Recovery of Postural Control Following Mild to Moderate Stroke

**Faculty Name:** Vicki Mercer

**Discipline:** PT

**Description:** This full-day workshop will focus on balance assessment and intervention in individuals who are recovering from stroke. The primary emphasis will be on balance in standing and during gait. Topics will include paretic lower extremity loading and weight transfer, strengthening exercises, advanced balance activities, recommendations for orthoses and assistive devices, dual task training, and fall prevention.

**Objectives:** At the conclusion of this program, participants will be able to:

1. Describe impairments that may contribute to loss of balance and falls in persons recovering from stroke, and identify tools for measuring these impairments.
2. Describe the relationship between paretic lower extremity loading and functional performance during the first 6 months after stroke.
3. Design evidence-based interventions to improve balance in ambulatory individuals recovering from stroke.
4. Discuss key considerations in the use of orthoses and assistive devices for persons recovering from stroke.
5. Discuss key issues for prevention of falls and fall-related injuries in persons recovering from stroke.