Repetitive task-specific training is an active motor sequence performed repetitively within a single training session aimed towards a clear functional goal. It focuses on improvement of task performance rather than focusing on impairment such as muscle strength or ROM.

The focus of task specific training should align with goals that have been set in collaboration with the patient.

Repetitive task specific training can be combined with other interventions such as electrical stimulation or mechanically assisted arm training.

It is strongly recommended that daily rehabilitation includes active task practice (Lohse et al 2014)

### National Stroke Foundation Guidelines

#### 6.3.5 Upper limb activity

a) People with difficulty using their upper limb(s) should be given the opportunity to undertake as much tailored practice of upper limb activity (or components of such tasks) as possible. Interventions which can be used routinely include:

- constraint-induced movement therapy in selected people
- repetitive task-specific training
- mechanical assisted training.

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### IS THIS SUITABLE FOR THE CLIENT?

#### Target Impairment

Motor impairment

#### Stage of Recovery

Appropriate for all stages of recovery.

#### Severity of Impairment

Appropriate for all levels of severity of motor impairment.
WHAT RESOURCES DO I NEED?

EQUIPMENT:
Items to use/everyday items based on patient’s goals and interests. For example: jar, cup, towel, coins, pen, shirt/jacket with buttons/zip

Electrical stimulation machine (optional) *If affected arm needs assistance to perform active movement. If using ESTIM please refer to the guidelines offered in The BEST Study ESTIM information sheet and 'how to guide...'.

SUPPORT:
Assistance may be needed to set up the tasks

Assistance may be required to physically guide the affected arm during task specific movements.

REPETITIVE TASK SPECIFIC TRAINING RECEIVES AN AMBER LIGHT

There are mixed research findings regarding improvements in arm and hand function following repetitive task specific training.

CONSIDERATIONS
- Patients with severe impairments in vision, perception and/or cognition may require extra assistance. These impairments could impact on the outcomes of the intervention.

- Severe spasticity and contractures limit arm movements therefore consider addressing these issues before attempting training

ADDITIONAL RESOURCES

BOOKS


JOURNAL ARTICLES


