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

Repetitive task-specific training can be combined with other interventions such as electrical stimulation or mechanically assisted arm training. Please refer to The BEST Study functional electrical stimulation information sheet.

Patients with severe impairments in vision, perception and/or cognition may require extra assistance. Furthermore, severe spasticity and contractures limit arm movements therefore consider addressing these issues before attempting training.

**National Stroke Foundation Guidelines**

**10.7 UPPER LIMB ACTIVITY**

**WEAK RECOMMENDATION:**
For stroke survivors with at least some voluntary movement of the arm and hand, repetitive task-specific training may be used to improve arm and hand function (French et al. 2016).

**10.1 PHYSICAL ACTIVITY**

**WEAK RECOMMENDATION:**
A minimum of three hours a day of scheduled therapy (occupational therapy and physiotherapy) is recommended, ensuring at least two hours of active task practice occurs during this time. (Lohse et al. 2014; Schneider et al. 2016).

**CONSSENSUS-BASED RECOMMENDATION:**
Stroke survivors should be encouraged to continue with active task practice outside of scheduled therapy sessions. This could include strategies such as:
- self-directed, independent practice;
- semi-supervised and assisted practice involving family/friends, as appropriate

**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 DO I NEED?**
- everyday items based on patient’s goals and interests, i.e cup, coins, pen, shirt with buttons/zip
- electrical stimulation machine*
- assistance may be required to set up the tasks
- assistance may be required to physically guide the affected arm during task specific movements.

*If affected arm needs assistance to perform active movement. Refer to the guidelines offered in The BEST Study ESTIM information sheet and “how to guide.”

**ADDITIONAL RESOURCES**