

Anne-Margrethe GjØra

Title of the lecture:

The tricky neuromuscular shoulder

Employer/affiliation:

Norsk Teknisk Ortopedi AS



Brief introduction about the presentation:

According to the guidelines from the Norwegian Directorate of Health for stroke one in three stroke victims suffer from pain in the affected shoulder one year after the initial stroke. The shoulder is either paretic, spastic or the structures are injured due to malpractice. The basic idea of orthotic treatment for this group is predominantly: the orthosis should lead to sufficient immobilization in the prescribed position and reduction of neuromuscular activity to protect and relief the injured structures. Additionally, it should be easy to don and doff, allowing enough mobility to preserve and optimally regain function, be comfortable to wear all day, be snug and lightweight - are you up for the challenge? Let us talk about the tricky shoulder!

Brief presentation of the speaker:

Anne-Margrethe GjØra is a Norwegian CPO who got her education at Høgskolen I Oslo (Oslo Met). Since her education, she has worked with a particular focus on, and interest in, orthopaedic aids for the upper extremity; prosthetics, orthotics and grip improvements.