

**NEWSLETTER**

Physical Therapy Corp

# STROKE

**UNWANTED, UNEXPECTED, UNDESERVED**

*February 2, 2020*

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# STROKE REHABILITATION

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A stroke is referred to as a Cerebrovascular Accident and is the sudden death of brain cells due to lack of oxygen. This occurs when the blood flow to a particular portion of the brain is restricted from a clot or bleed.

Depending on where the stroke occurred in the brain, how extensive the damage was and the duration, dictate the severity of the symptoms and recovery.

Common symptoms of stroke are a slurring of speech, facial droop, weakness or loss of function in one side of the body, either in the arm, legs or both. Immediate emergency medical attention is needed if these symptoms begin.

Stroke can affect cognitive function, speech, the ability to swallow, walking, balance, strength, and function.

## MEDICAL MANAGEMENT

After medical management, rehabilitation is needed to assist the person in regaining as much function as possible. The brain and nervous system are very plastic in its ability to adapt to the damaged area. Many people are able to regain most function in their affected limbs, speech and enjoy life with modifications.



## HOW THERAPY HELPS

Physical therapy is a vital part of the recovery of a person who has suffered a stroke. A thorough evaluation is done in various stages of the rehabilitation process to determine progression in strength, transfers, walking, balance, the range of motion and safety. Our physical therapists approach the care of each person as an individual adapting the best rehabilitative process to each case. A great deal is done to ensure the safety of the person with normal transfers from sitting to stand, getting in / out of a car, stairs and uneven terrains. In addition, the strengthening and exercising of muscles provide positive feedback to the nervous system to accelerate adaptation and function.