



First Step Physical Therapy **Stroke** Program

Your First Step Toward Regaining Strength, Mobility, and Independence



A cerebrovascular accident, commonly known as a stroke, is a medical emergency that occurs when blood flow to part of the brain is interrupted or reduced – depriving brain tissue of oxygen and nutrients and potentially causing brain damage, disability, or death.

Exercise and physical activity have been shown through evidence-based research to improve motor recovery, cognition, and overall function in individuals post-stroke.

Key Features of First Step



Longer Treatment Sessions

we offer longer treatment sessions – typically 60 to 180 minutes, 2 to 3 times per week



One-on-One Care

every session is delivered one-on-one with a licensed therapist



Cutting Edge Equipment

- Alter-G
- Gait Patterning Machine
- Overhead Harness System
- Power Plate
- Low-Level Laser Therapy
- Recumbent UE/LE Bike

Research-Backed Treatment Strategies

- **Facilitating Gait & Dual-Task Training** - 20-60 minutes, 3-5x/week
 - ✓ improves walking speed, coordination, and ability to move while thinking or talking
- **Functional Mobility Training**
 - ✓ builds independence with transfers, bed mobility, and daily movement tasks
- **Task-Specific & Motor Learning Strategies**
 - ✓ retrain meaningful, real-world movements using repetition, feedback, and neuroplasticity
- **Balance & Fall Prevention**
 - ✓ enhances postural control, confidence, and safety during standing and walking
- **Aerobic & Circuit/HIIT Conditioning** - 30-45 minutes, 2-3x/week
 - ✓ boosts endurance, cardiovascular health, and overall physical performance
- **Functional Electrical Stimulation (FES)**
 - ✓ activates weak muscles to improve strength
- **Kinesiology Taping & Orthotic Management**
 - ✓ supports alignment and improves joint and muscle function.

Take The **FIRST STEP** Today

Whether you're newly recovering from a stroke or have been managing its effects for years, our team is here to help you regain control, rebuild strength, and support your independence. Let's create a therapy plan that works for you!

Visit us at firststeppt.com or call to schedule your evaluation



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Marietta 770-575-2212



Roswell 678-878-2503