

Methodology for Stroke Recovery

From One who has Been There

Introduction

A Methodology, according to Merriam-Webster Dictionary, is “a body of methods, rules, and postulates employed by a discipline” or “the analysis of the principles or procedures of inquiry in a particular field.”

The same dictionary states that Stroke is “sudden impairment or loss of consciousness, sensation, and voluntary motion that is caused by rupture or obstruction (as by a clot) of a blood vessel supplying the brain, and is accompanied by permanent damage of brain tissue.” [I had the type from rupture.]

“Symptoms of stroke include numbness or weakness on one side of the body or face, confusion, impaired speech or vision, loss of coordination or balance, trouble walking, or severe headache.”

Most people would have to research the current versions of Western, Eastern, and/or Alternative Medicine to feel like they could understand and give advice about Stroke Recovery. Therefore, I can say that there is no reason to listen to what I have to say about it.

I only have familiarity with Western Medicine’s take on it. After being released from the hospital following my stroke, Recovery consisted of Speech Therapy, Occupational Therapy (focused on my arm), and Physical Therapy (focused on my leg). I lost the ability to speak entirely at first and my whole right side was useless—dead weight.

Since I do not have the degrees to tell you what to do and how to do it, I will not be analyzing to differentiate my methodology from others. There are so many great healers with so much great advice. However, what I noticed was an overall lack of cohesion and the end result was luck. Science tries hard to avoid needing you to get lucky. To me, it is most important to give optimism to a sad state of affairs by giving a conceptual framework by which the pieces fit in a frame of reference.

I will not be addressing Speech Therapy in this work. My focus will be recovery of movement that would be served by Occupational and Physical Therapies in Western Medicine.

Thank You.

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