

# Progress After a Stroke . . .



## CommCare Corporation

### When Heart Conditions or Strokes Occur . . .

Heart conditions or stroke can result in significant functional decline. Recovery can be a slow process, especially for seniors. The goal of stroke rehabilitation is to help the individual relearn skills lost when stroke damaged a part of the brain. Regaining function and ability can mean the difference between independence and dependence.

The severity of stroke complications and each person's ability to recover lost abilities varies widely. However, stroke rehabilitation can usually help achieve the best long-term outcomes.

- ❖ **Speech therapy** can not only help regain lost abilities in speaking, listening, writing and comprehension, but also with swallowing.
- ❖ **Strengthening motor skills** involves using exercises to help improve muscle strength and coordination.
- ❖ **Mobility training** may include learning to use walking aids, such as braces, walkers or canes, to support the body's weight while relearning how to walk.
- ❖ **Range of motion therapy** uses exercises and treatments to lessen muscle tension and regain range of motion.
- ❖ **Social Services** address depression.
- ❖ **Constraint-induced therapy** restricts use of an unaffected limb while you practice moving the affected limb, which improves its function.
- ❖ **Electrical stimulation** uses electricity to stimulate weakened muscles, causing them to contract. This often helps with muscle re-education.

If the patient's goal is to return to home, our rehabilitation team can help ensure they return home and are able to function successfully.

**Providing  
rehabilitation  
to assist individuals  
in attaining their  
highest level of  
independence**

