

NEUROLOGICAL DISORDERS: STROKE

- A stroke happens when blood can't reach a part of the brain
- The brain controls how you move, feel, think and behave. A stroke may damage any of these functions.
- The following are the most common effects of stroke:
 - o Problems with speech and language
 - o Problems with memory, thinking or problem solving
 - o Poor balance or clumsy movement
 - o Numbness on one side of the body
 - o Trouble swallowing
 - o Problems with bladder bowel control
 - o Changes in vision

WHAT YOU CAN EXPECT FROM OUR PROGRAM

Stroke rehabilitation is a very important part of recovery for many people who have had a stroke. It builds your strength, coordination, endurance, and confidence. It teaches you how to move and learn how to talk, think and care for yourself.

WHAT YOU CAN DO TO AID IN THE RECOVERY PROCESS

Patients:

- Actively follow your therapy plan
- Participate in the “home exercise” program given to you by your therapist while you are not in therapy
- Report any worsening of, or development of, any of the above side effects
- Maintain good nutrition and hydration to promote healing

Family:

- During visits, encourage your loved one to perform all activities that they are physically able to do (washing face, brushing teeth, feeding, propelling wheelchair, etc.)

THE PATHWAY TO RECOVERY

You can enter the program at any of the following steps of the recovery process:



PHYSICAL THERAPY

Treatment Activities: exercise, activity program

- Range of motion
- Pain management
- Strength and endurance
- Weight bearing
- Sitting/Standing
- Fall risk clearance in the home environment
- Home safety clearance
- Finalized home

Equipment:

- E- Stim
- Ultrasound

Fall Risk Assessment

Tools Ranges:

- Tinetti Assessment Tool: 24 or greater
- TUG Test: < 12 sec
- Berg Test: > 45

OCCUPATIONAL THERAPY

Treatment Activities:

- Bathing, dressing, toileting, self-feeding
- Balance
- Movement
- Motor control
- Basic home activities (cooking, cleaning, laundry, etc.)

- Bowel/Bladder control
- Home evaluation
- Finalized home exercise/ activity program

Equipment:

- E-Stim
- Ultrasound

SPEECH THERAPY

Treatment Activities:

- Memory
- Thinking/Problem solving
- Swallowing
- Communication
- Finalized home exercise/activity program

NURSING

Treatment Activities:

- Medication management/assessment
- Blood pressure monitoring
- Assessment for medical equipment needs
- Education on the disease process, treatment goals and self-care management
- Assessment and monitoring to facilitate a stable cardiac/respiratory/ neurologic/emotional status throughout episode of care
- Management of condition in home to prevent re- hospitalization, ER visit, and unplanned physician's visit



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