



What Rehab can do for you?

Rehabilitation for Stroke



**Hallmark
Rehabilitation**

make a difference - every day, every time

- *Stroke can happen in two ways:*

- o Ischemic stroke occurs when oxygen-rich blood is blocked from reaching part of the brain tissue.
- o Hemorrhagic stroke occurs due to bleeding in the brain, which damages brain tissue.
- o Both types of stroke can have different levels of physical and cognitive impairment on a person. These impairments and recovery from this injury depends on location and amount of brain damage it had from the stroke. To help patients recover from stroke, rehabilitation is highly recommended to regain lost function and to learn compensatory strategies.
- o Rehabilitation team includes Physical Therapy, Occupational therapy, Dysphagia Therapy and Speech-Language Therapy.

- *Physical Therapy treatment focuses on:*

- o Bed mobility such as rolling, bridging, scooting and sitting up at edge of bed from lying position.
- o Transfers can be to stand up, getting into chair, commode, car, etc.
- o Balance activities to find midline posture in sitting and standing, reach outside of base of support during daily activities such as dressing, coordination of upper and lower extremities.
- o Functional mobility using wheelchair or with gait training (walking) in parallel bars or using an assisting device, stairs climbing, and going up/down the ramp.

- *Occupational Therapy treatment focuses on:*
 - o Self-feeding using non-affected side or possibly use affected side with compensatory strategies and adaptive equipment such as plate guard, weighted utensils, sippy cup, etc.
 - o Bathing and dressing skills for upper and lower body using adaptive equipment such as dressing stick, reacher, shoe horn, long handled sponge, etc.
 - o Fine motor skills are addressed to help patient manipulate pen, buttons on shirt, zipper, donning/doffing hearing aide.
 - o Transfers on to the commode and shower chair.
- *Dysphagia Therapy treatment focuses on:*
 - o Strengthening of muscles around the mouth and tongue to help manipulate food safely inside the mouth.
 - o Compensatory strategies to help swallow liquids and/or food safely.
- *Speech Language Therapy treatment focuses on:*
 - o Communication skills to speak clearly and produce strong voice to help improve phonation. Cognitive skills to help address expressive aphasia (inability to express one's thoughts) and receptive aphasia (unable to comprehend what is been said).



For more information and this and other areas of rehabilitation, please give us a call or stop by.



**Hallmark
Rehabilitation**

make a difference - every day, every time

*Facility Name
Address
Phone Number*