



EXCELLENCE IN CARING

HEALTHY AGING INFORMATION

We have all your aging needs covered

How Therapy Helps You Recover From Stroke

Physical, Occupational, and Speech therapy work as a team to help you recover from a stroke in the most effective way. Each therapy has a role to play in your recovery to help you regain your independence. After a stroke, the nervous system is damaged, and you may discover varying degrees of challenges with fine motor skills, gross motor skills or with your ability to speak and swallow.

The goal of physical therapy, as a part of the rehabilitation process, is to enable the individual to return to the highest level of performance in his or her valued day-to-day activities. Physical Therapists work with you to improve your gross motor skills, strength, balance, coordination, and functional mobility, including bed mobility, transfers, walking, and stair-climbing. They also can help you to manage spasticity, meaning stiffness or involuntary muscle spasms, following a stroke.

Despite what you may hear, you can still make improvements months and years after your initial injury. Our Physical Therapists implement techniques to improve your function through Neuroplasticity, or the brain's ability to reorganize and adapt to changes. High repetitions of purposeful, functional movements can help you regain strength and control as the nervous system creates new connections. Recovery is not only reliant on high repetitions; it is dependent on the intensity, quality, and specificity of training a particular movement. Your brain is not hardwired; it is continuously responding and can adapt to new challenges as you recover.

Our Physical Therapists also specialize in Aquatic Therapy utilizing our Center's warm water therapy pools. Our state-of-the-art, "zero-entry" treatment pools allow you to enter simply by standing on the pool floor while you are lowered gradually and safely into warm water up to six feet in depth. The warm water environment is an excellent medium to work on walking, a safe way to challenge your balance, and can help to reduce and manage spasticity following a stroke. Your therapist will help determine if Aquatic Therapy is an appropriate treatment environment for your recovery.

See our other educational resources for more details on how Occupational Therapy and Speech therapy can help you recover from a stroke.

The Peter B. Lewis Aquatic and Therapy Center offers individualized Physical, Occupational, and Speech Therapy services at one convenient location to assist with recovery after a Stroke.

To make an appointment, call us today at 216-595-7345.