



EXCELLENCE IN CARING

# HEALTHY AGING INFORMATION

*We have all your aging needs covered*

---

## How Speech 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.

Speech-Language Pathologists, also known as speech therapists, are important members of the rehabilitation team. They are able to evaluate, diagnose, and treat disorders related to speech, language, cognition (thinking and reasoning skills), voice, or swallowing abilities. Following a stroke, patients may experience difficulty swallowing, using language including speech clarity, vocal sound, and pronunciation. You may find your voice sounds soft, rough, gravelly or hoarse. Your thinking skills and memory may also be compromised following a stroke which can be addressed by Speech-Language Pathologists with therapy solutions to reinvigorate concentration, understanding, and remembering.

Specifically, speech therapy intervention may include the following:

- Teach strategies to regain functional communication provide/teach exercises to strengthen speech, swallowing and voice muscles
- NMES therapy, a non-invasive therapy that can improve and relearn swallowing through electrical stimulation
- Teach strategies to compensate for swallowing, speech or cognitive deficits
- Improve safety awareness/problem solving skills to reduce risk of injury and improve ADL function and independence
- Teach cognitive retraining techniques
- Provide home exercise program to maximize carryover and independence
- Exercises to improve language functions directly stimulating listening, speaking, reading and writing skills
- Teaching strategies to enhance communication using natural interactions and real life communicative challenges

***The Peter B. Lewis Aquatic & 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.***