

Rehab News



Submitted By: Therapy Department at Healthcare Therapy Services, Inc.

Understanding Stroke

Facts about Stroke

According to the numbers provided by the American Stroke Association, someone in the US has a stroke every 40 seconds. As the third leading cause of death in the United States, strokes most commonly occur in individuals over the age of 65.

Did you know almost 2 million brain cells die every single minute a stroke is left untreated? As a matter of fact, lack of proper treatment is the main reason why strokes are considered one of the leading causes of long-term disabilities in the United States. While strokes are alarming medical concerns that could cause disabilities and even put one's life on the line, in reality, they are largely treatable and preventable.

Identify and Address a Stroke F.A.S.T

When it comes to a stroke, every minute counts. Know how to recognize the signs of a stroke and act F.A.S.T.

Face Drooping: Does one side of the face droop or is it numb? Ask him/her to smile. Is the smile uneven?

Arm Weakness: Is one arm weak/numb? Ask the person to raise both arms. Does one drift downward?

Speech Difficulty: Is the person unable to speak, hard to understand or speech slurred?

Time to Call 911: If someone shows any of these symptoms, call 911 & get him/her to the hospital immediately.

Rehabilitation after a Stroke

While 80% of strokes are perfectly preventable, recent statistics show that 2/3 of all stroke survivors are left with long-term disabilities and require proper post-stroke rehabilitation. Physical, Occupational and Speech therapists are trained in helping people recover and regain function after a stroke. Therapy should begin as soon as possible to help individuals redevelop lost abilities and skills, regain their self-confidence and preserve their independence in the long run.

Physical Therapy (PT) will help with sensory and motor impairments. PT focuses on isolated movements and repetitive complex movements that involve coordination and balance.

Occupational Therapy (OT) will help perfect sensory and motor abilities. OT base their treatment on helping stroke victims conduct, relearn and/or alter how to perform activities of daily living (ADLs), so they can remain as independent as possible. OT may also make environmental changes within the home, to better suit the stroke patient.

Speech Therapy (ST) will help identify and reteach any communication/swallowing issues due to the stroke.

Our therapists are highly trained and experienced in rehabilitating patients recovering from a stroke. We are your choice for Stroke Recovery.