



American
Stroke
Association.
*A division of the
American Heart Association.*









STROKE REHAB

What happens next can make all the difference.

Stroke rehabilitation in an **inpatient rehab facility (IRF)** will provide the best outcomes.

- IRFs provide 3 hours a day of active rehab with physical therapists, occupational therapists and speech therapists.
- Nurses are available 24/7 and doctors typically visit daily.
- An IRF could be a separate unit of a hospital or a free-standing facility.

STROKE REHAB SHOULD INCLUDE:

-  Training to improve mobility and ability to do daily tasks
-  Individually tailors post stroke exercise program
-  Access to cognitive/engagement activities (books, games computer)
-  Speech therapy, if stroke cause difficulty speaking
-  Eye exercises, if stroke cause loss of vision
-  Balance training for those with poor balance or fall risk

Before inpatient discharge, a structured fall-prevention program is a must!

Learn more at [Stroke.org](https://www.stroke.org)

Source: Association/American Stroke Association Guidelines for Adult Stroke Rehabilitation and Recovery

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