Recovery and Rehabilitation—A Lifelong Journey
Subject Expert

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Objectives

• Rehabilitation as a lifelong journey
• Rehabilitation goals and success factors
• Therapy interventions – PT/OT/SLP
• Sample interventions and examples
• Review main points
• Questions
Rehabilitation: A Lifelong Journey

• Start early – immediately after stroke
• Important for everyone yet different for everyone
• Does not undo damage caused by stroke
• Helps restore optimal health and function
Rehabilitation: A Lifelong Journey

• Goals of rehabilitation:
  – Prevent complications
  – Reduce disability
  – Maximize function
  – Improve independence
  – Build strength and endurance
  – Teach compensatory strategies
Rehabilitation Team

Physical Therapist
Speech Therapist
Occupational Therapist
Physician/Physiatrist
Nurse
Social Worker
Dietician
Successful Rehabilitation

• Amount of damage and location of damage
• Proficiency of rehabilitation team
• Cooperation and support of family and friends
• Commitment to rehab program
Therapy Interventions

• Wide variety of strategies, technologies and techniques
• Not every intervention is appropriate for every person
• Skilled evaluation and a customized treatment plan is essential for maximizing benefits
Therapy Interventions

• Basic principles:
  – High repetition: **Practice, practice, practice!**
  – Goal-oriented action (vs. isolated movement)
  – Lifelong practice and commitment
  – Early intervention is key BUT important changes can be made years after stroke
  – Plateau in progress is normal and continuous therapy is not always necessary
Physical Therapy Interventions

- Body weight-supported treadmill training (BWSTT)
- Functional Electrical Stimulation (FES)
- Virtual Reality (Wii)
- EMG Biofeedback
- Neuromuscular Facilitation
Occupational Therapy Interventions

• Constraint-induced Movement Therapy (CIMT)

• Mirror Therapy

• Functional Electric Stimulation (FES)

• Vision Therapy

• Driving Screen
Speech Therapy Interventions

• VitalStim

• Flexible Endoscopic Evaluation of Swallow (FEES)

• Cognitive Retraining

• Language Retraining

• Swallow Retraining
Rehabilitation Summary

• Important for everyone yet different for everyone
• Does not undo damage caused by stroke
• Reduces disability, maximizes function/independence
• Builds strength and endurance
• Lifelong journey that depends on:
  – Amount of damage and location of damage
  – Skill of rehabilitation team
  – Cooperation and support of family and friends
  – Commitment to rehab program
Questions?
THANK YOU!

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