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Part of the La Vie Care Group

Neuro-rehabilitation after a STROKE

“A process whereby patients who suffer from impairment following neurologic diseases regain their former abilities or, if full recovery is not possible, achieve their optimum physical, mental, social and vocational capacity.” “Stroke rehabilitation is a progressive, dynamic, goal orientated process aimed at enabling a person with an impairment to reach their optimal physical, cognitive, emotional, communicative and/or social functional level”

By Amit Kumar Neuro-Occupational
Therapist



What is a stroke?

“A stroke occurs when the blood supply to part of your brain is interrupted or severely reduced, depriving brain tissue of oxygen and nutrients. Within minutes, brain cells begin to die. A stroke is a medical emergency. Prompt treatment is crucial. Early action can minimize brain damage and potential complications.” (<http://www.mayoclinic.org/diseases-conditions/stroke/home/ovc-20117264>)

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The Lynnmed multidisciplinary
neuro-rehabilitation team consists
of:

- Medical doctors
- Nursing staff
- Physiotherapists
- Occupational Therapists
- Speech therapist
- Psychologist

The Occupational Therapist's role in neuro-rehabilitation post stroke:

- Assessment and treatment of cognitive brain functions such as vision-perception, attention, memory etc
- Upper limb re-activation of the paralyzed arm
- Improve hand function and address reading or writing difficulties
- Splinting and mirror therapy
- Practical sessions to improve independence in self-care such as dressing, washing and grooming
- Practical kitchen activity sessions to resume meal preparation safely
- Participation in meaningful activities and suitable leisure activities to improve motivation and quality of life
- Caregiver training and education

The Physiotherapist's role in neuro-rehabilitation post stroke:

- Facilitation and strengthening of weakened and/or paralysed muscles
- Treatment of other associated issues which are often seen post stroke e.g. Decreased postural control
- Improving mobility in and transfers to and from bed
- Sitting and standing balance re-education using facilitation and other specific techniques
- Gait re-education with or without assistive devices
- Assessment and treatment of any pain that maybe present as well as prevention of painful conditions

Fabric painting with the Occupational Therapist at Lynnmed Clinic



Gait re-education with the Physiotherapists at Lynnmed Clinic



Dangerous MYTHS about strokes:

- They are not preventable
- It only happens to elderly patients
- Once I've had a stroke, I cannot have another one
- Nothing can be done to improve my abilities after a stroke
- I have unlimited time to obtain effective rehabilitation