

What is stroke rehabilitation?

Stroke rehabilitation (rehab) is training and therapy to help you relearn to do everyday things you have not been able to do since your stroke. The focus will depend on how the stroke has affected your ability to do the things you want and need to do.

Rehab begins in the hospital, and it starts as soon as you are able. You will have a team of doctors, nurses, and therapists to help you relearn daily activities, including eating, bathing, and dressing. You also may need help to learn how to walk or talk again. If the stroke damaged your memory, you will learn ways to improve it.

You will get better faster if you begin rehab soon after the stroke. But even with rehab, you may not be able to do all the things you could before the stroke.

You may recover the most in the first few weeks or months after your stroke, but you can keep getting better for years. It just may happen more slowly; it may take a long time and a lot of hard work. Don't give up hope.

After the hospital, you may go to a different facility for a while, or you may go home. Wherever you go, keep working on your rehab and do a little every day.

It's going to be important for you to get the support you need. Let your loved ones help you and involve them in your treatment. Talk to others who have had a stroke, and find out how they handled ups and downs.

How can stroke rehab specialists help?

Your stroke rehab team may include doctors and nurses who specialize in stroke rehab, or other professionals. Each team member will help you in specific ways. The team may include:

Rehab doctor (physiatrist).

This is a specialist in charge of your rehab program. They may also work on special problems, such as muscle cramps and spasms.

Rehab nurses.

These nurses can help you relearn basic activities of daily life. For example, they can help you learn how to:

- Take care of your health, including a schedule for medicine.
- Get from your bed to a wheelchair.

- Bathe.
- Control bowels or bladder.

Physiotherapist.

A stroke often takes away a person's ability to move in certain ways. A physiotherapist helps you get back as much movement, balance, and coordination as possible.

Physiotherapy usually includes exercises that can help you get back your ability to walk and move as much as possible. It's important to practice these exercises over and over again.

Your therapist may also help you learn to use a wheelchair or walker, as well as teach you how to use stairs safely.

Occupational therapist.

This type of therapist helps you practice daily tasks like eating, bathing, dressing, reading and writing. For example, they may help you learn how to:

- Prepare meals and clean your house.
- Drive your car.
- Use tools and devices that can help if you no longer have full use of both hands. For example, velcro can replace buttons on clothing.
- Get grab bars for your bathroom.
- Make your home safe if you have strength, balance, or vision problems.

Speech-language pathologist.

A speech-language pathologist can help you relearn how to talk or find new ways to express yourself.

Swallowing is sometimes a problem after a stroke. This person can help you improve your ability to swallow.

Psychologist or counsellor.

Emotions like fear, anxiety, anger, sadness, frustration, and grief are common after a stroke. A psychologist or counsellor can help you deal with your emotions, and they can also help you get treatment if you have depression.

Vocational counsellor.

Stroke can leave you with disabilities that make it hard to do your job. This type of counsellor can help you return to your job or find a new one. They can help you:

- Identify your current skills and prepare a new resume.
- Search for a job.

- Understand the laws that protect disabled workers.

Recreational therapist.

This type of therapist helps you return to doing things you enjoy, like the arts, hobbies, sports, or leisure activities.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments and call your doctor or nurse call line if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

For 24/7 nurse advice and general health information call Health Link at 811.

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