



## *What do we know about stroke recovery?*

Stroke is the leading cause of adult disability in America, with 4 million survivors unable to return to their previous lifestyle and level of independence. The devastating impact of stroke on survivors and their families has intensified research to improve medical treatment and rehabilitation techniques for a more rapid and complete recovery from stroke. Ideally rehabilitation should begin immediately after a stroke and provide intense physical and mental exercise and training.

## *What treatments work?*

The last decade has seen rapid progress in the treatment and rehabilitation of stroke patients. Our program uses advanced rehabilitation techniques that increase strength and mobility for optimal functional recovery after a stroke.

## *Who should try our program?*

You or a loved one should try our program if you or they have had a stroke and still have:

- ▶ Weakness or loss of feeling on one side of the body
- ▶ Difficulties with self care
- ▶ Post stroke dysfunction
- ▶ Post stroke shoulder pain
- ▶ Post stroke muscle or joint tightness
- ▶ Inability to walk, talk, or eat independently
- ▶ Difficulty with bowel or bladder function

Enroll in our program today. By working together, we can help improve your recovery from stroke.

## *What can you expect in our program?*

Your personal health care team will work with you to meet your rehabilitation goals, while taking into consideration the type and severity of your stroke and other conditions that may affect your recovery. Your ability to stand up, walk, talk, and eat will also be assessed.

### *Exercises and Electrical Stimulation for improving strength and movement*

Simple strengthening exercises alone or in combination with mild, comfortable electrical pulses can improve or restore strength and movement.

### *Ultrasound and Electromagnetic Energy for decreasing pain and joint stiffness*

High frequency energy from sound and electro-magnetic waves can comfortably decrease pain and loosen tight joints.

# Stroke Recovery