

Your Recovery Team

After a stroke, the sooner a survivor is able to start working on recovery, the better.

Along the way, you may work with a variety of medical experts to help you recover. Each professional is an important part of your team.

During your recovery, you may be under the care of a neurologist. This is a type of doctor who specializes in caring for the brain and nervous system.

Your neurologist can evaluate your overall progress, prescribe medications, and work with you to design your care plan. They will also recommend different types of therapies and other care, depending on your unique situation.

Your care team should include specialists who can help coordinate your care.

These professionals might include a social worker or case manager. They can help coordinate your care and make decisions about ongoing treatment, like participating in rehab.

For most people, stroke rehabilitation includes multiple types of therapy. These therapies might begin in the hospital and continue after you're discharged.

If your stroke was more severe, you might also receive therapy in an inpatient rehabilitation or skilled nursing facility.

Members of your therapy team might include a:

A physiatrist, a medical doctor who specializes in physical medicine and rehabilitation. A physiatrist can also specialize in brain disorders like stroke.

Rehabilitation nurses specialize in rehabilitation and caring for people who are dealing with chronic disease after an injury.

Physical therapists, or PTs are specialists trained to help you regain walking, balance and other types of movement. They often create exercise programs you can follow.

Occupational therapists or OTs help people with the daily activities of living, such as eating, bathing, writing, or cooking – encouraging independence.

Speech therapists help stroke survivors with talking, reading and writing. They also work with swallowing issues caused by the stroke.

Your team may include a dietitian. Their job is to help you with an eating plan and teach you how to make healthy food choices that improve your health and reduce your risk of another stroke.

Your Recovery Team

Finally, you might see mental health professionals. Recovering from a stroke can be challenging and overwhelming.

Depression is common after stroke and can have a negative effect on your recovery.

A mental health professional like a psychiatrist or neuropsychologist can help identify how the stroke has affected your mental health and prescribe medications or therapies to help.

Stroke recovery is a team effort. Getting to know who is on your team and communicating and working with them to meet your rehab goals are your first steps for your best recovery.