

Stroke: What Is Stroke Rehab?

You've had a stroke.

And you may be wondering what you can do to get better.

A stroke rehab program can help.

Your rehab program will be tailored to what you need ... and to your recovery.

It's all about your goals ...

and helping you get back some of the skills and abilities you lost after your stroke.

Maybe your goal is to get dressed on your own or walk without a walker ...

Or to talk to a friend on the phone ...

... play fetch with your dog ...

... or make dinner for your family like you did before.

Your rehab team can help you meet your goals.

And the team will teach people who are close to you some ways to help you learn and practice new skills.

You'll work with a team that's trained to help you make the most of your abilities ...

and to work on what's most important to you.

This team may include ...

... A physical, or physio-, therapist to help you walk or improve your strength.

... A speech-language pathologist to help you say what you'd like to say and be able to talk to others and have conversations.

... Or an occupational therapist to help you do everyday things like getting dressed or cooking.

And your team may also include a therapist to help you learn ways to deal with your emotions.

Now ... it's during the first few months after your stroke that you have the best chance of getting back some of the skills and abilities you lost.

So it's really important to start rehab right away ... and try to stay with it.

A stroke changes things ... how your body works and how you feel.

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Dealing with these changes and feelings can be overwhelming ...

and recovering from a stroke can be hard.

But with time, you'll begin to heal and adjust to these changes.

Remember, you don't have to go through it alone.

Your stroke rehab team ... and the people who care about you ... are there to help.