STROKE REHABILITATION

A stroke can, in a lot of cases, reduce a person’s most basic abilities to move their muscles and use their cognitive abilities. Many treatments used in stroke rehabilitation aim to restore, or at least improve, a patient’s physical, cognitive and emotional capabilities. For physical improvement, the following treatments are often used:

* **Strengthening motor skills and mobility training**. This involves exercises to improve a patient’s muscle strength and co-ordination, as well as relearning to walk. Stroke survivors often use canes or braces to help them support themselves while they undergo mobility training.
* **Constraint**-**induced therapy**. In this treatment, an unaffected limb is restricted, so the patient can practise using an affected limb, improving the affected limb’s ability.

For cognitive and emotional treatment, the following activities are often used:

* **Psychological evaluation, treatment and medication.** This aims to help combat a common issue in people who have suffered strokes, which is depression. Survivors often speak with counsellors and mental health professionals, participate in support groups or take medication to help overcome their depression.
* **Virtual Reality.** The use of a virtual reality, such as video games, is a therapy which aims to improve a patient’s cognitive ability through interaction with a simulated environment.

In addition to these treatments, a range of full-body treatments are explored through the use of Integrative Medicine, which aims to heal an individual with a mix of proven medicines and alternative treatments.

SOURCE:

<http://www.mayoclinic.org/stroke-rehabilitation/art-20045172>