STROKE REHAB

What happens next can make all the difference.

Stroke rehabilitation in an inpatient rehab facility (IRF) will provide the best outcomes.

- IRFs provide 3 hours a day of active rehab with physical therapists, occupational therapists and speech therapists.
- Nurses are available 24/7 and doctors typically visit daily.
- An IRF could be a separate unit of a hospital or a free-standing facility.

STROKE REHAB SHOULD INCLUDE:

- Training to improve mobility and ability to do daily tasks
- Individually tailored post stroke exercise program
- Access to cognitive/engagement activities (books, games, computer)
- Speech therapy, if stroke caused difficulty speaking
- Eye exercises, if stroke causes a loss of vision
- Balance training for those with poor balance or fall risk

Before inpatient discharge, a structured fall-prevention program is a must!

Learn more at StrokeAssociation.org

Source: Association/American Stroke Association Guidelines for Adult Stroke Rehabilitation and Recovery