

RECOVERING FROM STROKE

Cerebral Vascular Accident (CVA)



FACTS ABOUT STROKE

- CVA or stroke is damage to the brain caused by a disruption of the blood supply to a part of the brain.
- Stroke may cause temporary or permanent weakness or paralysis on one side of the body.
- Stroke victims may have difficulty caring for themselves, i.e., bathing, dressing, and managing a household or a job.
- Stroke can affect a person's vision, memory, speech, and muscle strength, as well as his or her ability to drive a car safely and engage in typical leisure activities.
- Occupational therapists can help stroke survivors regain their strength and ability to again engage in daily activities.
- Occupational therapy can significantly reduce disability and handicap in patients who have experienced stroke.

FROM AN OCCUPATIONAL THERAPIST'S PERSPECTIVE

HOW CAN FAMILY AND FRIENDS HELP?

- **Participate** in stroke education classes to become better aware of how a stroke affects a person
- **Encourage** a stroke survivor to practice tasks to increase strength and endurance and to speed recovery
- **Consult** an occupational therapist about how to help a person who has suffered a stroke to participate in meaningful daily activities and tasks

OCCUPATIONAL THERAPY CAN HELP

- **Recommend** equipment for the home that can aid a person in completing tasks, such as dressing, bathing, preparing meals, and driving
- **Fabricate** a customized splint to improve hand function
- **Provide training** that improves the ability to complete daily tasks
- **Build** a person's physical endurance and strength
- **Help** a person compensate for vision and memory loss
- **Provide activities** that rebuild self-confidence and self-esteem
- **Evaluate** the home environment for safety hazards and adapt the home by removing hazards that could cause further injury

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Our Rehabilitation Services include treatment for:

- Back & neck pain
 - Arthritis
 - Orthopedic & sports injuries
 - Balance training/fall prevention
 - Neurological conditions
 - Post surgical
 - Chronic pain
 - Work injuries
 - Hands–Occupational Therapy
 - Pediatrics
 - Vestibular Rehab
 - TMJ
- Industrial Rehab Services (offered in Montgomery, Monroe, Port Jervis, Wallkill):
 - **Functional Capacity Evaluations**
 - **Work Conditioning**



Our Commitment to you:

- We sincerely care about you & your family
- Experienced in individual patient care
- Comprehensive treatment
- Personalized care

Physical, Occupational and Speech Therapy

APPOINTMENTS AVAILABLE WITHIN 24 HOURS

Weekdays 7am-8pm

Saturday 8am-12pm

Most insurances accepted

Convenient locations



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