

STROKE REHAB

OCCUPATIONAL THERAPIST'S GUIDE

WHAT IS A STROKE

The term “stroke” is interchangeable with the medical term, cerebrovascular accident, commonly abbreviated as a “CVA”. A stroke is a neurological disorder that can have lasting impairments. A CVA occurs when there is a reduced amount of blood supply to the brain which deprives the brain of oxygen and nutrients for a small or long duration of time. This can occur from a blockage, a rupture/bleeding in the brain.



SYMPTOMS & SIGNS

Balance: Ataxia (difficulty walking/balancing)

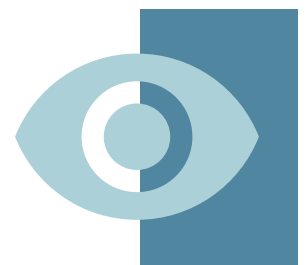
Eyes: Visual impairments

Face: Single side facial drooping

Arms: Difficulty lifting single side arm with full range

Speech: Dysarthria (slurred speech/difficulty talking)

Time: It's time to call 9-1-1. The sooner the symptoms are recognized, the more likely the of seeking medical treatment to dismantle the blockage.



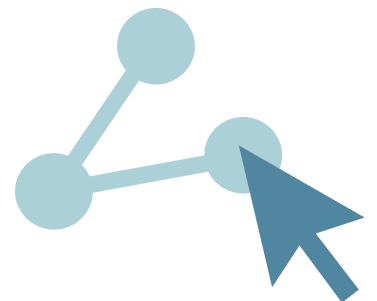
ASSESSMENTS

- ROM (PROM,AAROM, AROM)
- MMT
- Cognition
- Vision
- Sensation
- ADLs
- Barthel Index
- Fatigue Scale
- Functional Reach Test
- Berg Balance Scale



INTERVENTIONS

- Neuro re-education
- NDT
- PNF patterns
- ADL retraining
- Positioning
- Orthotics/dynamic splinting
- Cognitive training
- Weight bearing
- Body awareness training
- Strength training
- Fine motor coordination
- Sensory feedback
- Visual scanning
- Modalities



ADAPTATIONS

- Home modifications
- Built up tools
- Weighted utensils
- Handle extensions
- Color-coding

