

Stroke Rehabilitation

Multidisciplinary programs that combine the resources of physical, occupational and speech therapists to help individuals who have been disabled by a stroke recover their mobility and ability to communicate or develop alternative approaches or skills. Therapy focuses on helping patients to recover physical strength and control; improve their balance; relearn or replace basic motor skills that are needed for dressing, shaving, housekeeping and other activities of daily living; and overcome expressive and receptive language problems or develop alternatives.

Links

Stroke: Know the Facts

Source

[Stroke: Know the Facts](#)

Article

Prevent Stroke: What You Can Do

Many strokes can be prevented through healthy lifestyle changes and working with your health care team to control health conditions that raise your risk for stroke.

Source

[Centers for Disease Control \(CDC\)](#)

Links

Rehabilitation - MedlinePlus

Source

[Rehabilitation - MedlinePlus](#)

Article

Managing the Transition From Hospital to Rehab to Home

When faced with care transitions, planning is important to make the process go smoothly.

Source

[AARP](#)

Books & Guides

Life After Stroke: Our Path Forward

Explore this helpful resource for patients and caregivers called [Life After Stroke Guide for Patients and Caregivers](#).

Source

[American Stroke Association](#)

Links

American Heart Association / American Stroke Association (AHA/ASA)

Source

[American Heart Association / American Stroke Association \(AHA/ASA\)](#)

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