

# Stroke Rehabilitation-A Brief Note

Himabindhu Gude \*

Department of Psychology, Child Psychology, Osmania University College for Women, Koti, Hyderabad, Telangana, India

**Correspondence to:** Himabindhu Gude, Department of Psychology, Child Psychology, Osmania University College for Women, Koti, Hyderabad, Telangana, India, Tel: 8143389651; E-mail: smily.bindu20@gmail.com

## Stroke Rehabilitation

Rehabilitation comes from the Latin "habilitas" which means "to make able again." Stroke rehabilitation suggests that the individual to regain quality and independence of life as much possible. Rehabilitation helps emotionally, physically, socially, and spiritually after stroke. It also helps in restoration of optimal health, well-being, and functioning of health.

The rehab team helps to set short term treatment and long term treatment for recovery.

Doctors, such as a neurologist (a doctor who treats the nervous system), a physiatrist (a doctor who specializes in physical medicine and rehabilitation) and internists

- Rehab nurses
- Rehab specialists
- Occupational therapists
- Physical therapists
- Speech and language pathologists
- Registered dietitians
- Social workers
- Psychologists, neuropsychologists, and psychiatrists
- Case managers

Rehabilitation programs

Rehabilitation medicine is designed to meet each person's needs. Each program is different according to the person needs.

- Treating the disease and preventing complications
- Treating the disability and improving function
- Providing adaptive tools and altering the environment
- Teaching the patient and family and helping them adapt to lifestyle changes

There are 5 main types of disabilities that can cause stroke

Paralysis

- Problems controlling movement like swallowing, walking, balance
- Sensory (feel, touch, pain, temperature, or position) disturbances

- Trouble in understanding language
- Thinking problems
- Memory problems
- Emotional disturbances

Stroke rehabilitation helps to recover from the effects of stroke, relearn skills, and develop into new ways.

The type of rehabilitation depend on

- Location, Cause, and severity of stroke
- The type of impairment and degree of any impairments
- Disabilities caused by stroke
- The overall health of the patient
- Family support and community support

**Stroke rehab programs**

**Self-care skills, including activities of daily living (ADLs):** Feeding, grooming, bathing, dressing, toileting, and sexual functioning

**Mobility skills:** Walking, using a wheelchair

**Communication skills:** Speech, writing, and other communications

**Cognitive skills:** Concentration, memory, problem solving, judgment, and organizational skills

**Socialization skills:** Interacting with others at home and community

**Vocational training:** Work skills

**Pain management:** Medicines and alternative methods of managing pain

**Psychological testing:** Identifying problems and solutions with thinking, behavioural, and emotional issues

**Family support:** Assistance with adapting to lifestyle changes, financial concerns, and discharge planning

**Education:** Patient and family education and training about stroke, medical care, and adaptive techniques

Rehab services are provided in many different settings, including:

- Acute care and rehab hospitals
- Sub-acute facilities
- Long-term care facilities
- Outpatient rehab facilities
- Home health agencies.

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