



Benefits of Physical Therapy, Occupational Therapy and Speech Therapy After a Stroke

Therapy is a key element of a successful recovery from a stroke. A multi-tiered approach that includes physical, occupational and speech-language therapy is proven to help maximize recovery.

Benefits of Physical Therapy After a Stroke

Physical therapy helps regain muscle function typically lost after a stroke. A physical therapist uses a structured regime of exercises to restore strength, mobility and more, including:

- Recovering lost muscle functions
- Stimulating damaged nerves and muscles to regain function
- Reducing stiffness and maintaining circulation in affected muscles and nerves
- Relearning movements and activities
- Learning new ways to move due to any lingering side effects

Benefits of Speech Language Therapy After a Stroke

Working with a speech-language therapist within the first couple of weeks after a stroke significantly increase the chances of regaining speech and other functions, including:

- Clarity of speech
- Understanding spoken or written words
- Word retrieval/recall
- Writing
- Problem-solving and memory skills
- Ability to participate in conversations
- Swallowing

Benefits of Occupational Therapy After a Stroke

While physical therapy focuses on a patient's overall body movement and strength, occupational therapy builds that to focus on helping patients perform activities of daily living, including:

- Basic activities of daily living, including feeding, grooming, bathing, dressing, toileting, and managing medications.
- Instrumental activities such as cooking, driving, and general housework.
- Cognition skills such as thinking, processing, and interpreting visual and spatial information.

Together, these three forms of therapy will help provide the best possible recovery after a stroke.

**If you or a loved one has experienced a stroke, we're here to help.
Speak with your care team or visit CorsoCare.com.**