

# MOVEMENT & RECOVERY

a ReLiva Physiotherapy monthly newsletter

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ReLiva<sup>TM</sup>  
Physiotherapy & Rehab

2018

Healthy & Happy  
NEW YEAR

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## HEALTHY & HAPPY NEW YEAR

Dear Reader,

May this year be the one when you succeed greatly, live healthy and smile proudly.

The new year brings with it a lot of new expectations. This is a sign of optimism. Hold onto your positivity and work towards a healthier you and happiness is sure to follow.

In this issue, we write about conditions that often require long term treatment, especially involving some sort of brain condition or injury or what we commonly know as Neuro conditions. Sustained efforts can bear sweet rewards. What better time it would be than now, to take a deep breath and work back towards recovery and regaining health.

Editorial Team,

ReLiva Physiotherapy & Rehab

## STROKE & PARALYSIS WHAT'S NEXT ?

Stroke and Paralysis are very often heard together. Do you know what are they, how do they differ and what can be done for recovery?

A **Stroke** is a serious life-threatening medical condition that occurs when the blood supply to part of the brain is cut off. While, **Paralysis** is the loss of the ability to move some or all of the body.

**Stroke may lead to Paralysis**; often on one side of the body, and therefore result in problems with co-ordination and balance.

### What to do if you see a Stroke sufferer?

Remember FAST when you want to help someone with Stroke.

Learn the stroke warning signs. Act now!

**F A S T**

Face Drooping    Arm Weakness    Speech Difficulty    Time to see Doctor

\*Additional signs of stroke include sudden trouble seeing, dizziness, confusion, severe headache, or weakness on one side of the body.

### Treatment & Recovery after Stroke

Treatment depends on the type of stroke, including which part of the brain was affected and what caused it. Physiotherapy is known to play a major role in the recovery of the patient starting right in the hospital.

People who survive a stroke are often left with long-term problems caused by injury to their brain.

A systematic physiotherapy based rehab program can help. A good rehab program will start with setting goals. At first, these may be simple goals, such as picking up an object. As condition improves, more demanding long-term goals, such as standing or walking, will be set.

Stroke Rehabilitation should be started as quickly as possible and can last anywhere from few months to over a year. Early recovery and rehabilitation can improve functions and sometimes result into remarkable recoveries for someone who suffered a stroke.

Some people need a long period of rehabilitation to even recover simple activities of daily life. Maximum return of function can be achieved/seen in the very first few months after the stroke incidence, so it is advisable – **“Sooner the Better.”**

## PATIENT SPEAK

Recovery of our patients has always been our goal. Here is a recent feedback...

*“I am really happy to get treated at ReLiva. I have been unable to do my tasks like bathing, going to the loo or making tea for myself. But after taking regular sessions, I am able to do all of the above. Infact I am looking forward to going to the Masjid very soon because I have started walking in my house without the stick. I am very thankful to ReLiva for their treatment.”*

- Sayyed Rehmatullah

ReLiva - the Physiotherapy Specialist  
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# NEURO REHABILITATION

Neurological conditions affect all ages and people. We come across many such people and think that they will hardly be able to restore their normal functions anymore.

Neurological conditions such as stroke, multiple sclerosis brain or spinal cord injury, and Parkinson's disease may affect mobility, balance, strength, flexibility, thinking, coordination. Further they can cause dizziness, unsteadiness, muscle weakness and paralysis in some cases.

These problems often interfere with the patient's daily activities, such as self-care, work, school and even getting around the house and neighbourhood. This decrease in physical function can cause additional problems, including fatigue, deconditioning, falls and reduced heart and lung function capacity. All of these inevitably lead to social isolation and therefore a poor quality of life.



## IN THE NEWS

### THANE: TWO NEW LOCATIONS

We are very excited to share that quality physiotherapy from your trusted partner, ReLiva will be available at two new locations in Thane from 15<sup>th</sup> January, 2018.

#### Currae Speciality Hospital:

Address: GB24, Highstreet cum Highland Corporate Centre, Near Big Bazaar, Kapurbawdi Junction, Thane (W)

#### Currae Gynaec, Birthing Hospital:

Rosa Vista, Godhbunder Road, Opp Suraj Water Park, Thane

Enquiry : +91 992099 1584

Physiotherapy based neurological rehabilitation at this juncture comes to the rescue for both the caregiver as well as the patient. Neuro Rehab is an active participatory process involving a dynamic interaction between the person with neurological deficits and the health professional members of the team.

To begin with, your physiotherapist will assess your specific limitations and work with you to develop treatment goals and a plan to achieve them. Targeted therapeutic exercises can improve your balance, coordination, strength, flexibility, mood and cardiovascular function. Improving your function can reduce pain and other physical limitations, allowing you to manage daily tasks better and participate in activities that matter to you.



## MYTH

Recovery stops at 3 months after stroke.

## FACT

Physiotherapy is most beneficial when you start early but it can help recovery from stroke, months and even years later.

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Physiotherapy may include treatment techniques which relax muscles when tight and stimulate muscles when weak. The physiotherapist through his/her handling of specific bodily parts influences the muscles and guides the patient to perform a particular movement. In this time the patient may learn to execute movements with better control and less assistance.

The ultimate aim of rehabilitation is for the patient to experience near normal life as early as possible. The rehabilitation does not stop at discharge from the hospital but also continues after the patient has returned to his/her home.



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