

# MOVEMENT & RECOVERY

a ReLiva Physiotherapy monthly newsletter

[www.reliva.in](http://www.reliva.in)

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## IN-PATIENT REHAB PROGRAM



### In-Patient Stroke Rehab

No one expects *stroke* to happen, especially in young adults. But when it does, the family is in no way prepared to face it. The first port of help, naturally is Intensive care (ICU) but once the patient is discharged, the family is faced with the challenge of arranging optimal care at home, a task which is both new and demanding financially as well as physically.

Rehabilitation is the most important factor in recovery after brain-stroke. Maximum recovery can be attained if an aggressive rehab can be initiated right after hospital discharge and sustained afterwards as required.

In Stroke rehabilitation, it's not only exercises that help, but a holistic approach is needed for recovery which should also include Occupational Therapy, Physical Therapy, Speech Therapist, Dietician etc. Along with proper prescription of exercises, the patient needs to get proper diet too, as it plays an important role and helps in modification of their lifestyle and also helps in prevention of another stroke.

#### What does Stroke Rehabilitation Include?

There are many protocols that can be followed in Stroke rehabilitation. Stroke protocol depends on part of the body affected or deficit demonstrated by the patient. Physiotherapy as well as Occupational therapy remain the most important though.

1. **Fine/Gross Motor-Training:** This helps patient to train his fingers and wrists and perform actions like holding a glass; picking a pin from the table etc.
2. **Dressing:** This helps the patient to learn how to dress clothes using the unaffected side or use modifications by replacing buttons and zippers by Velcro etc.
3. **Toileting:** This is the biggest issue faced by almost all patients and caregivers are very concerned. Patient is trained to access toilet with some modification in the toilet like side handle near the commode
4. **Speech Therapy:** This improves patient's ability to speak and understands speech. It improves patient's intellectual capabilities. It also helps in with lost cognitive abilities like memory, processing, problem-solving skills, social skills, and judgment and safety awareness.
5. **Psychological:** Emotional adjustment will be tested. The patient may have to participate in counseling or support groups. home at an appropriate time.

#### When Should In-patient Stroke Rehabilitation Begin?

The sooner rehabilitation begins; the earlier patient will be able to regain lost functions. But the priority should be that patient needs to be medically stable. After discharge from ICU, patient can be moved to In-patient rehab facility and thereafter home at an appropriate time.

Read more at: <http://reliva.in/stroke-rehab-care-and-recovery/>

Dear Reader,

Owing to an overwhelming response to our Jan issue covering Stroke and recovery, we are covering some new facets of the topic in this issue.

Stroke is an event that can affect anyone irrespective of age and gender. The resultant handicaps could be temporary or long-term and may even include paralysis.

Researchers have found that people who participate in Stroke Rehabilitation Program perform better than most people who don't participate. Hence, in-patient stroke rehabilitation has become the need of the hour. The patient needs to undergo vigorous therapy right from the start to restore muscle function and for early ambulation and to attain independence.

In this issue, you will learn why in-patient rehab at a rehabilitation facility is preferred for effective and long-lasting recovery from stroke, when it should begin, who needs it, what happens in this rehab and how cost-effective it is.

We will be happy to hear from you about what else you would like to be covered in the next few issues of our newsletter.

Write to us at [feedback@reliva.in](mailto:feedback@reliva.in).

Editorial Team,

ReLiva Physiotherapy & Rehab

## PATIENT SPEAK

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

*"My experience with Reliva is the best. As my daughter was suffering from Paralysis of right side (right hemiplegia), she was not able to initiate movement by her right hand or leg. But now after 5 months, we are seeing the best progress in my child. The treatment and service provided by doctor is the best."*

- Vrisha Ganage, Caregiver

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# NO TIME FOR EXERCISE? TOP TIPS TO GET MOVING

Running to office? Got to get kids ready for school! Got to meet the deadline. House guests are coming and there is still so much to be shopped. The list goes on and on and what inevitably happens is no time left for exercise. This is not just your story but of the most of the people around. If you are still struggling to find time for exercise, read on to discover some quick and easy tips to get moving.

1. **Play with your child.** This will not just get your muscles moving but give you a great chance to bond with your child too.
2. **Walk the dog.** Take a quick 10-15 minute walk with your dog. The brisker you walk, the better the exercise for your dog too.
3. **Ditch the elevator.** Start using the staircase specially to climb up, Start with getting off one floor below your destination to climb up the last staircase.
4. **Don't let the weather spoil your walk.** If it is too hot/cold outside, just drive to your nearest mall. Walk around the mall, climb the stairs and finish your daily walk.
5. **Carry your sports shoes on holidays.** Walking around in a holiday will also let you enjoy the weather and locale better.
6. **Pursue an outdoor hobby.** Whether it is cricket, football, running, tennis or just frisbie; make sure you indulge in it every once in a week.
7. **Park the farthest.** Do not fret if you get a parking slot away from the building entrance. Infact try to consciously park your car away and just walk it to the entry.
8. **Walk the talk.** While on a phone call, get up and stroll around the room.

As they say, those who do not find time for exercise – have to find time for illness. Don't let anything prevent you from taking care of your own self.



## In the News

### RELIVA IN-PATIENT STROKE REHAB LAUNCHED

We are very thrilled to announce the LAUNCH of our **In-patient stroke Rehab facility**.

Your trusted physiotherapy partner ReLiva expands its rehab services with **24X7 hospital care** for faster and effective recovery of patients after they are discharged from ICU.

Our facility in Kalwa, Thane caters to stroke patients from Mumbai, Thane and Navi Mumbai.

To know more contact us at 9920991584 or [contact@reliva.in](mailto:contact@reliva.in)



## DID YOU KNOW?

### Stroke is the second most cause of death in India and around the world.

There have been more than 1.4 million cases of stroke in a year among which around 100,000 to 110,000 case are from Mumbai. Death due to stroke is higher because of both, the changing population exposure to risk factor and not able to afford the high cost of stroke care. Majority of stroke survivors continue to live with disabilities and costs of on-going rehabilitation and long term care are largely undertaken by family members, which impoverish their families.

The major reason for increase in mortality rate post stroke is due to delay in reaching medical care and lack of awareness and financial assistance.

In this fast moving city, people spend more time working due to which there is increase in hypertension cases, the first major risk factor for stroke. Hypertension accounts for 54% of stroke cases, 22.8% stroke cases due to alcoholism and smoking. According to the studies there is an increase in early age stroke; Mean age for stroke in Mumbai was < 60 years, 3.8% cases comprises of < 45 years of age.

Males are affected more than females. 149/10000 person year stroke cases of men compared to 141/10,000 person year stroke cases of woman. If age standard is considered the stroke cases of men per 10,000 are 162 whereas woman per 10,000 is 141. This ratio states that men are at higher risk than woman. Looking at the strategic number it is clear that in future there will be more number of stroke cases than the number of stroke unit.

At present Mumbai has only few stroke unit but to beat stroke and improve patient's quality of live we need more specialized stroke units. For better quality of life people need to be aware of their health and take proper steps for the same. Stroke is not a curse but the result of our poor health.

Read more at: <http://reliva.in/stroke-rehabilitation-center/>



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