Stroke Rehabilitation

Introduction

This handbook provides basic information about stroke. The Stroke Rehabilitation Team has selected materials about stroke that we believe will decrease your fear and anxiety. This handbook may not answer all your questions, but it will be helpful. Please read and share the handbook with interested family and friends.

Rehabilitation after stroke means helping a person who has had a stroke to use all remaining strengths. This may mean learning to do things with one hand or walking with a brace. The ultimate goal of rehabilitation is to help every person with a stroke adapt to their previous environment and lifestyle.