



Lane
Rehabilitation Center

Care You Can Count On

AFTER A STROKE

A GUIDE TO REHABILITATION



Strokes are serious health events that are widely misunderstood until they are experienced first-hand. Despite there being approximately 795,000 Americans affected by strokes each year¹, the potential symptoms of a stroke, who may be affected, and the necessary rehabilitation processes are far from common knowledge.

For instance, while most stroke victims are over the age of 65, one-quarter of all strokes occur in younger patients¹.

Furthermore, race and even location play a large role. African-Americans are at a higher stroke risk than whites, as are Louisiana residents. As part of the “stroke belt,” Louisiana, along with other Southern states such as Arkansas, Mississippi, and Alabama, has a stroke mortality rate that is more than 10% above the national average Fig 1.

In this guide, we aim to educate our Louisiana neighbors and patients about the types of stroke they may encounter and the rehabilitation and recovery process that may be expected.

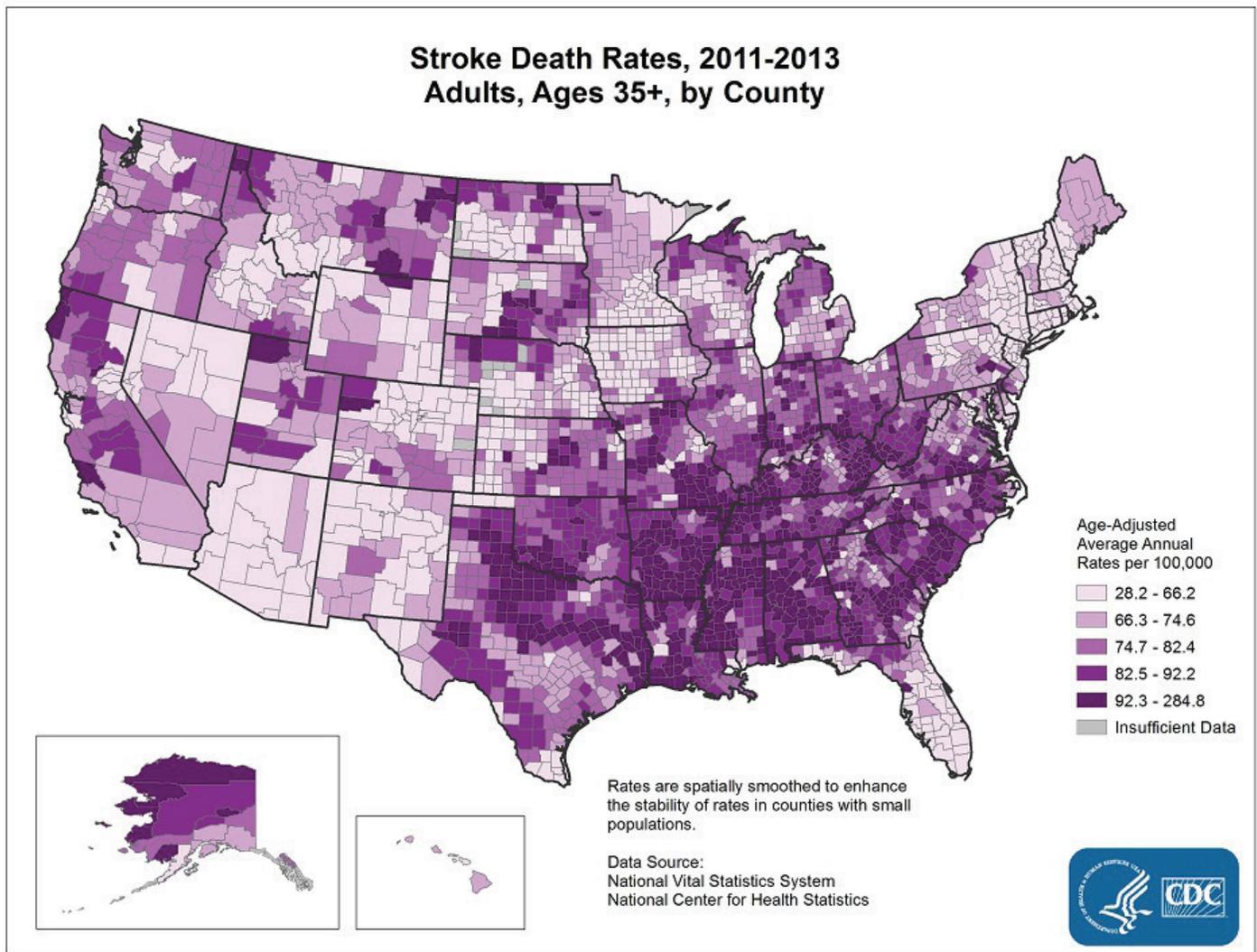


Figure 1:
https://www.cdc.gov/dhds/maps/national_maps/stroke_all.htm.

UNDERSTANDING YOUR STROKE

The type of stroke you or your loved one have endured can likely be placed in one of two categories – ischemic or hemorrhagic.

Ischemic Stroke

Ischemic strokes are the most common, accounting for 87 percent of all stroke occurrences². At their root, is a condition known as atherosclerosis wherein blood vessels responsible for the supply of oxygen rich blood to the brain become blocked. The specific location of the blood clot responsible for blockage determines which of two categories the ischemic stroke fits into:

Cerebral Thrombosis – Thrombotic strokes occur when the clot originates at the site of the blood vessel blockage within the brain. These account for about 50 percent of all strokes³.

Cerebral Embolism – Embolic strokes occur with the clot originates from somewhere else in the circulatory system (often the heart) and then travels to the brain.

Hemorrhagic Stroke

Hemorrhagic strokes are less common than ischemic, accounting for about 13 percent of all strokes⁴. Whereas ischemic strokes result from blood clots, hemorrhagic strokes, as the name suggests, develop following a “bleed” into the brain from a ruptured blood vessel. Again, there are two different types of categorization of hemorrhagic strokes, based on location:

Intracerebral Hemorrhage – Intracerebral hemorrhages occur, as the name suggests, within the brain. While causes such as trauma, tumors, and infections are possible, high blood pressure accounts for the majority of these strokes.

Subarachnoid Hemorrhage – Subarachnoid hemorrhages occur just outside the brain. As blood fills the area of the skull surrounding the brain, a sudden, intense headache, vomiting, and neck pain may occur.

1. www.strokecenter.org/patients/about-stroke/stroke-statistics/

2. www.strokeassociation.org/STROKEORG/AboutStroke/TypesofStroke/IschemicClots/Ischemic-Stroke-Clots_UCM_310939_Article.jsp#.WPpJs9LytPY

3. www.strokecenter.org/patients/about-stroke/ischemic-stroke/

4. www.strokeassociation.org/STROKEORG/AboutStroke/TypesofStroke/HemorrhagicBleeds/Hemorrhagic-Stroke-Bleeds_UCM_310940_Article.jsp#.WPpJSdLytPY





POTENTIAL STROKE COMPLICATIONS

The effects following a stroke depend mostly on the location and amount of brain tissue impacted. Each region of the brain controls its own set of bodily functions. For instance, each side of the brain is responsible for controlling the opposite side of the body, so trauma on the right side of the brain will affect function on the left side of the body. Here are the possible complications you can expect, based on the particular region of the brain in which a stroke originates:

Right Brain - A stroke on the right side of the brain will affect function on the left side of the body and face, resulting in some, or all, of the following:

- Paralysis of the left side of the body and/or face
- Visual impairments
- Quick, inquisitive behavioral style
- Memory loss

Left Brain – A stroke occurring in the left side of the brain will affect function on the right side of the body and face. Some, or all, of the following complications may result:

- Paralysis on the right side of the body and/or face
- Speech and language problems
- Slow, cautious behavioral style
- Memory loss

SELECTING A REHABILITATION PROGRAM

Following a stroke, rehabilitation will be one of the most important components of the recovery process. In many cases, patients must relearn skills they once possessed or learn new methods to cope with limits on their capabilities. Throughout rehabilitation, therapists will work with stroke victims to help them regain some of what has been lost in terms of strength, communication, and cognition.

Your selected rehabilitation facility and team will have a major impact on the success of your recovery and your quality of life afterward. Considering how crucial this decision can be, patients or their loved ones should undertake some individual research before making a final decision.

Here are some questions to ask or consider before your selection:

- What does my insurance cover?
- Where do the various forms of rehab occur?
- What types of therapy do you offer?
- What steps are taken to assure the highest quality of therapy and practitioners?
- How do you prevent falls?
- How do you evaluate progress?
- What support is offered to caregivers?

In addition to these questions, consider speaking with trusted friends, family, and physicians who may have previous experience with stroke rehabilitation. Do your own research both online and through word-of-mouth to ensure that the facility you are considering has a strong reputation for quality and success.



WHAT CAN YOU EXPECT FROM REHABILITATION?

If Lane Rehabilitation Center is your chosen rehabilitation facility, you can expect a thorough process of care and recovery, designed to provide you with the exact services you need and preparation for day-to-day life following a major health event such as a stroke. The following represents each stage in the typical stroke rehabilitation process:

Initial Assessment

Once accepted into the Lane Rehabilitation Center, patients will undergo a comprehensive evaluation. The purpose of this assessment is to gain insight into their medical history, lifestyle, and current capabilities in order to develop a personalized treatment program.

Treatment

All treatment plans at Lane are designed to meet the needs of the individual patient and are overseen by a team of professionals, including physical, occupational and speech therapists, physicians, registered nurses, and social workers. While helping patients prepare for life after rehabilitation, our team will not only provide comprehensive therapy, but will also encourage independence in patients by allowing them to do as much for themselves as possible.

Physical Therapy

Lane Physical Therapy utilizes state-of-the-art equipment and highly qualified physical therapists to help patients improve functional mobility and independence. Stroke victims frequently suffer loss of muscle function on the affected side of their body. Through the use of manual skills, therapeutic exercises, and various modalities, our physical therapy team aims to help patients regain strength, balance, and coordination. Such treatment not only helps patients work towards independence, it also aids in the reduction of falls, a common occurrence and concern for stroke patients.

Occupational Therapy

Whereas physical therapy focuses on overall muscle strength and coordination, occupational therapy works toward real life applications and helping patients develop or relearn skills that will help them function daily at home, work, and in social settings. Therapists may help stroke survivors manage aspects of their personal care such as bathing or to perform common tasks such as cooking, cleaning, and driving. In some cases, they may also help overcome issues of incontinence.

Speech Therapy

It is not uncommon for speech to be impacted following a stroke on the left side of the brain. In a condition known as aphasia, brain damage from the stroke often leaves patients struggling to speak or understand language. Our speech-language pathologists help patients work through these communication barriers with methods such as writing and reading exercises or repetition of sounds and words.

Discharge

Once a patient has completed their rehabilitation at Lane, the discharge process begins. Because we understand that success depends largely on the patient's ability to acclimate to their new lifestyle outside of a rehabilitation facility, great care is taken to put the proper support network in place for both patient and caregivers.





LIFE AFTER REHABILITATION

During your time at Lane Rehabilitation Center, education will be an important component of therapy. Not only are patients given the therapy needed to advance in strength, cognition, and communication, but they are also taught skills such as fall prevention, in order to ensure safety and well-being at home. Likewise, caregivers are educated in ways that they may provide assistance and encouragement. Our team can also help establish a network of support so that no patient or caregiver feels lost or alone after leaving their rehabilitation team.

Of course, the number one priority following a stroke is preventing another one. Now is the time to implement healthy habits and educate yourself on your future stroke risk. While you may not be able to control factors such as your age, gender, or family history, there are some which you can.

- Seek treatment to monitor and control contributing conditions such as diabetes, high blood pressure, high blood cholesterol, sickle cell disease, carotid artery disease, peripheral artery disease, and more.
- Become physically active, and aim for a minimum of 30 minutes of activity per day.
- Focus on a healthy diet, including lots of fresh fruit and vegetables.
Reduce your intake of dangerous ingredients such as sodium, saturated fats and trans fats.
- Keep an eye on your weight and BMI.
Losing even just a few pounds has the potential to significantly impact your stroke risk.

Regular appointments with your physician will help you move beyond your stroke and re-establish your health by identifying key areas for improvement, potential risk factors, and necessary treatments or medications.



If you or a loved one have suffered a stroke, we understand what a difficult and stressful time you are undergoing. Lane Rehabilitation Center can help you rediscover your independence through comprehensive therapies designed specifically for your unique needs.

**Learn more about our program by visiting the
Lane Rehabilitation Center website, or call us at (225) 658-6800.**



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