

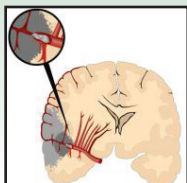
STROKES demySTified

Kern & Associates Physical Therapy, Wellness Classes & Yoga

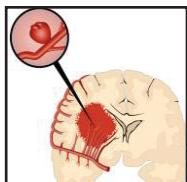
What is a stroke?

A stroke is a type of cardiovascular disease. Arteries leading to or within the brain are compromised, causing oxygen deprivation and subsequent brain cell death.

What are the types of stroke?



Ischemic Stroke



Hemorrhagic Stroke

The two major types of stroke are ischemic and hemorrhagic. Ischemic strokes occur when blood clots block arteries and cut off blood flow to or within the brain. Hemorrhagic strokes occur when blood vessels break and cause bleeding within the brain.

What are the symptoms of stroke?

Symptoms of stroke are usually of sudden onset and can include any of the following:

- Severe headache
- Weakness or numbness in the face, arm, or leg especially on one side of the body
- Confusion, loss of the ability to speak or understand words
- Dizziness, loss of balance, or an inability to walk

*** Call 911 immediately if you or a loved one is experiencing any of the above symptoms

COMMON MYTHS OF STROKE...

- 1. Stroke cannot be treated.** Stroke can, and should, be treated as an emergency. Call 911 if you recognize any of the symptoms described.
- 2. Stroke is unpreventable.** Risk factors for stroke are both controllable and uncontrollable. Controllable risk factors include high blood pressure, high cholesterol, smoking, and obesity. Uncontrollable risk factors include age and ethnicity.
- 3. Stroke only affects older individuals.** Stroke affects individuals of all ages, from birth to the elderly.
- 4. Recovery takes place for only a few months following stroke.** This is not true!! Evidence has shown that the majority of spontaneous recovery occurs within the first several months following stroke however by participating in a rehabilitation program individuals with stroke can make improvements in their motor recovery and function throughout their lives. Research has begun to show us the amazing capacity of the central nervous system (CNS) to reorganize its behavior given adequate stimuli. Physical therapy is a proven method to tap into the ability of the CNS to reorganize and produce functional changes for individuals following stroke.

Q & A: PHYSICAL THERAPY FOR INDIVIDUALS WITH STROKE

Q: What goals do PT's work towards for individuals with stroke?

A: The physical therapist works together with the patient in order to establish physical therapy goals. Activities commonly worked on in rehabilitation include improving the ability to get in and out of bed, transferring on and off of chairs, learning how to use a wheelchair, increasing balance,

and improving the ability to walk.

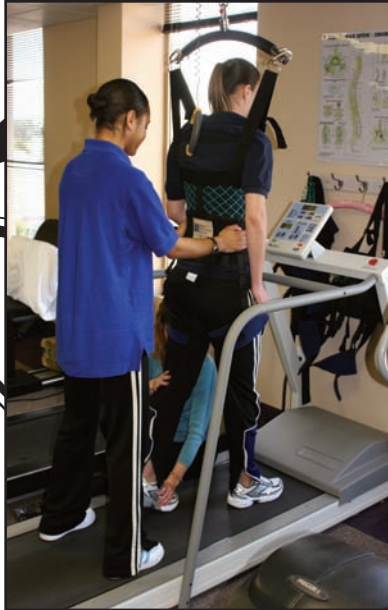
Q: What types of activities are done in physical therapy?

A: A variety of activities are performed in physical therapy aimed at improving flexibility, strength, balance, and functional mobility. Examples of physical therapy techniques performed at Kern & Associates Physical Therapy include:

- Body-Weight Supported Treadmill Training (BWSTT)
- Constraint-Induced Therapy
- Progressive Resistive Exercises
- Neuro-Developmental Treatment
- Aquatic Therapy
- Orthotic and Gait Training

Q: I've heard that Body-Weight Supported Treadmill Training is a new "hot" topic in physical therapy. Can you tell me more about it?

A: BWSTT is becoming more and more popular in physical therapy, especially for patients with neurological conditions. Not only has BWSTT been proven to improve walking capabilities for people with strokes, it can also be advantageous for individuals with brain injury, spinal cord injury, and Parkinson's Disease. The BWSTT system consists of a harness attached to an overhead machine that allows a percentage of an individual's body weight to be lifted. The support of the harness often reduces the patients fear associated with falling down. The reduction in body weight allows patients the ability to walk with less demand placed on the affected leg. With intermittent facilitation provided by the physical therapist, more normal gait mechanics can be produced and faster walking speeds achieved.



Q: Is pool therapy helpful for patients with stroke?

A: Pool, or aquatic rehabilitation is helpful for patients with stroke and other neurological conditions. Aquatic rehabilitation offers benefits of weight relief and ease of movement. For some patients, strengthening and functional training can take place in the pool prior to having participation in these same treatments over land. Exercising and walking in a pool allows patients to work their limbs by increasing range of motion, thus decreasing stiffness and pain. There are several techniques utilized in aquatic therapy. The Bad Ragaz Ring Method increases flexibility and strength, emphasizing the ability to contract and relax muscles efficiently. The Task-Type Training Approach encourages the patients to actively problem solve through their movement difficulties, focusing on treatment in functional positions. Aquatic therapy is an excellent option for improving strength, balance, and walking capability for individuals following stroke.

REFERENCES

- Becker BE and Cole AJ. Comprehensive Aquatic Therapy. Newton, MA, 1997.
- Glynn RJ, Rosner B. Comparison of risk factors for the competing risks of coronary heart disease, stroke, and venous thromboembolism. Am J Epidemiol. 2005 Nov 15;162(10):975-82.
- www.strokeassociation.org
- www.stroke.org

Kern & Associates Physical Therapy is pleased to welcome **Bernadette Currier, PT, DPT, NCS**. She received her Master's of Science degree in physical therapy from Boston University. She then completed the USC/Rancho Los Amigos National Rehabilitation Center Neurological PT Residency program as well as earned her Doctor of Physical Therapy degree. Bernadette also passed the American Board of Physical Therapy Specialties examination to become a Neurologic Clinical Specialist. Bernadette continues to be involved as a USC Clinical Instructor of Physical Therapy and Research Therapist for studies investigating motor control in individuals with stroke.



Bernadette's primary interests include treatment of individuals diagnosed with stroke, brain injury, spinal injury, neurodegenerative and balance disorders. She offers skill in specialized areas of intervention including body-weight supported treadmill training, neuro-developmental treatment, vestibular therapy, gait and orthotic training.

WELLNESS CLASSES OFFERED FOR INDIVIDUALS WITH NEUROLOGICAL DISORDERS

REBUILD & RECONNECT EXERCISE CLASSES

Walker Workout - Mondays, 11:00 - 12:00 pm

Wheelchair Fitness - Wednesdays, 11:00 - 12:00 pm

These classes are designed for individuals with chronic neurological disorders, such as stroke, brain injury, spinal injury and neurodegenerative diseases. The class focus is on performing regular physical activity and exercise to promote fitness and prevention of secondary complications. Aerobic exercise, strength training and balance training are emphasized for enhanced physical function and improved quality of life. Two levels of classes are available: one for individuals who are able to walk ("Walker Workout"), and one for individuals who require the use a wheelchair for mobility ("Wheelchair Fitness"). Classes are limited to three participants and meet twice weekly for one hour sessions.

UPCOMING EVENTS

Community Lecture on Fall Prevention - Wednesday, April 5th, 1:30 – 3:00pm

Fall Prevention and Screening: Come by Kern & Associates Physical Therapy to have your balance and risk factors for falls assessed. Learn methods of fall prevention including balance exercises and home modifications.

KERN & ASSOCIATES



PHYSICAL THERAPY

Celebrating our 20th Year
1985 - 2005

Kern & Associates Physical Therapy,

Wellness Classes & Yoga

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