7 Ways to Increase Your Chances of Recovery from Stroke Paralysis

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What are your chances of recovery from stroke paralysis?

Well, the possibility that you can regain movement after paralysis is actually really HIGH. A lot higher than most people think. So why isn't anyone telling you the good news?

Chances of Recovery from Stroke Paralysis

Although your chances of recovery from stroke paralysis are high, doctors probably aren't telling you that. The problem is that doctors are obligated to speak strictly facts. Since there isn't much research on stroke paralysis, there isn't much hard science to go by. So doctors end up telling you very limiting beliefs like, "you'll probably be in a wheelchair for the rest of your life."

And we really, really don't like it when stroke patients are told things like that. Honestly, we hate it. Because when someone tells you that you can't do something – especially someone with authority like a doctor – you'll accept it as truth and you might not even try.

But trying is the very thing that will help you recover from paralysis!

Take Your Stroke Prognosis with a Grain of Salt

So take your stroke prognosis with a grain of salt and challenge the status quo. There are *so many* stories of stroke survivors regaining more movement than their doctors predicted. These people challenged their doctors and proved that there's more hope for stroke paralysis recovery than most professionals (are legally allowed to) believe. You can be one of those success stories, and we'll show you how.

How to Recover from Post Stroke Paralysis

If you want to recover from post stroke paralysis, follow these steps:

1. Move your paralyzed limbs through their full range of motion daily.

Range of motion exercises (6/12/2017) will help you prevent your condition from getting worse. When muscles become paralyzed after stroke, you might stop using them, and this comes with serious consequences. Your spasticity can worsen and your brain can completely forget how to use those muscles (a phenomenon known as learned-nonuse, best characterized by the phrase "use it or lose it").

To help prevent learned-nonuse and further stiffening of the muscles, try to move your muscles through their full range of motion (or as much as you can) daily. You may need help from a caregiver to do this.

2. Begin passive exercise to rewire the brain.

Next, start practicing rehab exercises daily (or as often as you can). Although you cannot exercise on your own yet, you can start with passive exercise, which simply means using your non-affected muscles to move your affected muscles. Although you aren't "doing it on your own," you're still rewiring your brain, which bring us to our next point:

3. Focus intensely on activating neuroplasticity.

The goal of stroke rehabilitation is to rewire the brain through neuroplasticity so that healthy parts of the brain can pick up the slack from the damage caused by stroke. When you activate neuroplasticity, you help rewire your brain and reconnect your mind to muscle. This is what will help restore movement in your body.

Next we'll discuss how to best activate neuroplasticity.

4. Aim for high repetition.

Neuroplasticity is activated by repetition. Whatever you repeatedly do is what your brain gets better at. That's how your brain is designed. So if you want to get better at moving

your leg, you need to repeatedly try moving your leg. This will start rewiring your brain and reconnect your mind to muscle.

When you're recovering from stroke, it's best to complete as many repetitions as possible when you're doing your rehab exercises. This will activate neuroplasticity to the max, and you'll see results faster.

5. Visualize your paralyzed muscles moving.

Another great way to activate neuroplasticity is by visualizing yourself moving (also known as mental practice). Studies have shown that visualizing yourself moving helps activate neuroplasticity the same way that physically moving your body does. So if you're trying to regain movement in a paralyzed arm, spend time visualizing yourself moving your arm. It will activate neuroplasticity and start reconnecting your mind to muscle.

This works best when you combine mental practice with physical practice. To regain movement in a paralyzed arm (8/4/2017), spend time both visualizing your arm moving and doing passive arm exercises.

6. Try some electrical stimulation.

Other great ways to maximize neuroplasticity is with electrical stimulation (11/17/2017). Electrical stimulation uses electrical impulses to give your affected muscles a 'jolt' and make them contract. This introduces some movement, which can be used to further activate neuroplasticity.

E-stim is best used in conjunction with repetitive rehab exercises. For example, if you use e-stim on your arm, it will make your paralyzed arm contract. Then, you can use that as a window of opportunity to get some arm exercises in. At which point your brain might go, "Oh hey, there's an arm there! Let's start reconnecting."

7. Try some mirror therapy.

Mirror therapy is another great way to give neuroplasticity a boost. Mirror therapy involves placing a mirror over your paralyzed limb to 'trick' your brain into thinking that you're moving your affected muscles when it's really just a reflection. Although you know better, your brain thinks you're moving your affected muscles and starts to rewire itself accordingly! Mirror therapy is best used with repetitive rehab exercises.

Repetitive Rehab Exercise Is the Key to Recovery from Stroke Paralysis

As you can see, the key to recovery from stroke paralysis is to repetitively move your paralyzed muscles. Repetition activates neuroplasticity and rewires the brain.

The importance of repetition is why we designed our rehab tool, FitMi, to help you achieve a high number of repetitions (12x more than traditional therapy).

The high reps that you complete with FitMi are enough to help most people recover from post stroke paralysis.

How He Regained Movement in a Paralyzed Arm in 3 Weeks

One of our customers had full right-side paralysis, and he bought FitMi to see if he could regain movement. (He was challenging the status quo!) And after just 3 weeks of using FitMi, he moved his arm for the first time ever! The intense repetition that he was able to complete with FitMi helped rewire his brain and got his mind reconnected to his muscles. As he continues with the therapy, his movements will become larger and stronger as the connections in his brain grow stronger too. Here's his story, as told by his wife:

"My husband suffered a stroke caused by a dissecting carotid artery in late May of this year. He lost 40% of his left hemisphere of his brain causing right side paralysis.

His speech was slightly impaired but thankfully Drs believe he is a rare left handed person with speech located in right hemisphere of his brain! Ron was in ICU for a week, followed by a rehab hospital for five more weeks. He came home and has done out patient therapy three days a week since. About three weeks ago I ordered the FitMi and just this past week he moved his arm for the very first time!!! He and I both think the repetitive movement of the arm has given his brain the signal that it's there and ready to move!!! He will continue with both the FitMi and his other therapies for as long as it takes to fully recover!!!

Recovery from Stroke Paralysis

Now that you've reached the end, we hope that you're filled with confidence for your recovery from stroke paralysis.

With these tips, you know exactly where to start. Begin with range of motion and passive exercise, and do as many reps as possible to activate neuroplasticity. If you can, incorporate other therapies like electrical stimulation, mirror therapy, or FitMi therapy.

In time, you'll start to rewire your brain and slowly regain movement in your paralyzed limbs.

Keep challenging the status quo and pursue the higher recovery you deserve!