

How Long Will Mild Stroke Recovery Take?

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Want to know how long mild stroke recovery might take? Then this article is for you!

Although every stroke is different and every recovery is different, most people recovering from mild stroke follow similar patterns. This article will guide you through them. We'll also share some tips to help you recover as fast as possible!

But before we dig in, let's make sure we're on the same page about what a mild stroke is.

What Exactly Is a "Mild" Stroke?

A mild stroke is any stroke that resulted in minor impairments; for example, difficulty moving your hands, but overall able to move properly.

When we refer to mild stroke, we are not referring to a TIA (transient ischemic attack). Although TIAs are also known as "mini strokes," they often don't leave permanent damage. Because TIA's don't require rehabilitation, we aren't talking about them today. Instead, we're talking about strokes that create moderate side effects.

How Long Does Mild Stroke Recovery Take?

If you had a mild stroke, it's likely that you spent some time in the hospital after your stroke, but you did not go to an inpatient rehabilitation facility. After you stabilized in the hospital, you were probably discharged home. Hopefully you were instructed on how to continue rehabilitation at home. Because mild stroke does not cause major impairments, recovery is usually pretty fast. Often, **mild stroke recovery takes between 3-6 months**. Usually, **your fine motor skills are the last thing to come back**, and sometimes it takes a lot of work to get there.

How to Speed Up Mild Stroke Recovery

It's important to know that **the first 3 months after stroke matter the most**. During this period, your brain is in a heightened state of plasticity, which means that your brain is healing at a rapid rate. By taking advantage of this time by participating in rehabilitation every day, you can make the most of your brain's rapid healing.

Essentially, anything you do to recover during this phase will have a greater effect. This doesn't mean that rehabilitation after those first 3 months is a waste, but it just won't be as fast. So make sure that you capitalize on those first 3 months.

Don't Let the Plateau Stop You!

Once recovery slows down, don't stop until you have achieved a full recovery. Although your brain isn't recovering as fast, it will continue to improve as long as you put in the work. Mild stroke survivors should push hard for a full recovery because they have the best chance of achieving one.

If you want to learn more, see our guide on how to achieve a full recovery (9/28/2015).

Mild Stroke Recovery

Overall, mild stroke recovery usually takes about 3-6 months. Because impairments are smaller than massive stroke, mild stroke survivors have a higher chance of a full recovery. As long as you keep pushing and put in the hard work, you will achieve a healthy recovery.