

# The Best Treatment to Stop the Tingling Sensation After Stroke

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If you have tingling or pins-and-needles sensation after stroke, then we're here to help. In this article, we will explore the various causes of tingling after stroke and how to fix it. It can be quite a frustrating problem, so let's dive right in!

## Oh, Those Annoying Tingles!

The cause of tingling after stroke is not well-studied, unfortunately. This makes tingling one of those ambiguous side effects that most doctors don't want to talk about due to lack of research and therefore lack of answers. But that has never stopped us from talking about such things. Although tingling is ambiguous, it usually happens because of 3 things.

## 3 Causes of Tingling Sensation After Stroke

### Reason #1 (most common): Sensory Issues

When stroke affects the part of your brain that interprets sensory information like right-side strokes that affect the parietal lobe, it can lead to sensory issues like tingling and numbness.

## Reason #2: Medical Complications (Immediate Attention Required!)

Sometimes, tingling is a sign that something serious is going on, and that immediate medical attention is required. If you have tingling after stroke and you haven't talked to your medical team about it yet, you need to do so *immediately*.

## Reason #3: It's Just One of Those Things

And then sometimes tingling is just one of those benign things that happens after stroke. It could be nerve regeneration, it could be something totally unrelated. Often, it's impossible to know the definite cause.

The good news is that sometimes it just goes away on its own (from what we have heard from other stroke survivors). Most of the time, however, action on your part is required to make the tingling go away. Which brings us to the meat of this article:

# The Best Treatment for Tingling Sensation After Stroke

The most common cause for tingles after stroke is sensory issues; and the best treatment for sensory issues is **sensory reeducation**. Sensory reeducation has the potential to put a stop to tingling after stroke by retraining the brain to correctly interpret your senses. You can accomplish this through **sensory reeducation exercises (3/27/17)**. Sensory reeducation exercises help reteach your brain how to correctly interpret your senses again. Progress often happens slowly, but there's tons of hope that it can help!

## There's Hope for You!

If anyone has told you that it's impossible to fix your tingling sensation after stroke (which, unfortunately many stroke survivors have been told), then kindly ignore them. There's no proof that you can't fix tingling after stroke. In fact, there are tons stroke survivors who got their tingles to go away. Just ask the members in our **support group** for their personal stories.

So if you find the tingling sensation after stroke annoying, there's hope that it will go away. You won't know if it will go away on its own or if it requires sensory reeducation. If it was our decision, we would try the sensory reeducation anyways because being proactive is better than just hoping for the best.

## How to Get the Most Out of Sensory Reeducation

If you choose to take action towards getting rid of your tingling sensation after stroke, then good for you! Here are a few pointers to help you out:

- Be sure to practice with lots of repetition, because that's **how the brain rewires itself**
- Be very consistent with your practice – try to do it daily if you can
- Never give up!!

Progress will likely be slow, but trust that your brain is on your side! Through your sensory reeducation exercises, you will start to form new neural pathways in your brain.

The more your brain begins to rewire itself, the more potential you have for regaining normal sensation after stroke. So keep holding out hope and doing those **sensory reeducation exercises!**