

5 Mistakes to Avoid during Rehab after Stroke

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If you haven't done much research on rehab after stroke, then you're probably making mistakes that are costing you time, money, and effort.

But that's what you have us for.

Today we're going to cover the most common mistakes that are hindering your recovery, and the best ways to fix them.

Mistake #1: Letting the Plateau Stop You

During stroke recovery, your results will slow down about 6 months post stroke. That's the hard truth. But that slowdown does not mean you've lost.

Stroke recovery will only stop when you stop.

While it gets harder to stay motivated as your progress slows down, but that's why we continuously publish new articles on [stroke recovery](#), so that you always have something new to learn and try.

And trying something new is one of the best ways to [bust through a plateau](#).

Never lose hope and keep putting one foot in front of the other.

Mistake #2: Neglecting the Power of Nutrition

Perhaps the most overlooked cornerstone of stroke recovery is nutrition. The foods you eat and the supplements you take all play a part of the bigger picture.

Do you know [what to eat after stroke](#)? We've got you covered.

Do you know what the [best supplements](#) to take are? We revealed the top 3.

Are you getting enough of the [sunshine vitamin](#)? Probably not.

Do you know the importance of [probiotics for stroke recovery](#)? It's a biggie.

As you can see, we've written about this subject extensively – so take advantage of it! Here's a [collection of all our nutrition-related articles](#).

Mistake #3: “It’s Not Working”

Have you been here before? The “*it's not working*” place where you've been performing your rehabilitation routine without seeing any results.

Well, there's a reason it's not working, and it's this:

Your routine is lacking consistency and repetition.

Just like any sport or physical activity, you have to show up to practice consistently in order to get good at something.

It's just the way our brain works.

But you can't just show up every day and do some random exercises and then go home. You need to pick specific exercises that you want to get really good at, and then practice those over and over and over.

Repetitions is key – we even [wrote a whole article about it](#).

Here's an example of why repetition and consistency matter:

Our own [MusicGlove](#) uses 5 pinching movements – and only 5 movements. But in just one 30 minute session you're completing over 200 repetitions of those 5 movement. The high repetitions maximize your [neuroplastic benefit](#) while consistency helps retrains your brain to perform those movements on its own again.

In other words, you're going to get really good at those 5 movements; so good that it will become natural again.

Moral of the story: Be *consistent* and perform your [rehab exercises](#) *repetitively* until you master them.

If you can do those two things, then you WILL get better.

Mistake #4: Exercising Too Much

If you've been over-exercising, then we commend the effort, but you're actually hindering your results. Without enough rest in between rehab sessions, you'll exhaust your brain and prevent it from relearning the movements – leaving you frustrated and exhausted.

For one, you should read up on the [importance of sleep during stroke recovery](#). And it also might be worth learning [how to deal with frustration](#) too.

Second, you need to cultivate patience with your routine.

You're in this for the long run, because the long run is where the real results are.

Don't burn up all your energy during the beginning stages. Instead, take it one day at a time and rest assured that you will see results if you're consistent, repetitious, and well-rested.

Mistake #5: Refusing to Witness Your Own Power

You survived a stroke, which means that you've already conquered the hardest obstacle. But if you can't see how amazing you are, then there's no motivation.

To help with motivation, start writing your progress down. Sometimes we get so caught up in getting to Point B that we miss all the little victories along the way. Your small accomplishments deserve celebration too.

So get a journal or start a blog and record your progress daily. Then you'll start to see exactly how far you've come on the road to recovery.