

The Ultimate Guide to Stroke Paralysis Recovery

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Talking about stroke paralysis recovery feels like taboo sometimes.

Why do we feel that way?

Because there isn't enough clinical evidence to say "This is it! This is exactly what you should do!" So the conversation never really gets started.

But we're starting it today. First, we will discuss some treatment options that can help bring movement back into your body. Then, we will discuss other essentials for stroke paralysis recovery.

You will also find that this article references to MANY other articles that can help your recovery, and it may be too much information for one sitting.

So, if you'd like, bookmark this page and refer back to it when you're ready for more. □

Now, let's dive in.

The Most Important Thing to Know

The formula for a successful stroke paralysis recovery is this:

Neuroplasticity + hard work + time + hope = stroke paralysis recovery

Neuroplasticity is the foundation of stroke recovery. Neuroplasticity is how your brain rewires itself after injury; and the process is initiated by repetitive movement.

(Read: [How does the brain recover after stroke?](#))

Luckily, *you don't need to make the movement yourself to initiate neuroplasticity*. Assisted and mental movement also counts, which we will discuss next.

In regards to time, stroke paralysis recovery tends to take much longer than recovery from minor stroke. However, just because the process is slower doesn't mean you can't recovery just as much function.

If you consistently challenge yourself and stay disciplined with your rehab, you can increase your chances of [a full recovery](#) significantly.

(Read: [How to stay disciplined during rehab](#))

Stroke Paralysis Treatments

Passive Rehab Exercise

A passive movement occurs when someone helps move your paralyzed muscles. This is different from active movement where you move independently.

(Read: [Active vs passive exercises during rehab](#))

Passive rehab exercise helps treat stroke paralysis by initiating the rewiring process in the brain. In most cases, survivors with paralysis (also known as [hemiplegia](#)) will start with passive movement exercise and then move on to active exercise once the brain has recovered enough.

Putting it into practice:

If you have the help of another person, have them assist you during your exercises to help you complete the movements that you can't make by yourself. It's important to still attempt to make the movement yourself, even if you don't feel like you can.

If you don't have the help of another person, use your unaffected muscles to help move your affected muscles. This works best with smaller muscle groups like [fine motor skills](#).

With enough time, patience, and practice, you can eventually regain enough movement to perform the exercises without assistance.

Mental Practice

Another effective treatment for stroke paralysis is [mental practice](#): the process of visualizing yourself performing movement.

Yes, visualizing yourself moving can help bring movement back!

This works because each time you visualize a movement, it triggers neuroplasticity the same way (to a lesser degree) that physical practice does.

And when you combine mental practice with assisted physical practice, it works even better.

Putting it into practice:

Pick one movement, big or small, that you'd like to get better at. Then, visualize yourself doing this movement over and over in your head. Use as many details as you can.

The more sensory details you include, the more stimulation you will create in your brain, which will lead to more rewiring. So be creative!

For example, if you choose to visualize yourself walking, try visualizing yourself walking on the beach with the sand in your toes and wind in your hair.

You want to create all the mental stimulation you can get.

(Read: [How to boost your stroke recovery in 30 seconds a day](#))

Other Treatment Options

We've heard that oxygen therapy and acupuncture can work wonders for stroke paralysis recovery, too.

Learn more in [this article on 3 Stroke Paralysis Treatment Options](#).

Your Greatest Asset

Recovering from stroke paralysis is challenging, and we know you're up for the challenge.

How do we know this about you? Because you're reading this article, which means you already have the motivation to get where you want to be.

So keep it up, because educating yourself about stroke recovery will be your greatest asset, among these others.

(Read: [How to become a stroke recovery expert](#))

Your other greatest asset will be crushing any self-doubt that may be hanging around.

There is no room for you to doubt yourself during stroke recovery – especially when you're trying to do something that not many achieve. Don't let the statistics deter you. *You have what it takes* to make a miracle possible!

(Read: [What you need to know about a full recovery after stroke](#))

