

A Snappy Guide to Recovering from Stroke Quickly

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Recovering from stroke quickly is absolutely possible, if you know what to do.

While [rehab exercises](#) and [goal setting](#) are the bread and butter of any good rehabilitation program, there are a few little ‘hacks’ that can get you the extra mile, and get you there quickly.

These aren’t gimmicks, either. They’re all scientifically proven ways to boost recovery, and boost it now.

So, if you’re ready for a speedy recovery, read on.

Do What Successful Athletes Do

It worked for Michael Phelps, and he became an eight-time Olympic gold medalist. Since [athletes and stroke survivors are one in the same](#), it can work for you too.

We're talking about [mental practice](#): the art of visualizing yourself performing a movement in your head instead of through physical action.

Mental practice works because it triggers [neuroplasticity](#) – the mechanism that rewires and heals your brain – the same way that physical practice does.

If it sounds too good to be true, try it before you rule it out.

For many, the *idea* of mental practice sounds like an easy, effective idea – and they get hung up on that. They assume that since it's easy, it must not be effective – but it is.

You just won't be convinced until you try it.

Our challenge to you: Spend 5 minutes every morning visualizing yourself performing a movement that you wish you could do better. Try doing it everyday for 2 weeks straight, or longer if you can.

We guaranteed you'll see a difference. (The [studies](#) guarantee it too.)

Set Painfully Different Goals

We get it. Setting goals is boring.

But have you ever tried setting an outcome-oriented goal? They're far more motivating than their vanilla counterparts.

Setting [an outcome-oriented goal](#) is motivating because it requires you to think about the pain and consequences of not taking action, while also dreaming up how glorious life would be like if you took action.

Let's set some outcome-oriented goals right now.

Start by listing 3 goals that you want to achieve, and then next to each goal write the following items (it works best if you make columns):

- All the pain associated with not taking the action
- All the pleasure gained from procrastinating
- The cost of not taking the action
- What could be gained by taking action

Use as much descriptive language as you can. Think about how your health, relationships, self-esteem, and independence will all be affected.

It's motivating right?

Our challenge to you: Write down at least 3 outcome-oriented goals and look at them every morning. When you keep them fresh in your mind like this, your motivation to take action will multiply – and you'll recover faster because of it.

Know When to Ditch the CTs

Compensation techniques, or CTs, are shortcuts that we use during stroke recovery to make things easier. Some examples of CTs are [cooking with one hand](#) or using a walker.

Sometimes CT's are *absolutely necessary* for your safety and recovery, like using a walker. Other times, they're useful for convenience – and that's where the potential lies.

Learn to recognize when your CTs have become *convenient* techniques instead of compensation techniques. Then, ditch them as soon as possible to keep your mind and muscles challenged.

Why should you put yourself through the trouble?

Because challenge is an essential ingredient in a healthy, speedy recovery.

(That's why this article is laced with them.)

Our challenge to you: Start a stroke recovery journal where you write down all your compensation techniques and record your progress with them.

Sometimes it's hard to realize when you're ready to move past certain CTs because they become a routine part of life. The key is to remain aware of your CTs so that you can eventually remove them from your routine.

Quick Hand Recovery

Fine motor skills are often the most difficult to recover after stroke, often taking years to fully regain using conventional methods.

For those looking for a quicker solution, our hand therapy device, [MusicGlove](#), is proven to increase hand function in just 2 weeks – and it's fun to use!