

Recovering from a Stroke – Optimizing Your Rehab Exercises – Part 3

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Recovering from a stroke requires regaining balance and mobility in your body. To do that, you need to put your motivation and knowledge from parts 1 and 2 to good use.

Other elements in this series include:

1. **Motivation** – for momentum (see “Recovering from a Stroke – 3 Foolproof Ways to Stay Motivated” dated 12/21/2015)
2. **Education** – for direction (see “Recovering from a Stroke – Building Essential Knowledge” dated 12/22/2015)
3. **Exercise** – for mobility
4. **Prevention** – for longevity (see “Recovering from a Stroke – Preventing it From Happening Again” dated 12/24/2015)

Let’s dig into the good stuff.

Get Moving with Rehab Exercises

To dig right in, refer to our complete collection of rehab exercises “Full Body Exercises for Stroke Patients” dated 9/25/2015 where we cover every major muscle group from head to toe.

An important concept worth mentioning in the rehab exercise arena is the phenomenon of learned nonuse. **Learned nonuse** occurs when you completely stop using your affected limb, and as a consequence your brain completely forgets how to use it. A great quote that relates to rehab exercise is:

“If you are persistent, you will get it. If you are consistent, you will keep it.”

Use this as a source of motivation to do your exercises, even if it’s just for a little. As long as you’re doing *something* you’re not getting worse. And if you’re performing your exercises with consistency and good repetition, then you *will* get better. There’s no doubt about it.

Optimize Your Home Therapy Regimen

‘All or nothing’ does not apply to stroke recovery.

For many survivors, progress severely slows down once you’re discharged from the clinic and sent home to pursue recovery – and you should never settle for anything less than good progress. To help with that, we created these guidelines on how to succeed with rehab at home that explains the foolproof plan.

For a short summary of the article, there are 5 primary actions you need:

- Take tiny steps every day
- Do it until it works
- Use power posing
- Make a schedule the smart way
- Turn your brain ON

Some of them sound funny, but they’re highly effective ways to keep your momentum going. To learn more, **check out the full article** “5 Ways to Succeed with Stroke Therapy at Home” dated 12/7/2015.

Are Compensation Techniques Helping or Hindering?

They’re doing both, but ultimately they’re hindering.

Compensation techniques (like cooking with one hand) are cool for getting things done, but they don’t help you fully recover.

Every time you use a compensation technique, you need to decide if it’s helping you reach your ultimate goal. Is your goal to achieve a full recovery? Then you should focus on using your affected side as much as possible.

Avoiding compensation is hard, and sometimes you need to use them to get things done, but always remember that a full recovery requires doing things the hard way.

The hard way always reaps the most benefit in the end. Next – Part 4: Preventing Recurrent Stroke