

How to Choose the Right Stroke Recovery Tools for You

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Choosing the right stroke therapy tools for your home rehabilitation can feel like an overwhelming decision.

To help you understand how to choose the right stroke therapy tools for you, we're going to answer the most common questions.

Let's start with the simplest one:

What's the Point?

Stroke therapy tools are designed to help you get the best results possible from your home rehabilitation.

Most devices are designed to help activate [neuroplasticity](#), which is the mechanism that your brain uses to rewire itself and heal from the damage caused by stroke.

The more you engage neuroplasticity, the better your results will be. And neuroplasticity is activated through [repetition and consistent practice](#).

Whenever you repeat something, like rehab exercises, new connections start to form in your brain. The more you repeat, the stronger those connections become.

Along the same lines, if you practice your rehab exercises sporadically with large gaps of time in between, then the connections in your brain weaken and your mobility will decline.

That's why repetition and consistency are sooo important with stroke therapy tools.

Can I Improve without the Help of Tools?

Understanding how neuroplasticity and repetition are responsible for your results can bring up a great question: *Do I even need tools to help me get my reps in?*

This is a great question. To get an answer, let's discuss the pros and cons of going without the help of stroke therapy tools.

Pros: Low cost

To put it simply: Yes, it is very possible to recover from stroke without the help of fancy rehabilitation tools.

For example, clothes pins provide a great tool to [improve fine motor skills](#). In order to get results, though, you must be willing to exercise with them repetitively and often.

By using items laying around the house, you can cut the costs of rehabilitation tools.

Cons: Slower improvement, low motivation, difficult to be consistent, often boring

The items lying around your house often make for boring rehabilitation, though, which makes it hard to get your reps and consistency in.

And since both repetition and consistency are key for getting results, this is the greatest disadvantage for rehabilitating without tools.

Many stroke survivors stop rehabilitation shortly after discharge from the clinic because at-home therapy with make-shift tools is simply too boring to stick with.

What Are the Benefits of Investing in Tools?

The biggest advantage of investing in rehabilitation tools is a [faster recovery](#).

Pros: Faster recovery, motivates higher reps, more engaging, more motivating

While make-shift exercise tools can get the job done, rehabilitation tools are designed specifically to motivate the high repetitions you need to facilitate healing in your brain.

That's why rehab tools are often motivating and engaging to use – because the developers knew that stroke patients just like you need an extra boost of motivation to pursue rehabilitation at home.

By activating neuroplasticity more effectively, rehab tools can help you achieve independence faster.

Cons: Higher cost

Rehab tools all come with a price tag, and it's up to you to decide if it's worth the price. It's often helpful to think of the opportunity cost while deciding if something costs too much.

Opportunity cost refers to the loss of potential gain from other options when one option is chosen.

For example, if you choose to go without home therapy tools, then the opportunity cost is all the extra time and effort it will take to get results.

How Much Should I Expect to Spend?

For some stroke patients, home therapy tools simply aren't worth it.

They feel that it's not worth paying extra money in order to save time and effort. They'd rather work harder and longer instead of paying the extra price.

For other stroke patients, home therapy tools are absolutely worth the extra money because they want to get better faster, and some rehab tools can help with that.

They gladly spend on quality rehab tools in order to save themselves wasted time and effort from un-motivating home therapy.

And hey, *none of these stroke patients are wrong.* You can continue to recover from stroke with or without home therapy tools as long as you get your reps and consistency in.

What to Look for in Home Therapy Tools for Stroke Recovery

If you're interested in saving yourself time and effort by buying rehab tools, then you need to know exactly what to look for. So let's dig into the specifics.

Repetition range to look for:

During traditional therapy at the clinic, patients complete around 30-40 repetitions. When you're doing therapy at home without tools, this is about the range that you'll be working in.

Therefore, home therapy tools that help you achieve more than 40 repetitions per session are worth the price.

Motivation factor to look for:

Technically speaking, you could do rehab exercises 400 times in one day... You might be bored out of your mind doing it, though.

And that's why you should always look for rehab tools that keep you *immersed*; otherwise you won't be motivated to have the consistency necessary to keep those new connections in your brain growing strong.

What Are the Best Stroke Therapy Tools?

To choose the best stroke therapy tools for you, there are few important questions to ask yourself:

- How much more repetition will this tool help me complete?
- How much more motivated will I become with this tool? Can I be consistent with it?
- How much time and effort will it save me? Does that make it worth the cost?

By asking yourself these questions with each rehab tool you research, you'll have a great idea of how to get the most bang for your buck.