

How Long Does Paralysis Last After Stroke?

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A question that readers frequently ask us is *how long does paralysis last after stroke?*

While we wish we had a concrete answer for this, it varies from patient to patient. Since every stroke is different, every stroke recovery will be different, too. However, we won't leave you hanging without an answer.

The key to understanding how long paralysis might last depends upon two factors:

- how severe the **stroke side effects** are and
- how much hard work the patient puts in.

We will cover the severity first and discuss the hard work required later.

How Long Does Paralysis Last After Stroke?

Some stroke survivors recover quickly, seeing movement **within 6 months** of diligently pursuing rehabilitation. Other stroke survivors will take longer to see improvements; sometimes **longer than a year**. While it can be discouraging to pursue rehabilitation for a long time without seeing results, trust that the results will come! **Never give up!**

Even if your medical team thinks that you'll never be able to regain movement, don't buy into *anyone's* limiting beliefs. There are plenty of success stories of patients recovering from post stroke paralysis and proving their doctor's stroke prognosis wrong – like Gregory.

Gregory Recovered from Paralysis and Proved His Doctor Wrong

Gregory, a FitMi user, was told that if you don't get your hand back in the first 3 years, it won't come back at all. (Boy that sure is a limiting belief if we've ever heard one.) Fortunately, with the help of FitMi, Gregory was able to prove his doctor wrong. He started regaining movement in his hand well after the first 3 years of his recovery.

This doesn't mean that it will take you years to regain movement after stroke paralysis. Rather, it means that there's immense hope that you can recover far more movement than you were told was possible.

How to Speed Up Stroke Paralysis Recovery

Hopefully you're convinced that there's tons of hope for your recovery from stroke paralysis by now. This means that you're ready for some practical tips to get your healing from paralysis efficiently underway. So, here are 3 ways to boost recovery from stroke paralysis.

1. Passive Exercise for Stroke Paralysis Recovery

When you cannot move your affected muscles, **passive exercise** will be your #1 tool for recovery. Passive exercise simply means that you use your non-affected side to move your affected side, or you get help from a caregiver or therapist. Although you aren't moving your affected muscles "yourself," it still sends stimulation to your brain and helps **activate neuroplasticity**.

Through enough passive exercise, you can begin to relink your brain to your muscles, which is the key to **recovering from stroke**. But... how much is enough?

2. High Repetition for Faster Results

In order to see results from passive exercise, you need to perform a high number of repetitions in order to see the best results. **Repetition helps activate neuroplasticity**, the mechanism that your brain uses to rewire itself and heal after stroke. The more neuroplasticity you activate, the more fuel your brain has to recover. Simply put, more reps = more success. So make sure that you're getting plenty of repetition in with your passive rehab exercise.

3. Mental Practice for Even Better Results

Now that you've got all the physical stuff down (passive exercise with lots of repetition), it's time to address the mental stuff. Did you know that mentally practicing (visualizing) your rehab exercises help activate neuroplasticity the same way that physically practicing exercise does?

This is called **mental practice**, and studies have showed that combining mental practice with physical practice can help you see even better results during stroke recovery. So try to take some time each day – even if it's just 2 minutes – to close your eyes and visualize yourself moving the way you want to move. It will help rewire your brain and spark recovery from paralysis even faster.

Recovery from Stroke Paralysis

We hope this article has helped you better understand stroke paralysis recovery.

Overall, the length of time that it will take to recover will be highly dependent upon your unique stroke side effects and how much work you put into recovery.

It's absolutely possible to recover more movement than your doctor anticipated, and that should provide immense hope and motivation for you to pursue the higher recovery that you deserve.

Be sure to complete plenty of repetitions of your passive exercises, and take the time to mentally rehearse those movements too.

Do all these things, and you'll be on the fast track to stroke paralysis recovery.