

## STROKE REHABILITATION

by Ability Rehab Staff

Have you had a stroke or know someone who has? Did you or your loved one undergo physical therapy after the stroke? You may have received therapy for a few months and then were discharged because that was "as good as you will get." Did you know that it is possible to improve function and mobility months, or even years, after a stroke?

Stroke rehabilitation is an ongoing process during which a person will improve their mobility gradually over time using the proper techniques. In order to maximize your full potential after a stroke, it is very important to receive therapy guided by a therapist specializing in neurologic rehabilitation. Sometimes a patient is discharged from therapy by a therapist who does not have enough training to continue further. Receiving the appropriate rehab using techniques specific to neurological injuries is crucial to realizing your greatest potential for restored mobility and function.

Neurologic physical therapy can help improve your balance, strength, flexibility, coordination and endurance which leads to improved function and increased independence. Whether the stroke happened 10 days ago or 10 years ago, it is still possible to make improvements. At Ability Rehabilitation Specialists our therapists have specialized training and years of experience in treating patients with neurological deficits. Come by and see us or give our office a call at 858-456-2114 to learn more.



### WIN LUNCH OR DINNER AT SAMMY'S!!!

Wear your Ability Rehab t-shirt out and about – whether walking at The Cove or skiing at Big Bear.

Submit a photo wearing your Ability Rehab t-shirt and enter a drawing to win a \$25 gift certificate to Sammy's Woodfired Pizza.

All photos must be accompanied by an entry form. Entries must be received by 5 PM on 3/31/2011. One submission per person, please.

**Call Ability Rehab for details!**

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