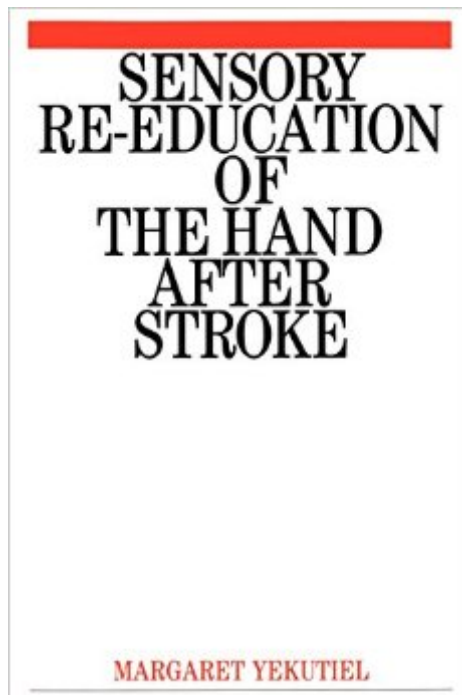


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# Sensory Re-Education Of The Hand After Stroke



## Synopsis

Stroke patients continue to present a major challenge to the rehabilitation professions. In particular, the "rehabilitated" patient with a useless hand remains an all too common phenomenon. This book focuses on the sensory perceptual disturbances caused by stroke which, even if slight can be the crucial factor in poor hand function. A wide-ranging review is presented of the processes of functional reorganisation by which the brain responds to the demands posed by injury as well as by learning. An inescapable conclusion from this literature is that any therapy which aims to harness these processes for the restoration of function after stroke needs to engage the patient's attention and motivation. This is followed by a detailed description of the method of Sensory Re-education developed by the author through long experience with patients and culminating in a clinical trial which established its effectiveness. While the book is intended primarily for physiotherapists and occupational therapists, it contains much to interest all who are concerned with brain function in health and disease, including neurologists and neuropsychologists, as well as stroke patients and their families.

Contents Introduction The Challenge: Stroke and its Aftermath The Effectiveness of Therapy The Quest for a Different Approach Sensory Loss in Stroke: Sensory Testing and the Frequency and Types of Deficit The Functional Implications of Sensory Loss The Theoretical Basis of Sensory Re-education: Sources Peripheral Nerve Lesions; Central Lesions Guide-lines for Intervention Contributions from Psychology: Attention; Motivation The Essentials of Sensory Re-education: The Focus on the Hand The Therapeutic Relationship The Protocol for a Sensory Task Summary The Curriculum I: How to Use the Curriculum Lessons in Touch The Curriculum II: Lessons in Proprioception Lessons in the Recognition of Objects and Their Qualities Suggestions for Homework Validation of the Method: Theoretical Considerations A Controlled Trial The Next Step Wider Applications: Sensory Problems in Standing and Walking After Stroke Cerebral Palsy Other Conditions Wider Applications Conclusion

## Book Information

Paperback: 120 pages

Publisher: Whurr Publishers; 1 edition (June 13, 2000)

Language: English

ISBN-10: 1861561695

ISBN-13: 978-1861561695

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 9.1 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (1 customer review)

Best Sellers Rank: #1,858,182 in Books (See Top 100 in Books) #157 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Strokes](#) #1022 in [Books > Textbooks > Medicine & Health Sciences > Allied Health Services > Occupational Therapy](#) #1178 in [Books > Medical Books > Medicine > Internal Medicine > Physical Medicine & Rehabilitation](#)

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