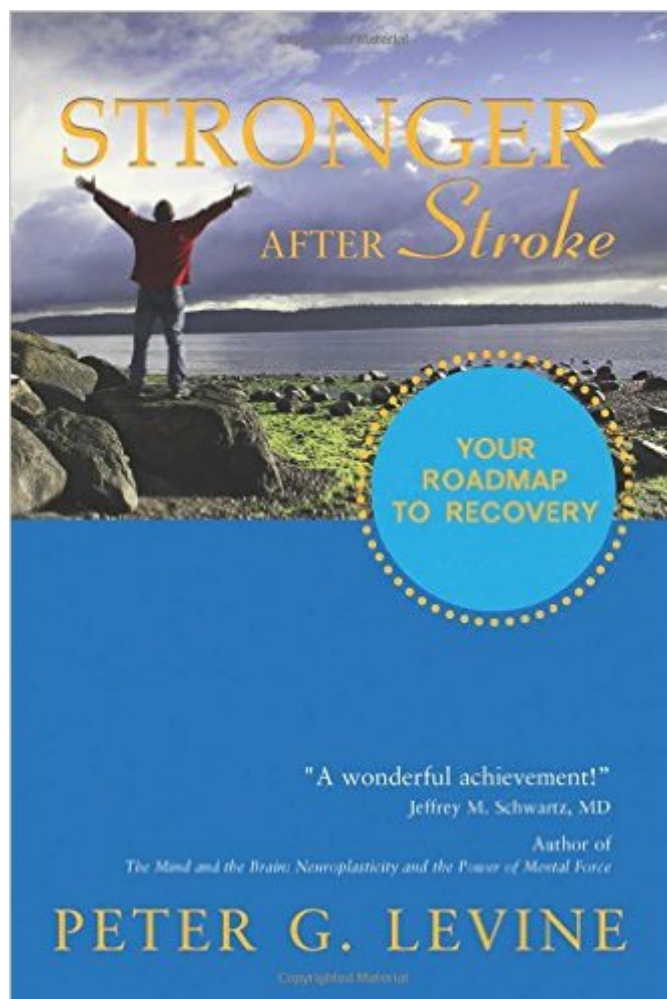


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# Stronger After Stroke



## Synopsis

Billions of dollars are spent each year researching stroke rehabilitation and treatment techniques, but most are not well communicated to patients or caregivers. As a result, many stroke survivors are treated with outdated or ineffective therapies. *Stronger After Stroke* puts the power of recovery in the reader's hands by providing easy instructions for reaching the highest possible level of healing. Written for stroke survivors, their caregivers, and their loved ones, the book presents a new approach that is startling in its simplicity: stroke survivors recover by using the same learning techniques that anyone uses to master anything. Basic concepts are covered, including repetition of task-specific movements, proper scheduling of practice, challenges at each stage of recovery, and setting goals and recognizing achievements. *Stronger After Stroke* bridges the gap between stroke survivors and what they desperately need: easily understandable and scientifically accurate information on how to achieve optimal rehabilitation.

## Book Information

Paperback: 215 pages

Publisher: Demos Health; 1 edition (October 1, 2008)

Language: English

ISBN-10: 1932603743

ISBN-13: 978-1932603743

Product Dimensions: 5.8 x 0.6 x 8.8 inches

Shipping Weight: 11.2 ounces

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (51 customer reviews)

Best Sellers Rank: #109,174 in Books (See Top 100 in Books) #14 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Strokes](#) #102 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System](#)

## Customer Reviews

*Stronger After Stroke* is motivational, inspirational, insightful, practical and all inclusive! Every stroke survivor should read this book. The author states that if after your stroke, you've accepted your decline the book isn't for you. It's for survivors who want to get better! It's refreshing to read a book that focuses on recovery rather than adapting one's lifestyle to the stroke. The author states throughout the book that the most important person in the recovery process is the survivor and that it takes hard work for possibly years. One must persevere with patience and never give up. Our brains have the ability to rewire but it takes repetitive, meaningful movements for that rewiring to

take place. Levine explains how the brain works and how recovery works with specific tasks to aid in recovery. We have to take charge of our own recovery. Levine suggests we need to be researchers and read up on the latest stroke recovery research and lists websites to do that research. He also believes survivors would benefit from clinical trials. A large portion of the book is about different treatment options. I really like the author's descriptions of so many varied treatment options. There are wonderful suggestions of what to do in addition to regular therapy. Another large portion of the book has specific exercises and strategies for recovery that can be done at home. They are practical, easily understood and great suggestions. The author states that recovery takes motivation - people who are motivated make progress but one has to stay motivated when the going gets tough. Setting goals, measuring progress and celebrating every step of progress is crucial and writing it down on a calendar helps us keep track.

The book is written for people who want to take an active role in optimal recovery after they've had a stroke. The author is very knowledgeable about stroke, rehabilitation, and the brain, and he expresses recovery concepts clearly, often repeating and rephrasing. I believe that the clear presentation of information, coupled with the restatement of important points, will be helpful to stroke patients and their families. During a stressful time, in early recovery, these readers will benefit because critical concepts are emphasized and re-emphasized. Levine explains neuroplasticity - the brain's amazing capacity to rewire itself - and proposes exercises and measurement systems to achieve optimal recovery. He reiterates that, with perseverance and repetition, stroke patients are able to make incremental, measurable progress - often beyond medical expectations. The book is aptly subtitled, "Your Roadmap to Recovery," as it presents a method that can be used to plan, measure, and execute - modifying as necessary - a personalized program of rehabilitation towards recovery. The book includes suggestions that will motivate a stroke patient to continue to improve, even when progress becomes more difficult to discern. The most current information about stroke recuperation is presented, along with precautionary information to reduce risk of another stroke. Latest treatment options are discussed, including strategies for effective recovery including the use of technology, mirrors, music, and exercise. A chapter entitled "Spasticity Control and Elimination" offers information about taming that most undesirable "beast" that results from stroke.

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