



Stroke Program Summary and Recommendations

In this program description we summarize a typical program for a person looking to get their life back while experiencing functional problems after experiencing a stroke. Our program is individualized with a high focus on *your* specific goals, uncovering your strengths and resources, and building on those to maximize brain and body connection and restore your function.

Our philosophy of treatment is to understand you as a whole person, including body and brain connections, your environmental influences, and underlying neurologic and musculoskeletal issues. We focus on restoring your autonomy and independent control so that you are empowered with the tools and resources for self-treatment.

The re+active program is a unique evidence-based, integrated neurologic rehabilitation approach with neurologic physical therapy, occupational therapy and neuropsychology. Our team includes board-certified specialists and a unique integrated approach for the team to meet to set up a plan and goals together.

The typical program includes:

- An 8-week integrated and intensive program.
- A bi-weekly team planning meeting to work in an integrated way toward your goals.
- Individualized frequency of each discipline, depending on your needs. Most people need 2-3x/week of PT, OT and psychology services and additional wellness services as indicate
- We create a transition plan to specialized wellness services, personal training, and/or group fitness at the end of the program if indicated.
- We typically set up a tapered 1x/wk to 1x/month therapy plan after the 8 week program to ensure maintenance of therapy gains.

Typical Weekly Schedule (this is for 3x/week PT, 3x/week OT, 2x/week psychology, yoga therapy 1x/wk)

| Mon | Tues | Wed | Thurs | Friday |
|-----|--------------|------------|-------|------------|
| PT | | PT | | PT |
| OT | OT | | OT | |
| | Yoga therapy | Psychology | | Psychology |



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Summary of services and recommendations

Physical therapy:

- **Aerobic exercise:** Graded exercise and training for autonomic and functional tolerance.
- **Sensorimotor training:** Integrating visual, vestibular, and proprioceptive information into movement and daily functioning.
- **Vestibular rehabilitation and vision training as indicated**
- **Motor control training to restore automatic and fluid movements**
- **Functional training to return to your life goals**
- **Dual task training:** To access automatic movement pathways in the brain.
- **Strengthening:** If there is deconditioning identified at evaluation.
- **Nervous system regulation & autonomic training:** In the context of gross motor movement.

Occupational therapy

- **Lifestyle interventions, which include:**
 - **Sleep:** sleep induction, stimulus control, and sleep compression.
 - **Routine/time management:** discussions on how to put systems in place to reduce overwhelm, or how to have a health-promoting daily rhythm.
 - **Eating routine:** For adequate hydration, nutrition, and blood glucose regulation.
 - **Physical activity:** To build a sustainable, realistic routine that you enjoy.
- **Coping strategies:** To build a personalized list of nervous system regulation strategies.
- **Mindfulness training:** To practice and record personalized audio for guided imagery, body scan, and other mindfulness strategies.
- **Sensorimotor training for activities of daily living**
- **Fine motor retraining:** For activities of daily living, chores, and other functional tasks.



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Psychology

- If you are experiencing brain fog and difficulty concentrating: cognitive testing and rehabilitation for improving skills for return to your life.
- Psychotherapy is provided for additional emotional support, greater self-awareness, and emotional understanding of both past and present life experiences. The goal is to shift in your ability to tolerate and grapple with painful emotions and life circumstances and create a sense of empowerment and self-acceptance.
 - Individualized Psychotherapy approach is based on principles of cognitive behavioral therapy, mindfulness, and brain-body connection. Psychotherapy is collaborative, active, and goal-oriented. Specific goals may include:
 - Exploring the link between mind and body and how this relates to symptoms
 - Acceptance of difficult circumstances and working to develop different methods of responding to symptoms
 - Shifting focus from symptoms to meaningful parts of your life
 - Noticing and changing catastrophic or unhelpful thinking contributing to feelings of fear, uncertainty, or unhappiness
 - Improving your sense of control
 - Overcoming reduced activity and avoidance
 - Increasing pleasurable activities, self-soothing, and self-compassion
 - Self-acceptance and bolstering the connection to your values and beliefs

Additional resources include:

1. **Yoga therapy to improve nervous system regulation, breathing and autonomic toning**
2. **Personal training and exercise as appropriate:** graded exercise and fitness routine guided by the team

Cost Estimate: The cost depends on your specific program needs and frequency. We highly value your individual needs and will meet with you to develop an individualized program. Our therapy visits are billable to your insurance.

Apply online at www.reactivept.com/stroke