

A Cerebrovascular Accident (Stroke, or CVA) is a medical emergency that occurs when blood flow to the brain is suddenly interrupted. This can lead to brain cell death and potential neurological damage. Common symptoms include shortness of breath, fatigue, swollen legs, and rapid heartbeat. CVA can result from conditions that weaken the heart muscle, including coronary artery disease, high blood pressure, and previous heart attacks.

FOCUS OF CARE

Managing symptoms such as edema and shortness of breath, monitoring and adjusting medications, providing dietary advice for fluid and sodium restriction, and educating about self-monitoring techniques.

PT / PTA

Focus: Restore mobility and improve strength
Exercises: Gait training, balance exercises, strength training

OT / COTA

Focus: Regain independence in daily activities
Adaptations: Task-specific training, adaptive equipment

SLP

Focus: Speech, language, and swallowing rehab
Interventions: Aphasia therapy, dysphagia mgmt, cognitive-comm therapy

TREATMENT GOALS

- Improve or maintain mobility and functional independence
- Enhance balance and coordination to reduce fall risk
- Increase strength and endurance in affected limbs
- Promote neuroplasticity through targeted exercises
- Provide education on safe movement techniques and home modifications
- Support patient and caregiver in managing daily activities

TESTS AND MEASURES TO UTILIZE

1. New York Heart Association (NYHA) Functional Classification
2. Daily weight measurements to monitor fluid balance
3. Six-Minute Walk Test (6MWT) for assessing endurance
4. Timed Up and Go (TUG)

KEY EXERCISES

1. Aerobic exercises like walking or stationary cycling at a controlled pace
2. Gentle resistance training to maintain muscle strength
3. Breathing exercises to improve lung function
4. Flexibility exercises to enhance overall mobility

RECOMMENDED EXERCISES FOR HEP

1. Strengthening / UB / RBE
2. Strengthening / LB / LL
3. Strengthening / Core / AB
4. Flexibility & ROM / UB / ShldPROM
5. Flexibility & ROM / LB / HamStretch
6. Balance & Stability / StatSit / 1LS
7. Gait & Mobility / PreG / FxnMob
8. Gait & Mobility / PreG / Trans