



Where can I see a Chartered Physiotherapist?

Physiotherapists work in the community, in hospitals and in private practice.

Many Physiotherapists in Ireland are also involved in research to find out the best approach to maximising physical recovery after stroke.

In the hospital, the Physiotherapist works as part of the healthcare team.

On leaving hospital, treatment may be continued as an outpatient or in your own home.

When you no longer need to see a Physiotherapist, it is important to continue with your exercise programme.

After six months, if you feel you need a physiotherapy review, you should contact your Physiotherapist or G.P. Further information on stroke can be found on www.stroke.ie



Getting Help

When you choose a Chartered Physiotherapist you can have the peace of mind in knowing that you are being treated by a healthcare professional who has a university degree qualification and is committed to the highest standards of clinical excellence.

General Information

Chartered Physiotherapists in Neurology and Gerontology (CPNG) are a Clinical Interest Group of the ISCP and are Physiotherapists that specialise in assessment and treatment of patients with individual neurological conditions and older adults.

Chartered Physiotherapy fees can be claimed back through VHI, QUINN-healthcare and Aviva Health. Tax relief may be claimed by filling in the Med1 form available from the Revenue Commissioners at www.revenue.ie.

Irish Society of Chartered Physiotherapists

123 St. Stephen's Green, Dublin 2, Ireland
Tel: (01) 402 2148 Fax: (01) 402 2160
www.iscp.ie / www.physicaltherapy.ie

Remember, with Chartered Physiotherapists you're in safe hands!

*More information can be found at www.iscp.ie
the Golden Pages or by contacting the
ISCP at (01) 4022148.*

Is your Physiotherapist Chartered?



Physiotherapy following a Stroke





What is a Stroke?

A stroke occurs when the blood supply to part of the brain is interrupted or blocked causing damage to this area of the brain. The effects of a stroke on an individual may vary widely.

In Ireland 1 in 5 people will have a stroke at some time in their life. Around 10,000 people will have a stroke in Ireland this year.

Common physical problems include:

- Weakness of one side of the body (hemiparesis)
- Weakness / drooping of the face
- Changes in sensation
e.g. numbness, pins and needles
- Balance problems
- Fatigue
- Loss of field of vision to one side
- Co-ordination difficulties
- Difficulties knowing right from left, or judging depth and distance

How can Physiotherapy help

A Chartered Physiotherapist will help you with your physical recovery. The goal is to help you become as independent as possible in everyday tasks such as standing, walking and using your weak hand.

Early individual assessment by a Physiotherapist who specialises in stroke is important.

Physiotherapy Treatment

Your Physiotherapist will assess your individual needs and provide a treatment program to suit you.

There are a number of different ways in which a Physiotherapist can help you to recover after your stroke:

- Strengthening weak muscles
- Improving your walking
- Getting the best function from your weak arm and hand
- Getting fit
- Managing cramps / muscle pains
- Coping with fatigue
- Providing you with aids/splints to help your walking
- Providing you with your own exercise programme
- Working to increase your balance

Involving your family:

A Chartered Physiotherapist can advise your family or carer on how to help you move around, get in/out of bed, or get into comfortable positions in bed. It is important for your carer to get advice and training in this to protect both of you from injury.

A member of your family may need training to help you perform your exercise program. They can also help by encouraging and motivating you to do your daily exercises.

Top tips following a Stroke:

Exercise is very important; your Physiotherapist will advise you on which exercises are best for you.

Walking is a great form of exercise. You may need assistance with walking.

Remember to keep good posture when you are sitting.

Use your weak arm and leg as much as possible even if it takes more time.

Shoes should be comfortable, secure and firm. Slippers should not be worn.

Benefits of Exercise

- Strengthens muscles
- Keeps joints moving
- Lowers blood pressure
- Helps weight loss
- Builds strong bones
- Boosts the immune system
- Improves energy
- Improves mood
- Lowers stress

Your exercises should be part of your daily routine to maximise your recovery after your stroke.