



Stroke: 6 Treatment Options

- 1. DANCE:** Movement to music, even if from a seated position is powerful. Just keeping arms and shoulders moving non-stop for a couple of minutes can improve cardiovascular and mental health. Song suggestions: chose the patients favorite or try "I'm gonna wash that man right out of my hair" a Rogers and Hammerstein favorite.
Skills Used: Motor Control, Endurance training, Balance & Core strengthening.
- 2. ART:** Painting, sculpting, and cutting colored paper to make a mosaic, are all great ways of getting the job done. Don't forget scrap booking can be done seated or standing based off your goals. Patients love to organize pictures of themselves. It also can be a great gift for a family member.
Skills Used: Motor Control, Endurance, Fine Motor Skills, Bilateral asymmetrical and symmetrical movements, and mental health.
- 3. GAMES:** Reliving childhood games such as War or Connect Four are a great way keep clients engaged and positive. Recovering from a stroke is tough, so games can make the task of recovery less harsh.
Skills Used: Motor Control, Endurance, Fine Motor Skills, Concentration and Thought Processing, Visual-Motor, Visual-Perceptual and Social confidence.
- 4. COOKING:** Rolling dough or opening a can are all great for the hands. Look for some easy to make recipes for adults on BrilliantTherapy.com.
Skills Used: Fine and Gross Motor control, Endurance, Coordination and Hand Strength, Sensory and Mental Health.
- 5. SPORTS:** Whether it is new for them or one they did prior to the stroke this can be a great way to scale the wall to recovery. Foos Ball or Balloon Baseball are all good. Dodge balloon the nurses as they walk by if you want to see flat affects turn in to smiles.
Skills Used: Social, Motor Control, Endurance (seated or stand level), Visual-Motor, Visual-Perceptual, Mental Health, and Strength.
- 6. VOLUNTEER:** A great way to forget your troubles, is to help others. Whether it is at a hospital gift shop or giving hugs at the nursing station. Everybody needs everybody so giving patients a chance to get better by giving can be a great game changer. Greeting people at a nurse's desk or at church are a great way to forget the struggle.
Skills Used: Physical, Emotional, Mental, & Spiritual