



BRYN MAWR TERRACE

MAIN LINE SENIOR CARE ALLIANCE

A Healthy Tradition of Care and Wellness

Tips for Rehabilitating Your Motor Skills After a Stroke

Of the 700,000 Americans who suffer a stroke each year, many will experience paralysis and weakness that affect the motor skills that control our basic activities such as walking, grasping, reaching and other movements according to the **National Institutes of Health (NIH)**.

The good news for the thousands of people who suffer physically debilitating strokes is that improvement of vital motor functions is achievable with specialized rehabilitation and recovery today.

Rehabilitation and Recovery of Lost Motor Skills After a Stroke

According to the [Mayo Clinic](#), paralysis is one of the most common physical disabilities resulting from stroke. The paralysis is usually on the side of the body opposite the side of the brain damaged by stroke, and may affect the face, an arm, a leg, or the entire side of the body.

Thanks to modern stroke rehabilitation techniques, stroke survivors can relearn skills that have been lost when part of the brain is damaged. These relearned skills can include coordinating leg movements in order to walk or carrying out the steps involved in any complex activity.

Rehabilitation also teaches survivors new ways of performing tasks to circumvent or compensate for any residual physical disabilities.

Stroke rehabilitation activities for lost motor skills typically include the following:

- **Strengthening motor skills** involves using exercises to help improve your muscle strength and coordination, including therapy to help with swallowing.
- **Mobility training** may include learning to use walking aids, such as a walker or canes, or a plastic brace (orthosis) to stabilize and assist ankle strength to help support your body's weight while you relearn how to walk.
- **Range-of-motion therapy** uses exercises and other treatments to help lessen muscle tension (spasticity) and regain range of motion.
- **Technology-assisted physical activities** such as functional electrical stimulation (FES) can activate nerves and make the muscles move. This in turn can enable the brain to recapture and relearn this movement without the stimulation.

RenewAll Stroke Rehabilitation: Your Path to Stroke Recovery Starts Here

At **Bryn Mawr Terrace**, the **RenewAll Short-Term & Medically Complex Care** program has been developed specifically to support successful rehabilitation and safe returns home for patients who have experienced a life-altering condition.



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Our physical therapists, occupational therapists, therapeutic recreation specialists, and speech therapists specialize in treating disabilities related to motor and sensory impairments, thereby ensuring patient safety and top-quality care in the post-stroke period. To learn more about our personalized short-term rehab and care plans, give us a call or find details about our services on our website.

A Healthy Tradition of Care and Wellness

Located near Bryn Mawr Hospital, Bryn Mawr Terrace – part of [Main Line Senior Care Alliance](#) – has provided exceptional care and services to seniors and their families since 1966. It's a tradition we're proud to continue.

Today, Bryn Mawr Terrace serves as a Continuing Care Retirement Community (CCRC), offering a range of services – including [short-term rehabilitation](#), [traditional nursing care](#), [independent living](#), [personal care](#), [memory care](#), [restorative care](#) and [respite care](#) – all in a setting that is warm, welcoming and nurturing.

For more information on Bryn Mawr Terrace and our variety of needs-based lifestyle services, please call us at 610.525.8300 or [contact us](#) online.

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