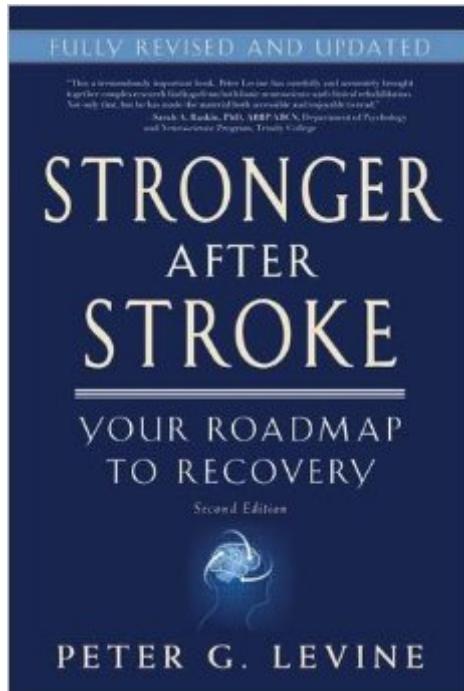


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# Stronger After Stroke: Your Roadmap To Recovery, 2nd Edition



## Synopsis

Stronger After Stroke puts the power of recovery in the reader's hands by providing simple-to-follow instructions for reaching the highest possible level of recovery. Basic concepts covered include repetition of task-specific practice, proper scheduling of practice, setting goals and measuring recovery. Sections new to the second edition cover the latest research from neuroscience, treatments for recovering sensation as well as recovery strategies for the young stroke survivor. Also included is a breakdown of the phases of recovery and how these phases can provide structure to efforts towards recovery. Stronger After Stroke promotes: Repetition of task-specific movements Proper scheduling of practice Challenges at each stage of recovery Setting goals and recognizing when they have been achieved The second edition is completely revised throughout incorporating feedback from readers and the latest research data. Peter has written a new chapter on "recovery core concepts" that defines the stages of recovery and explains how these stages can structure efforts toward recovery. There is also a new Question and Answer section culled from the talks Peter regularly gives on the subject.

## Book Information

Paperback: 288 pages

Publisher: Demos Health; 2nd edition (December 12, 2012)

Language: English

ISBN-10: 1936303477

ISBN-13: 978-1936303472

Product Dimensions: 0.5 x 6 x 9 inches

Shipping Weight: 14.1 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ  See all reviewsÂ  (62 customer reviews)

Best Sellers Rank: #35,728 in Books (See Top 100 in Books) #7 inÂ  Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Strokes #33 inÂ  Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Neurology #39 inÂ  Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Sleep Disorders

## Customer Reviews

I can't say enough about how Stronger After Stroke has influenced my life after my stroke four years ago. This isn't just a book about stroke recovery. It is stroke recovery in microcosm, an essential part no less important than any activity you'll ever do or piece of equipment you'll ever have. Every stroke and every stroke victim is different, but each stroke victim can come away from this book

understanding what stroke recovery is, able to tailor their own unique start point for recovery or able to carry recovery on through to completion once begun. Only some of the highlights I've gleaned are: Recovery is hard work. That's the overriding theme of this book and the author hammers away at it relentlessly, using such phrases as "Challenge Equals Recovery" and "Push the Issue" He understands far more than anybody else what stroke recovery really means and what it requires. I was in the Army infantry and involved in sports all my life, but recovery is the very toughest thing I've ever done. Beginning stroke recoverers need to be prepared for what's coming and informed that anything less than full commitment is really just a waste of time. Stronger After Stroke does that, and that alone is a crucial service. Background concepts and latest research findings.

Neuroplasticity is the foundation behind stroke recovery and its effect on the medical and scientific worlds is nothing less than revolutionary. The author explains neuroplasticity clearly and completely, interspersing examples of it throughout the text along with many other vital concepts such as synergistic movement, spasticity, learned nonuse and the 4 phases of recovery. The reading may flow easily but you'll come away with a comprehensive understanding of stroke recovery thinking and terminology.

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