
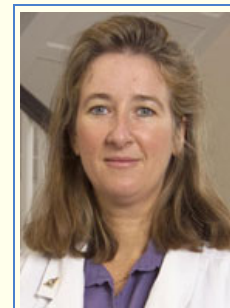


THE BASICS 540.985.0500

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» Stroke Prevention - Every Second Matters

Unknown to most individuals, holidays can cause a spike in the incidence of a stroke, which is a prolonged deficiency in blood supply to the brain. **Stroke is the third leading cause of death** in America, killing about 137,000 people each year, and a leading cause of long-term disability for adults.

According to the National Stroke Association, it is estimated that approximately 795,000 strokes will occur this year.

- This number is estimated to rise to more than 1 million by 2015.
- About 55,000 more women than men have a stroke each year.
- African Americans are almost twice as likely to suffer from a stroke.
- It is estimated that approximately two-thirds of them are new, but the rest are recurrent strokes. Having a stroke creates a greater risk for another stroke.
- Within 5 years of having a stroke, the risk of having another stroke increases by about 40%.

The good news is that **80% of strokes are preventable**. Every minute during a stroke is critical. Two million brain cells die each minute, so the risk of permanent damage, disability or death increase by the minute.

» Quick Onset - The Need For Immediate Response

Few people know the symptoms of a stroke. Knowing them and recognizing them could save your life or that of a loved one.

Here are the common symptoms:

- Sudden numbness or weakness of face, arm, or leg-usually one side of the body.
- Severe headache with no apparent cause.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.



If you or your loved one experience any of these symptoms, you may be having a stroke.

The National Stroke Association has come up with the acronym FAST, which stands for:

- Face - Ask the person to smile, and see if their smile looks even
- Arms - Ask the person to raise both arms up and see if they go up evenly
- Speech - Ask the person to repeat a sentence and see if the words are slurred.
- Time: If the person has any of these signs, get him/her to the hospital immediately!

» Slash Your Risk Of Stroke in 2011

Here are some things you can do today:

- Stop smoking and control your alcohol consumption.
- Manage high blood pressure.
- Manage high cholesterol - cholesterol is the building block for plaque in arteries, which can block blood flow to the brain. This can increase risk of stroke or heart attack.
- Manage your diabetes- diabetes makes you four times more likely to have a stroke.
- Eat a healthy diet, including a low-sodium diet
- Increase physical activity - as little as 30 minutes a day of exercise (walking, swimming, etc) can improve your health, and may reduce your risk for stroke.

So, what's the role of exercise and physical therapy after a stroke?

Physical therapy involves using and strengthening the muscles, and some range-of-motion and stretching exercises to keep the joint mobility. Focus is on regaining the use of the limbs that have been weakened or paralyzed by the stroke.

Sitting around after a stroke is not helpful. **Exercise is always better.** WHY?



Patient Testimonial

My therapy after my knee replacement was not the grueling experience I expected. The therapists listened when you had concerns or hurt. They worked to strengthening my right knee as well as my core muscles. T. Bowdel.

Do you need **Physical Therapy**?

If you have any of the following **conditions** we can **help!**

Tendonitis/ Bursitis
Sprain/ Strain
Jaw, Neck, or Back Pain
Tension Headache
Pelvic Pain/ Incontinence
Lymphedema
Trigger Points

Pre/ Post Surgical Protocols

Most Insurances Accepted!

ANNOUNCEMENTS

Please help us welcome our new Physical Therapy assistant, Jennifer Cooper.

Wishing everyone a Happy and Safe Thanksgiving!

We are now offering Pre/ Post Natal, Osteoporosis, Pilates and Yoga Classes. Please call 540.985.0500 to register.

- It controls cholesterol levels - exercise increases "good cholesterol" levels.
- It fights high blood pressure by keeping your blood vessels healthy.
- It controls weight - after the first stroke, many need to lose weight to reduce the risk of another stroke. Exercise helps with weight management.
- It fights depression - being physically active helps fight stress and depression, which in turn reduces the risk of heart disease and stroke risk.



To find out more about what exercise plan is right for you or your loved ones, **call our office today!** It's the most important decision you will make for the health of your family for 2011.

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(MUST BE A PREVIOUS PATIENT)



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