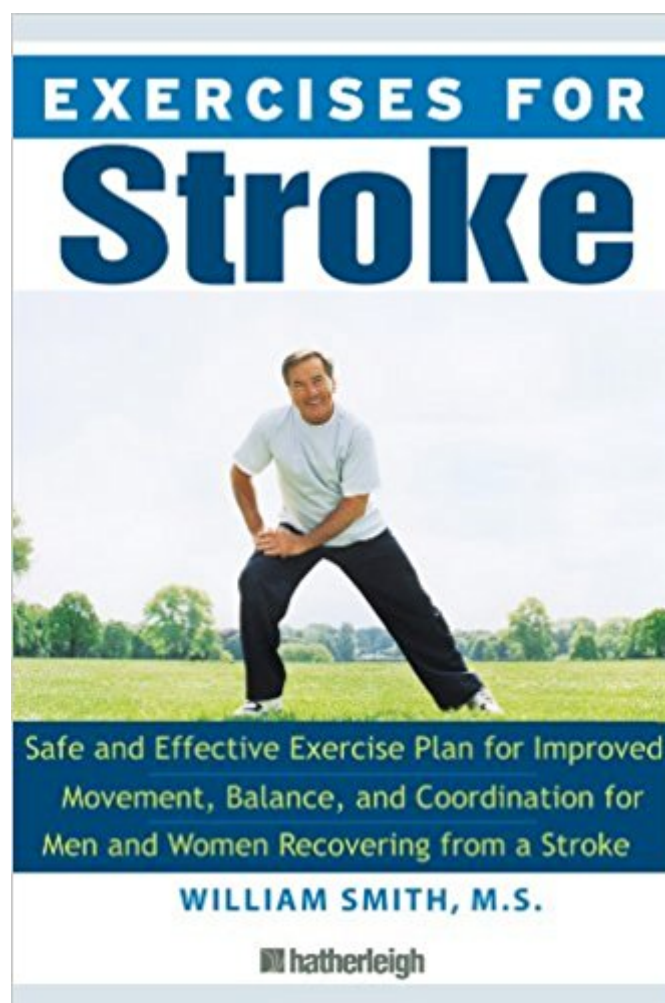




The book was found

Exercises For Stroke: The Complete Program For Rehabilitation Through Movement, Balance, And Coordination



Synopsis

According to the American Heart Association, stroke is the third leading cause of death in the nation. An integral aspect of stroke rehabilitation, physical activity can greatly enhance movement, balance and coordination while also helping to prevent a future stroke. Exercises for Stroke provides physical, cognitive, and preventative education to reduce the risk of stroke and improve function in the daily living of stroke patients. Readers that have been cleared for home or gym-based exercises by their physician or therapist will be given clear and concise exercises that are specifically targeted to stroke rehabilitation and prevention. Exercises for Stroke includes: * Introductory material on the benefits of exercise to the stroke patient's recovery and overall health* Tips and guidance for caregivers and family members* Daily exercise recommendations* Training log to track your progress Created by top exercise specialist William Smith, Exercises for Stroke provides authoritative information on strokes alongside safe and effective exercise instructions for lay persons and professionals alike.

Book Information

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Customer Reviews

William Smith, MS, CSCS, MEPTD, has been working in healthcare and wellness, including medically-based exercise therapy for elderly, pre- and post-rehabilitative, and special needs clients for many years. Will is a recognized national expert in health and wellness and has lectured at recognized centers of wellness including Canyon Ranch. Will currently teaches at UMDNJ Physical

Therapy at Rutgers University and works for a top-rated healthcare system in New Jersey.

Mr Smith has done a thorough research on the different types of stroke; however, he failed to use a Stroke-Survivor to demonstrate the type(s) of exercise that he can do. The first example is, if he falls down on the floor, how to get up? The most difficult problem is: he has one side of his body has full strength and the other is not. He has to roll over to his strong side and utilize his strong arm and leg to get up (perhaps to the near couch or sofa for support). I have to learn this technique with two P.E. to guide me in the Stroke REHAB hospital. Besides, a Stroke Survivor needs his full strength just to get up from a chair, needlessly to get up from the floor. Another a great example to get up from the W.C. and bath tub, if he has to get a shower. Yet another grand example is to get in or out from an automobile. Mr. Smith has ignored that. Despite all the important fact, he has also ignore to advise the Stroke-Survivor to develop his lost muscles to perform these tasks. I am saying all these topics, granting Survivor has gone through his pain stage! His models demonstrate all the exercises, are all full functional bodies and without hindrances. I have gone through these stages to rehab my arm on a robotic arm hooked driver by a computer with a special program watching a special trained P.E.; and to rehab my leg on a Swiss made Locomate with two P.E. Now I am practicing Chi-Gung. everyday. Gregory Lam Stroke-Survivor

My mom had a stroke like 10 years ago. She does her exercises, but they aren't her favorite thing to do. Keeping rehabilitation materials on hand has helped to carry on her recovery. Although she will not get a 100% recovery, keeping her on the right track helps and so do these books.

GOOD BUY

This book is a very brief, shallow, superficial, general diet and fitness book. There is really not much specific in it to a stroke patient. My husband has left-sided hemiplegia and hemi-paresis. He has regained some function, but could not do any of these exercises. None of the exercises are adaptive or address the mobility and function issues.

This book has good descriptions and each exercise is well illustrated with photographs. A must have book to help you get back as much mobility as possible.

not what I thought it would be

My wife had a stroke which disabled her left side, including her left arm and leg. Our goal is to recover, or at least improve, the use of the leg and arm. The exercises in this book are for stroke victims with two usable arms and two usable legs. A 'complete program' should address this situation.

This book is not worth the money. Most of the exercises begin with the line, raise both arms over your head. I'm a stroke patient. I have not met a stroke patient, yet, who could raise his affected arm over his head. Please!

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Infrared and Raman Spectra of Inorganic and Coordination Compounds, Part B: Applications in Coordination, Organometallic, and Bioinorganic Chemistry, 5th Edition
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Stroke-Free for Life: The Complete Guide to Stroke Prevention and Treatment
The Art of Brush Lettering: A Stroke-by-Stroke Guide to the Practice and Techniques of Creative Lettering and Calligraphy
Advanced Cardiac Life Support 1997-99, New Chapters on Stroke and Acute Myocardial Infarction. American Heart Association, Fighting Heart Disease and Stroke. Emergency Cardiovascular Care Programs. Stroke E-Book: Pathophysiology, Diagnosis, and Management (Stroke Pathophysiology Diagnosis and Management)
Life After Stroke: The Guide to Recovering Your Health and Preventing Another Stroke (A Johns Hopkins Press Health Book)
A Stroke of Faith: A Stroke Survivor's Story of a Second Chance at Living a Life of Significance
Exercises for Multiple Sclerosis: A Safe and Effective Program to Fight Fatigue, Build Strength, and Improve Balance
Stroke and Brain Injury Unraveled: Prevention, Causes, Symptoms, Diagnosis, Treatment, Recovery and Rehabilitation of One of the Most Debilitating Maladies You Hope You Never Have in Your Lifetime
Stroke Rehabilitation: Guidelines for Exercise and Training to Optimize Motor Skill, 1e
Balance Your Hormones, Balance Your Life: Achieving Optimal Health and Wellness through Ayurveda, Chinese

Medicine, and Western Science Stroke Rehabilitation: A Function-Based Approach, 4e Stroke Rehabilitation: A Function-Based Approach, 3e Stroke Rehabilitation: A Function-Based Approach, 2e Rehabilitation Techniques for Sports Medicine and Athletic Training (Rehabilitation Techniques in Sports Medicine (Prentice Hall))

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