

## What happens after the stroke unit ?

### Important notes for family and friends:

- Do not give anything to eat or drink to the patient without consulting the nursing staff.
- Do not pull the paralysed arm

### For family of patients with aphasia

- Speak in easy, short but correct sentences.
- Do not correct the patient's expression

**The therapists are always at your disposal for any queries or requests.**

### Be aware of:

Do you note changes in walking, moving, speaking or any other activity of daily life after returning home? Please, do not hesitate to contact your family doctor in order to receive further therapy prescription.

### Inpatient rehabilitation

The inpatient rehabilitation takes place in a rehabilitation center. You have different therapies several times a week. The goal of rehabilitation is to regain the highest level of independence in daily life.

### Outpatient therapy

You visit the outpatient therapy from home. Frequency and goals are adapted depending on your needs.

### Outpatient prevention programme

„Neurofit“ is an outpatient prevention programme aiming at optimising stroke prevention. You will be given information about stroke treatment, risk factors, and strategies to reduce them. The programme includes information about optimal nutrition, help to quit smoking and a programme to improve your physical performance.

## Contact

If you have any queries please do not hesitate to contact the office of Universitäre Akut-Neurorehabilitation Inselspital:

Tel: +41 (0)31 632 47 29

Prof. Dr. med. M. Arnold, PD Dr. med. S. Jung, J. Renggli (speech and language therapy), I. Lehmann (physiotherapy), M. Eichenberger (occupational therapy), I. Kaeser (care)

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## Therapy services Stroke Unit Bern

### Physiotherapy



### Occupational Therapy



### Speech and Language Therapy



## Physiotherapy

**Physiotherapy** rehabilitates, improves or maintains locomotion abilities and functioning of the human body. The goals of physiotherapy are the improvement of independence in daily life and the quality of life by improving physical impairments.

## Occupational Therapy

The target of **Occupational Therapy** is to achieve, improve or preserve as much independence as possible in activities of daily living such as grooming, eating, locomotion, household, school, work and recreation.

## Speech and Language Therapy

In **Speech and Language Therapy** dysfunction of language (aphasia): speaking / word finding, comprehension, reading, writing are treated. Speech and Language Therapists deal with dysfunction of speech (dysarthria), voice and facial musculature.

**Your needs and goals will be considered in the therapy plan.  
Do you have problems with one or several of the following functions?  
Your therapist offers you assessment, therapy and counselling such as:**

**movement / locomotion  
physical performance  
pain**

**gait safety  
balance  
strength, endurance, coordination**

**swallowing function and diet modification  
respiration**

**counselling concerning risk of falls and  
swallowing difficulties for patients, family  
and significant others**

**instruction of an independent exercise pro-  
gramme**

**activities of daily life**

**cognitive and visual abilities in daily life**

**movement and strength in upper limbs and  
trunk**

**sensory disturbance and perception**

**selection of assistive devices**

**counselling concerning the handling of the  
disabled arm for patients, family and  
significant others**

**instruction of an independent exercise pro-  
gramme**

**language functions: speaking / word finding,  
comprehension, reading, writing**

**speech functions: breathing, voice,  
pronunciation, speech prosody and rhythm**

**functions of facial and speaking musculature:  
velum, tongue, lips, jaw, cheeks**

**counselling concerning communication for  
patients, family and significant others**

**instruction of an independent exercise pro-  
gramme**

**Your therapists will discuss with you the further inpatient or outpatient rehabilitation options.**