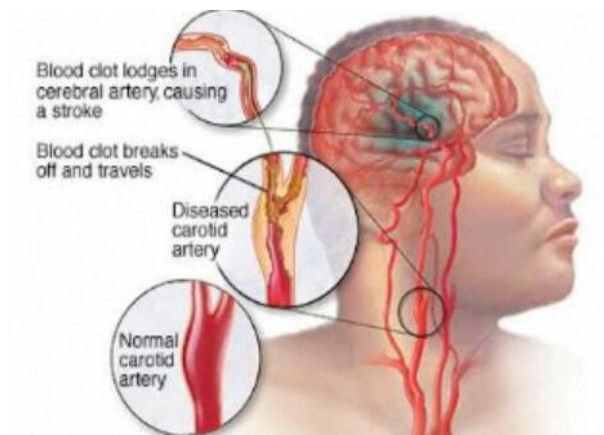


PARALYSIS

Paralysis is a general term used for communication. In medical terms it is known as Stroke or Hemiplegia.

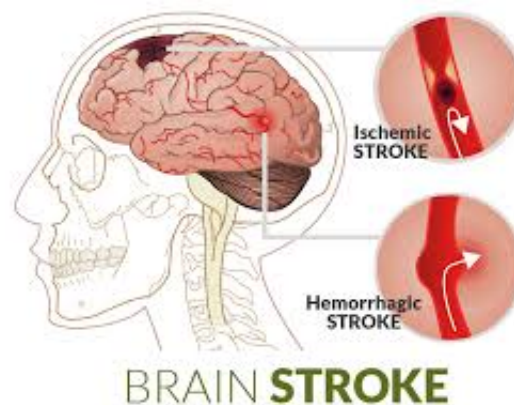
STROKE – It is a condition in which blood supply to the brain is interrupted / reduced. This deprives the brain of oxygen & nutrients which can cause brain cells to die which ultimately results in inability to use affected part of body.



The brain controls contra-lateral side of the body. It means if right side of the brain is damaged or insulted, then left half of the body is affected.

TYPES -

- **Ischemic stroke** – occurs due to blocked artery.
- **Hemorrhagic stroke** - occurs due to leaking / bursting artery.



BRAIN STROKE

CAUSES –

- Trauma / injury to the head
- Bleeding
- Embolism - blood clot moves to other vessels.
- Brain infections
- Cancers
- Uncontrolled diabetes, hypertension (increased BP), person who smokes, alcoholism, have higher chances of developing stroke.

SIGNS & SYMPTOMS -

- Muscle weakness of one half of the body
- Favouring one side of the body
- Difficulty in walking & balancing
- Inability / Difficulty while talking

You can also recognize a stroke patient by asking these 3 simple questions...

S- Ask person to **SMILE**

T- Ask person to **talk** (simple sentence)

R- Ask person to **RAISE** both hands

Stroke being an emergency condition, a person when recognized suffering with these signs need to be immediately shifted within “Golden Hour”, i.e. within 2 hours to an emergency care set-up in a hospital. Primary care of patient is taken in the hospital till the patient becomes stable. This will definitely help stop more damage to the brain and ultimately preserve the functions of the affected part of the body.

ROLE OF A PHYSIOTHERAPIST

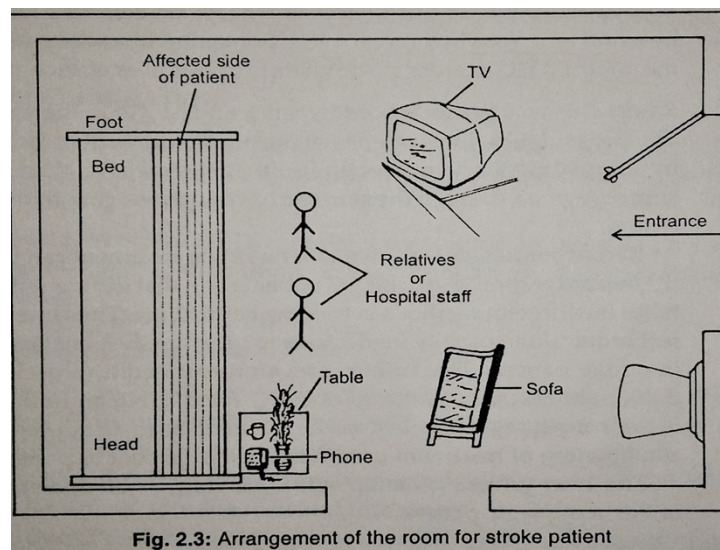
Once the patient becomes stable, i.e. the blood pressure becomes stable and the other vitals, Physiotherapy treatment is begun. The role of a Physiotherapist at initial stages are :-

- Prevent ignorance or unawareness of the hemiplegic side.
- Decrease the tendency to develop deformities at later stages.
- Prevention of any joint stiffness or restriction.
- Prevention of complications due to immobilization like chest complications, deconditioning of the bone and muscles, etc.
- Early weight bearing.
- Psychological counselling.
- Education to the family.

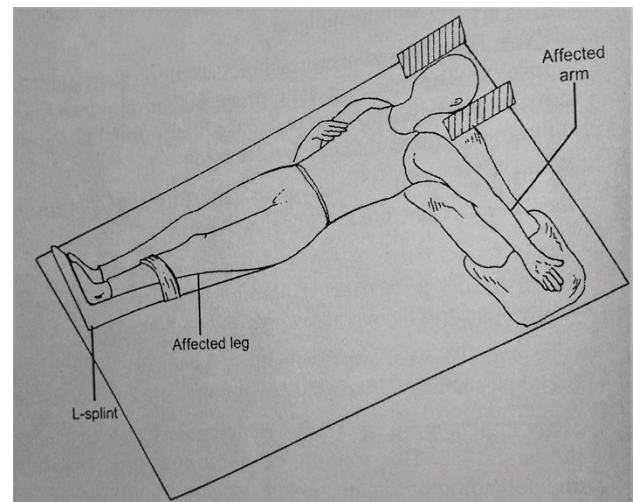
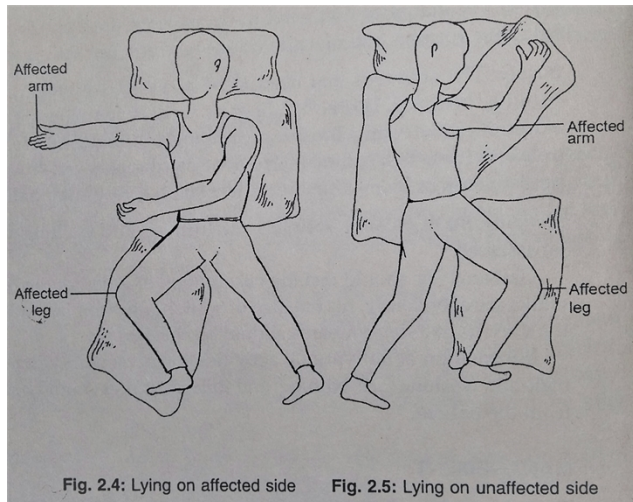
As the patient gets discharged from the hospital there are various things to be considered based on patient's condition. One of the point to be considered is arrangement of the patient's room.

Arrangement of the patient room -

As the patient tends to neglect the hemiplegic side he / she is made to lie in such a way that entrance of room, relatives, TV, phone etc. are present on hemiplegic side so that the patient has to turn or use the affected side.



Positioning on bed while lying / sleeping -



- ❖ *With the help of braces, patient is made to exercise to achieve movement control & improve functions.*
- ❖ *Gait (walking) & balance training is focused.*
- ❖ *Electrical stimulations are given to the muscles for re-education of movements and bring their early recovery.*
- ❖ *The ultimate Goal of a Physiotherapist is to make the patient maximally Independent & functional.*

The Main aim of the Physiotherapist is to achieve the maximum possible functional independence for a patient and providing him / her with measures that will help him / her in achieving maximum security to prevent any further damage to him / her.