



IRISH SOCIETY  
OF CHARTERED  
PHYSIOTHERAPISTS  
The Voice of Physiotherapy in Ireland

## General Information

Chartered Physiotherapists in Neurology and Gerontology (CPNG) are a Clinical Interest Group of the ISCP and are Physiotherapists that specialise in assessment and treatment of patients with individual neurological conditions and older adults.

Chartered Physiotherapy fees can be claimed back through Vhi, Laya Healthcare and Aviva. Tax relief may be claimed by filling in the Med1 form available from the Revenue Commissioners at [www.revenue.ie](http://www.revenue.ie)

Is your  
Physiotherapist  
Chartered?

### Top tips following a stroke:

Exercise is very important; your Physiotherapist will advise you on which exercises are best for you. Walking is a great form of exercise. You may need assistance with walking.

Remember to keep good posture when you are sitting. Use your weak arm and leg as much as possible even if it takes more time. Shoes should be comfortable, secure and firm.

### Benefits of exercise

- Strengthens muscles
- Keeps joints moving

### Getting help

When you choose a Chartered Physiotherapist you can have the peace of mind in knowing that you are being treated by a healthcare professional who has a university degree qualification and is committed to the highest standards of clinical excellence.

*Remember, with Chartered  
Physiotherapists  
you're in safe hands!*



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### Irish Society of Chartered Physiotherapists

St. Stephen's Green, Dublin 2, Ireland  
Tel: (01) 402 2148 Fax: (01) 402 2160  
[www.iscp.ie](http://www.iscp.ie) [www.physicaltherapy.ie](http://www.physicaltherapy.ie)

More information can be found at [www.iscp.ie](http://www.iscp.ie)  
or by contacting the ISCP at (01) 402 2148.

## Physiotherapy following a Stroke



The Irish Society of Chartered Physiotherapists  
is providing the following information to advise you  
on Physiotherapy following a stroke.



## What is a stroke?

A stroke occurs when the blood supply to part of the brain is interrupted or blocked causing damage to this area of the brain. The effects of a stroke on an individual may vary widely. In Ireland 1 in 5 people will have a stroke at some time in their life, approximately 10,000 people will have a stroke in Ireland this year.

## Rehabilitation

Rehabilitation involves the process where a person regains lost skills so that they can be as independent as possible.

Recovery varies from person to person – some people may make a complete recovery, while others may be left with some disabilities or difficulties in some areas. The recovery time is different for each person but generally takes longer with more severe strokes. Recovery is a gradual process and rehabilitation can help this recovery.

## Common physical problems include:

- Weakness of one side of the body (hemiparesis)
- Weakness / drooping of the face
- Changes in sensation e.g. numbness, pins and needles
- Balance problems
- Fatigue
- Loss of field of vision to one side
- Co-ordination difficulties
- Difficulties knowing right from left, or judging depth and distance

## How can physiotherapy help?

A Chartered Physiotherapist will help you with your physical recovery. The goal is to help you become as independent as possible in everyday tasks such as standing, walking and using your weak hand. Early individual assessment by a Physiotherapist who specialises in stroke is important.

- Improves flexibility
- Lowers blood pressure
- Reduces risk of falls
- Helps weight loss
- Builds strong bones
- Boosts the immune system
- Improves energy and mood
- Improves posture and balance
- Lowers stress

Your exercises should be part of your daily routine to maximise your recovery after your stroke.

## Where can I see a Chartered Physiotherapist?

Physiotherapists work in the community, in hospitals and in private practice. On leaving the hospital treatment may be continued as an outpatient or in your own home by either HSE Chartered Physiotherapists or Private Chartered Physiotherapists who specialises in Stroke. A Private Chartered Physiotherapist will liaise with your health care team to ensure continuity of care. It is important that you continue with your exercise programme when you are no longer attending a Chartered Physiotherapist.

It is recommended that you are reviewed every six months after your stroke by your Chartered Physiotherapist. Further information on stroke can be found on [www.stroke.ie](http://www.stroke.ie)

## Physiotherapy treatment

Your Physiotherapist will assess your individual needs and provide a treatment program to suit you. There are a number of different ways in which a Physiotherapist can help you to recover after your stroke:

- Strengthening weak muscles
- Improving your walking
- Getting the best function from your weak arm and hand
- Improving your cardiovascular fitness
- Managing cramps/muscle pains
- Coping with fatigue
- Providing you with aids/splints to help your walking
- Providing you with your own exercise programme
- Working to increase your balance

## Involving your family

A Chartered Physiotherapist can advise your family or carer on how to help you move around, get in/out of bed, or get into comfortable positions in bed. It is important for your carer to get advice and training in this to protect both of you from injury. A member of your family may need training to help you perform your exercise program. They can also help by encouraging and motivating you to do your daily exercises.