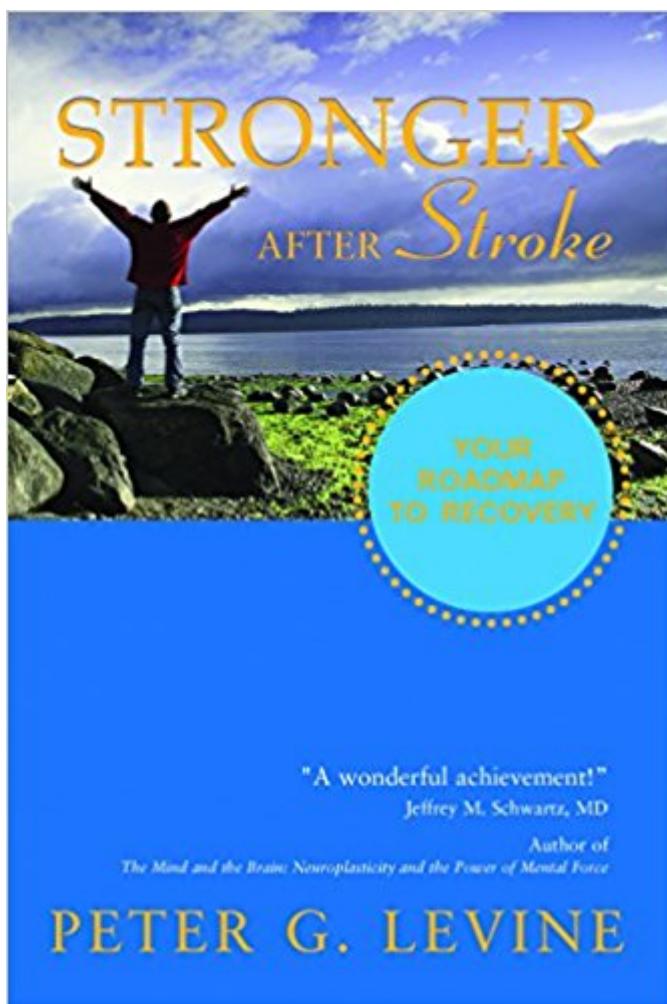


The book was found

Stronger After Stroke: Your Roadmap To Recovery



Synopsis

"Billions of dollars are spent on stroke-related rehabilitation research and treatment techniques but most are not well communicated to the patient or caregiver. As a result, many stroke survivors are treated with outdated or ineffective therapies. Stronger After Stroke puts the power of recovery in the reader's hands by providing simple to follow instructions for reaching the highest possible level of healing. Written for stroke survivors, their caregivers, and loved ones, Stronger After Stroke presents a new and more effective treatment philosophy that is startling in its simplicity: stroke survivors recover by using the same learning techniques that anyone uses to master anything. Basic concepts are covered, including: Repetition of task-specific movements Proper scheduling of practice Challenges at each stage of recovery Setting goals and recognizing when they have been achieved The book covers the basic techniques that can catapult stroke survivors toward maximum recovery. Stronger After Stroke bridges the gap between stroke survivors and what they desperately need: easily understandable and scientifically accurate information on how to achieve optimal rehabilitation."

Book Information

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Customer Reviews

"A Selection of the American Stroke Association's 2009 Annual Summer Reading List" The subjects covered in detail in this book are not commonly found in other consumer health books on the subject of stroke; therefore, it would make a good addition to most consumer health collections." --CAPHIS, Medical Library Association "This is an extremely important book...It is a truly inspirational accomplishment and it will significantly improve the lives of all those who are affected

by stroke. [Levine] makes the new and increasingly accepted therapeutic principle that - the mind can change the brain - come alive for the very population of people who can benefit from it most. It is a wonderful achievement!" -- Jeffrey M. Schwartz, M.D., Author of *The Mind and the Brain: Neuroplasticity and the Power of Mental Force* "Stroke survivors and their families have a fine guide to recovery in **STRONGER AFTER STROKE**, an excellent survey of basic concepts of the process of recovery after a stroke. From special challenges at different stages of recovery to basic concepts of setting goals and passing hurdles, **STRONGER AFTER STROKE** provides a powerful roadmap to recovery and is a top pick for any general-interest or health collection. -- California Bookwatch
"At last! A stroke researcher guide that stroke survivors and their families can take home with them - **Stronger after Stroke: Your Roadmap to Recovery** is a stroke survivor's guide for recovery that places the stroke survivor in charge of the choices they will make towards their personal goals and growth" -- Cleo Hutton, LPN, Author of *After a Stroke: 300 Tips for Making Life Easier and Striking Back at Stroke: A Doctor-Patient Journal* "This book can serve as positive inspiration for patients with stroke that will face such a long and arduous journey." -- Lisa Lombardo, editor *ADVANCE for Physical Therapists and PT Assistants* "...researcher with the Department of Rehabilitation Sciences at the University of Cincinnati presents a more effective treatment philosophy." -- *ForeWord Magazine* "This inspirational volume is written specifically for stroke survivors and their caregivers. It presents an upbeat, empowering and hopeful message that urges stroke survivors not to accept the status quo of stroke rehabilitation but to expect more and be actively invested in achieving optimal outcomes. Not only do I believe this tome should be required reading for stroke survivors, I think it should be required reading for all OTs and rehabilitation professionals." -- Deborah E. Budash, MA, OTR/L, *Advance for Occupational Therapy Practitioners*. (Deborah "Budash, MA, OTR/L" dvance for Occupational Therapy Practitioners. 20100503)

Peter G. Levine is co-director of the Neuromotor Recovery and Rehabilitation Laboratory, and a researcher with the Department of Rehabilitation Sciences, University of Cincinnati Academic Medical Center in Cincinnati, Ohio. Levine has been involved in stroke-specific rehabilitation research for almost a decade and has been published in journals and magazines, including the National Stroke Association's *StrokeSmart*. Levine also writes a monthly column in *Advance for Physical Therapists* and conducts workshops throughout the US in the area of stroke rehabilitation and neuroplasticity.

Everyone who has a stroke, and their caregivers, should be given a copy of this book - to

understand the four week government funded "game" being played with their therapy. The author describes the limitations of the four week "therapy" being practiced in the stroke treatment locations. Then, and much more importantly, goes on to describe the fundamentals of long-term therapy and the responsibility for success that can only come from the stroke patient and caregivers. You'll need to read and read several times over, and keep by your side as a reference, and, importantly, use it as the basis for defining a long-term plan with any therapists consulted.

My husband had a severe stroke and kind of used this book as his bible. He has read it multiple times and has had his trainer at the gym read things in it. It has been very inspirational for him. No one can give you any specifics on your prognosis but this book encourages you to keep moving and working on your goals long term. Many people told us that after the first few months that progress would be limited, but things have continued to improve..with lots of hard work. About 18 months after the stroke my husband was able to take a driving class and get the adaptability devices to become more independent. He joined a national group called the silver sneakers and works out with them everyday. This book taught him that even if you hit a bit of a plateau just to keep working through it. He was a bit of a gym rat before the stroke so he enjoys going to the gym daily...but it just really upsets him to see others come in with similar situations, that give up after a week or so. Keep working

This book is FANTASTIC! My husband just suffered a minor stroke and thanks to this book he is making an incredible recovery. We highly recommend EVERYONE read it, as you never know when you or a loved one will suffer a stroke, and you'll want to know this info BEFORE hand, so you know how to get going with the recovery immediately. Can't say enough good things about it...

I really do like this book. There is a lot of information that is useful. Many therapists do not give this kind of information. Once your Physical/Occupational/Speech therapy sessions are over, you feel like your recovery is at a standstill. This book has been a very useful tool in continuing therapy at home. It inspires hope that your recovery will continue.

This is a must-have I am not kidding five stars all day if you or a loved one experience a bad stroke that leaves you with deficits this book could not be more helpful you will not get this information from insurance companies from medical facilities much of it seems like common sense but follow page for page this will give the person with handicaps their best chance for recovery

This was such a great book that I contacted a matrix repatterning expert in my area and went for a treatment. I had never heard of it before Peter Levine's book. I'm going back this month for my second treatment, which really helped. Thanks Peter Levine! Everyone should read this book.

Five stars! Peter Levine's book is extraordinary in that it offers hope and a guide to rehabilitation. I recently viewed the Youtube video of Kathy Spencer's recovery (her review appears in the list of these reviews), due to Peter Levine's book, which is link on his blog site. Amazing is the word that comes to mind after viewing it. It is truly inspirational to me. What I find unbelievable is coming up with a neurologist or psychiatrist or therapist who is familiar with the book and its approach. I am willing to put in the hours (I have done so since I read the book several months ago), but I am looking for professional help to give me guidance. Right now, the only guidance I can get is through Levine's book. I have bought several copies of the book and have given them to physical and occupational therapists I have encountered along the way in the hope that they will know of someone in their field in the Boston area. I hold these people in high esteem and believe they have tried their best, but to date none is familiar with the book. Just recently, I bought two copies for two nurses who work for my health insurance company. They were really fantastic when I was recovering in the hospital, but they have never heard of the book! The neurologist that I was assigned to said last December (the 12th month after my TBI) "let's see what neuroplasticity does." Well, it does nothing unless stimulated as Peter Levine writes. She was merely monitoring my condition and had a wait-and-see attitude. Needless to say, that was the last time I saw her. I am still looking. When will the professional community wake up to Levine's book and his approach. I am fortunate in that I have read the book and have even seen some of the benefits already, but I feel bad for the patients who never hear of the book and who suffer from a wait-and-see attitude on the part of their doctors. It's a real tragedy.

Excellent book. After my wife's stroke I learned more than I ever wanted to know about the brain. I'm glad I did as it made the transition easy. The stroke changed our lives and the book gave us the tools to make the changes easier.

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Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength)
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