

## Physiotherapy

### Department of Rehabilitation

#### Stroke: Advice, shoulder care and bed mobility

##### What is Stroke?

Stroke occurs when blood supply to the brain is disrupted due to rupture or blockage of the blood vessels. As a result, part of the brain with disrupted blood supply cannot function.

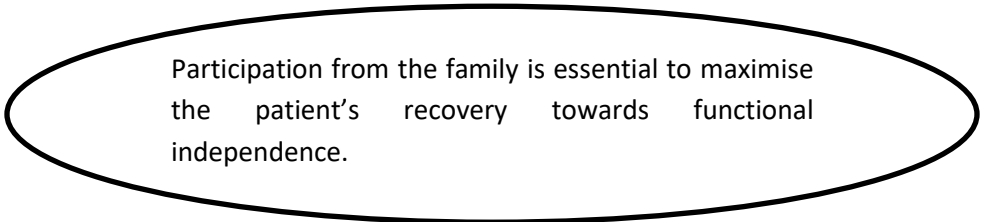
The left side of the brain controls the right side of the body, and vice versa. Thus, the side of the body (opposite to the damaged side of the brain) may become weak and/or numb. Sometimes, both sides of the body can be affected.

The effects of stroke may be mild or severe, depending on the damage site and size of brain damage. The rate and extent of recovery vary from person to person. Family support and early rehabilitation will help to facilitate recovery.

##### How Physiotherapy Helps

Physiotherapy aims to teach the patient and family exercises and techniques to:

1. Maintain range of movement, muscle strength, function of the arms and legs
2. Improve sitting and standing balance through postural control retraining and muscle strengthening
3. Learn how to transfer from one position to another safely and efficiently
4. Re-learn functional activities such as standing, walking and reaching.

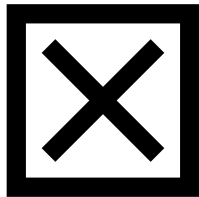


Participation from the family is essential to maximise the patient's recovery towards functional independence.

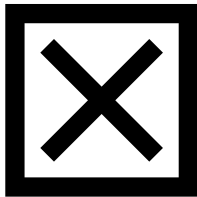
### Care of the Affected Arm and Shoulder

- Avoid pulling on the arm when turning, but hold firmly around the shoulder blade.
- Avoid leaving the arm in an unsupported position
- Support the arm on pillows when lying on the side
- Avoid lying directly on the shoulder of the affected side but to position shoulder blade forward.
- The shoulder must be supported when lifting the arm, e.g. for dressing or washing.
- Use an arm sling when necessary

Avoid the following:



Do not pull on the affected arm while turning



Do not leave the affected arm unsupported when seated

Support the affected arm on solid surfaces, e.g. a table or lap tray, when seated.

- In a chair, sit back with bodyweight equally distributed on buttocks
- Keep hips and knees bent at right angles
- Keep feet flat on ground; support them on a foot stool if necessary



For right hemiplegic patients

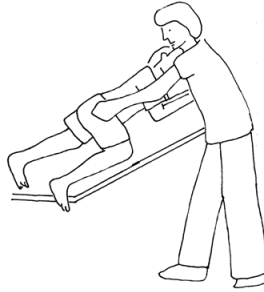
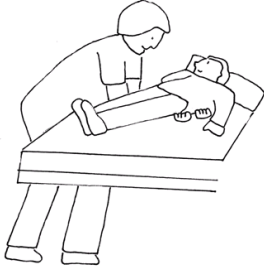


For left hemiplegic patients

## Assisting the stroke patient to turn in bed

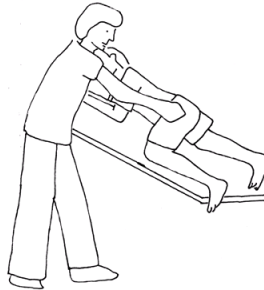
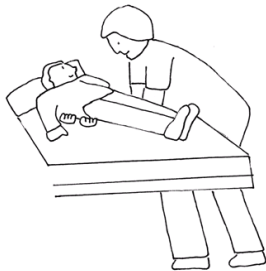
### To turn to the left:

- Shift the patient to the right side of the bed
- Bend their right leg upwards
- Support behind the right shoulder and at the right hip area
- Turn patient to the left



### To turn to the right:

- Shift patient to left side of the bed
- Bend their left leg upwards
- Hold behind the left shoulder and at the left hip area
- Turn patient to the right



### Disclaimer:

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions.