How to Regain Your Independence After a Stroke

Therapy and assistive technology can help you

by Myomo (Paid Content)

Arm paralyzed by stroke? You may be able to use it again.

As we grow older, mobility is essential to our independence. Having a stroke may greatly impact one’s ability to move and use legs, arms, and hands. Nearly three-quarters of all stroke occur in people over the age of 65, and the risk of having a stroke more than doubles with each decade after the age of 65 according to the National Institutes of Health.

After a stroke, you may need to get back to everyday activities you used to do without needing help. You want to be independent, and not rely on others for everyday activities.

While rehabilitation through therapy can be effective, remarkable breakthroughs in technology are greatly expanding recovery options that help patients regain their mobility and a quality of life you never thought was possible.

Therapy Can Help

Stroke reduces mobility in more than half of stroke survivors ages 65 and over. The recent loss of skills: three times of therapy are often used: physical, occupational, and speech. The overall goal is to help patients use movements that help them to “relearn” behavior. This is known as “neuropsychiatry.”

Some patients may experience success in regaining or partially regaining mobility after weeks of therapy and exercise. Others continue to struggle. Therapy alone, while often useful, has its limitations. For many, after active therapy, difficulty persists in arm and hand or leg and foot. At this point, patients or therapists typically use Myomo to help them get back on their feet. 

Assistive Technology Can Further Restore Mobility and Function

For those who are unable or paralyzed in their legs or feet, there are options available that are affordable, lightweight, portable, lightweight, and an ideal choice for anyone. It provides a better solution for people who have had limited success with traditional rehabilitation. That said, the Myomo device is unique: it is a powered wheelchair that allows you to stand on your own. It makes it easier for you to get the job done and do what you need to do.

Wearing the Myomo’s inertial stimulation therapy (IMT) or advanced stimulation therapy for stroke rehabilitation has helped many patients with stroke recover from stroke to perform household chores and get back to hobbies. Some have even returned to work. Additionally, the technology allows for each progressive motion and maintains the follow-through of movement.

Click here to find out if MyoPro® is right for you or a loved one.

Every case is different. Individual results may vary. MyoPro® is not right for everyone.

Covered by most Medicare Advantage and Blue Cross Blue Shield plans; the U.S. Veterans Administration, and many other insurance plans.

1 National Institutes of Health
2 American Heart Association