



**Rehab Plus**  
Rehabilitation & Fitness Centre



# January 08 Newsletter

## Why Physiotherapy Is So Important in Stroke Rehabilitation

After a stroke, patients can be left with paralysis, especially one-sided paralysis. Pain, as well as sensory deficits, has to be managed. Physiotherapy is a key part of the treatment plan.

Some of the possible problems are: lack of strength and endurance, limited range of motion, problems with sensation in the limbs, and troubles walking. Stroke rehabilitation will focus on the problems that the patient displays. A plan for treatment will be devised.

Patients will learn to use limbs that the stroke has made temporarily useless. During stroke rehabilitation, it will be determined whether these limbs will reach their previous potential. If not, the physiotherapist will teach the patients ways to manage without their full use of the limbs.

Recent studies have revealed that stroke rehabilitation can continue long after the hospital stay. In the past, stroke victims were given a short round of physiotherapy during the time they were in the hospital and for a few weeks shortly afterwards.

Stroke rehabilitation involves a number of therapies, all designed to restore function to the patient's affected limbs. Electrical stimulation, hydrotherapy, and games have all been used. Stroke rehabilitation is not complete without the help of physiotherapy services.

Call Rehab Plus to book an Physiotherapy Assessment

## Dress for the weather using: The Layers System

### **Layer #1: The Base Layer**

To keeps moisture and perspiration away from your skin to keep you warm and dry. This layer should be in contact with your skin and should be tight or snug fitting.

Example materials: polypropylene, silk, polyester, thermax, thinsulate, wool.

**\*\*Avoid cotton; it traps moisture, stays damp and draws heat from your body\*\***

### **Layer #2: The Mid Layer**

For insulation and warmth. For proper function, this layer should be looser than the base layer, but still maintain contact to carry moisture away from base layer to outer layer.

Example materials: down, polyester, fleece, wool, and newer synthetic/natural blends.

### **Layer #3: The Outer Layer**

Allows moisture to escape while blocking wind and repelling water. This layer may have ventilation areas, and should be tough enough to avoid tears and abrasion.

Example materials: wind resistant materials or water resistant fabrics

### **Extra Layers:**

Wear mitts or gloves, a hat, and socks with shoes that are equal to the activity and weather conditions. If you become too warm, you can remove some of these layers for a period of time.

"The only way of finding the limits of the possible is by going beyond them into the impossible"

-Arthur C. Clarke



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## Harvest Squash and Sweet Potato Soup

Adapted from Fresh from the Vegetarian Slow-Cooker, by Robin Robertson (Harvard Common Press, 2004).

This orange-golden soup is a great for the winter months in Timmins. If you make it in a slow-cooker, it also frees up the already-crowded stovetop and keeps the soup at the perfect temperature while everyone gathers at the table.

**SIMPLE SOLUTION:** Even if you don't use a slow-cooker, this mouth-watering soup--rich with beta-carotenes and nourishment from tender winter squash and sweet potato and enlivened with a little onion, thyme, and sage--is simple to make and beautifully satisfying.

### INGREDIENTS

1 tablespoon olive oil

1 small yellow onion ,chopped

1 celery rib ,chopped

2 medium sized sweet potatoes ,peeled and diced

1 small butternut squash ,peeled ,seeded ,and thinly sliced

4 cups vegetable stock

1 teaspoon dried thyme

1 1/2 teaspoon dried sage

salt and freshly ground black pepper

1 Heat the oil in a large skillet over medium heat Add the onion and celery and cook until softened ,about 5 minutes .

2 .Transfer the cooked vegetables to a 4 -to 6 quart slow cooker Add sweet potatoes ,squash ,stock ,thyme , and sage ,season with salt and pepper ,cover ,and cook on Low for six hours .Or transfer ingredients to a large soup pot ,bring to a boil ,then reduce heat to low and cook ,covered ,for 1 hour .

3 .Working in batches ,puree the soup in a blender or food processor ,or directly in the slow cooker or soup pot using an immersion blender .Taste to adjust the seasonings and serve hot .

## Do you have a heart condition?

Rehab Plus offers cardiac rehab for those who have or have had any of the following:

- 1 Anginia
- 2 Heart Attack
- 3 Angioplasty
- 4 Diagnosis of Coronary Artery Disease
- 5 Heart Surgery

If you have a heart condition ask your doctor to refer you to our cardiac rehab program. Cardiac rehab is designed to help you exercise safely and maintain a heart-healthy lifestyle. The program includes a tailored exercise program, education and help with decreasing your risk factors. Cardiac rehab also offers emotional support. Cardiac rehab program will allow you to meet others like yourself who can help you stay on track to maintain a healthier heart.

Ask to speak to Karin Lucas or Linda Dagenais for more information

## Suggestions

We are listening to your great suggestions.... Rehab Plus has two synchronized digital clocks on order which should be installed in late February. This will make it easier for cardio machine sign-ups. Hope you will enjoy this added feature.

4:29:59



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