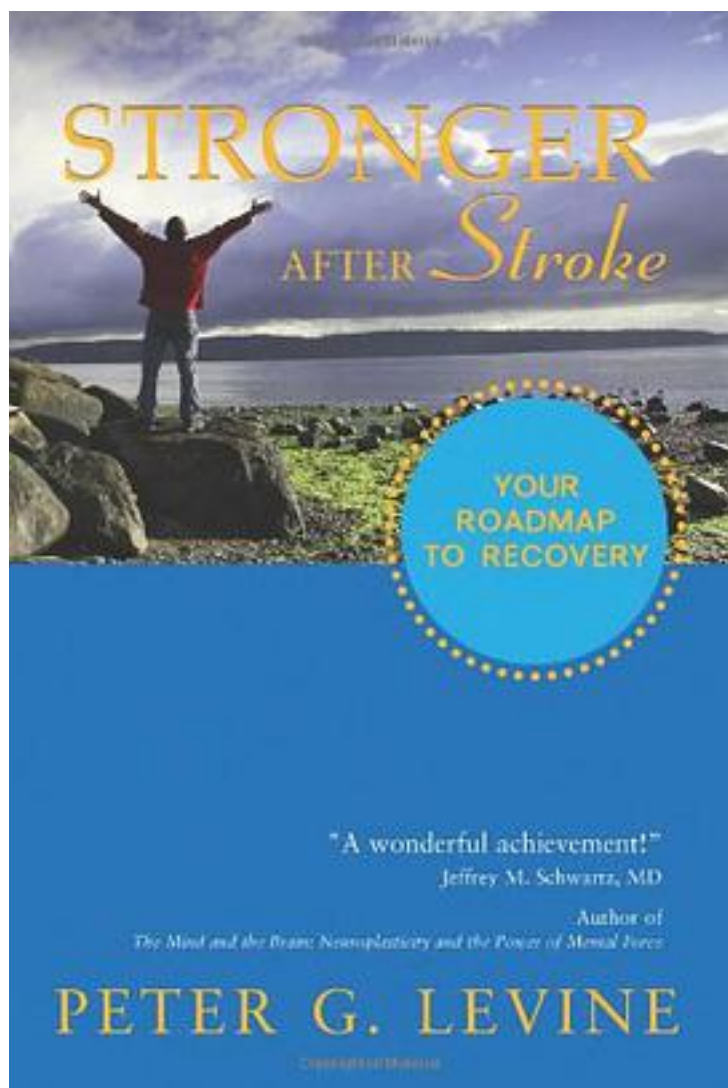


Stronger After Stroke



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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 As a result, many stroke survivors are treated with outdated or ineffective therapies.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 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; and, 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. Sections of this title are as follows: Elements Crucial To Recovery From Stroke; Recovery Hints And Tricks; Safeguarding The Recovery Investment; Cool Treatment Options; Elements Of Exercise Essential To Recovery; Recovery Strategies; Spasticity Control And Elimination; Motivation: The Recovery Fuel; and, Recovery Machines.

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目录:

[Stronger After Stroke_下载链接1](#)

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