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## facts about physiotherapy and stroke



### 1

#### Physiotherapists bridge service gaps in stroke rehabilitation



Australian stroke survivors face significant barriers to rehabilitation. Physiotherapists can help by:

- creating bespoke treatment plans
- assisting stroke survivors to negotiate services to access healthcare
- supporting engagement in research, community and support groups.

### 3

#### Falls prevention is important after stroke



Falls are common following stroke. Physiotherapists can help with issues related to falls including:

- muscle weakness
- sensory loss
- visual and perceptual issues.

### 2

#### Physiotherapy supports secondary stroke prevention

To prevent secondary strokes, it is recommended that stroke survivors:

- perform 10 minutes of moderate-intensity activity on most days
- be as active as possible
- reduce sedentary time.



### 5

#### Physiotherapists can help address upper limb deficits

Although upper limb weakness is common after stroke, upper limb rehabilitation:

- is often overlooked in the early period after a stroke
- is often deprioritised at the expense of lower limb mobility
- reduces activity limitations for stroke survivors.



### 4

#### Post-stroke deficits may be invisible

Stroke can have a profound impact that extends beyond physical limitations, including:

- chronic pain
- post-stroke fatigue
- depression.



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