

Sensation in the affected limb

A stroke can change how one side of your body senses **objects**, **pain**, and/or **movement** (knowing where your body is in space). You might have problems feeling hot/cold, sharp/dull, and/or light touch.

Changes in sensation can lead to:

- not feeling when a limb is in an unsafe position
- trouble in feeling if the water is too hot coming out of the tap
- a feeling of pain when nothing seems to be causing the pain

What you can do:

For sensation changes:

- Touch, move, and pay attention to body parts with changes.

To help decrease pain:

- Talk to your doctor about pain management options.
- Find positions of comfort.
- Practice ways to relax and do deep breathing.

To make the most out of your recovery:

- Talk to your care team (including how to manage pain).
- Reduce stress.
- Take part in your care as much as you can.
- Do your homework task each day.
- Find and do activities you enjoy.
- Make sure you are eating and drinking.
- Make sure you are getting enough sleep.
- Try and be out of bed for most of the day.

If you have further questions, please ask your healthcare provider.

Some useful web sites:

Fraser Health fraserhealth.ca

The Heart and Stroke Foundation of Canada heartandstroke.ca

www.fraserhealth.ca

This information does not replace the advice given to you by your health care provider.

Catalogue #265822 (May 2018)
To order: patienteduc.fraserhealth.ca

Physical Changes After a Stroke

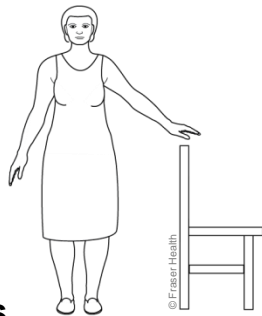
High Intensity Rehab



Balance

A loss of balance can result from damage to **coordination**

(smooth, controlled movement), **vision** problems, **dizziness** and vertigo, **weakness** or loss of **sensation** on one side of the body.



Problems with balance can lead to:

- falls
- problems walking or being able to do stairs
- episodes of knocking into things
- problems getting dressed or using the toilet

What you can do:

- Work with us on ways to improve balance.
- Use prescribed walking aids and equipment (such as a walker).
- Wear prescribed glasses.
- Wear footwear that is supportive and non-slip.

Bowel and Bladder Function

A stroke can lead to **not being able to:**

- feel** when you have to use the toilet
- control** when you have to use the toilet
- empty** your bladder or bowel

If left untreated, changes to bowel or bladder function can lead to a greater chance of having:

- skin irritation and sores
- urinary tract infections or kidney problems

What you can do:

- Work with us on making and following a toileting schedule.
- Ask for help right away when you think you might have to use the toilet.
- If you notice you have had an accident (wet or soiled yourself), ask for help right away.



Weakness

Weakness after a stroke can lead to:

- reduced strength or range of motion
- change in posture such as not sitting or standing up straight
- shoulder joint being loose and less stable because of muscle weakness (shoulder subluxation)
- swelling because the limb is not being used and moved
- change in muscle tone
- feeling more tired all the time
- changes in how you sleep

What you can do:

- Take an active part in your care.
- Do the homework tasks your rehab therapists (OT, PT, SLP) give you.
- Practice good posture.
- Try and move around the unit a number of times during the day.



OT – Occupational Therapist

PT – Physiotherapist

SLP – Speech Language Pathologist