

## Sensation in the affected limb

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

Changes in sensation can lead to:

- not feeling when a limb is in an unsafe position
- problems 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 of your recovery:

- ✓ Talk to your care team about how to manage pain.
- ✓ Reduce stress.
- ✓ Take part in your care as much as you can.
- ✓ Do your homework 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 questions, please ask your health care provider.

To find more information go to:  
The Heart and Stroke Foundation  
of Canada

[Heartandstroke.ca](https://heartandstroke.ca)

After Stroke BC  
[strokerecoverybc.ca](https://strokerecoverybc.ca)

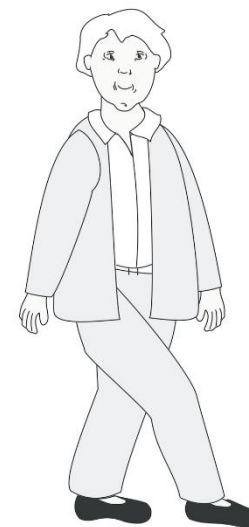
[www.fraserhealth.ca](https://www.fraserhealth.ca)

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

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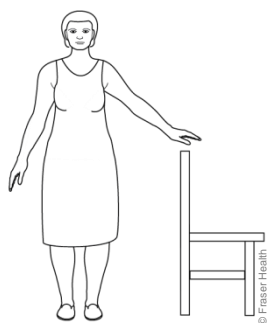
For more copies: [patienteduc.fraserhealth.ca](https://patienteduc.fraserhealth.ca)

## Physical Changes After a Stroke



## 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 doing stairs
- bumping into things
- problems getting dressed or using the toilet

### What you can do:

- ✓ Work with us on ways to improve your balance.
- ✓ Use walking aids and equipment such as a walker or wheelchair, if recommended.
- ✓ Wear glasses, if recommended.
- ✓ 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 (pee) or bowel (poop)

Getting treatment for bowel or bladder problems can reduce your chance of having:

- skin wounds and sores
- bladder infections or kidney problems

### What you can do:

- ✓ Work with us to make and follow a schedule for using the toilet.
- ✓ Ask for help right away when you think you might have to use the toilet.
- ✓ If you notice you have 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
- loose or less stable shoulder because of weak muscles (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 daily care.
- ✓ Do the homework from your therapists.
- ✓ Practice good posture.
- ✓ Try to move around the unit a number of times during the day.

