

Cambridge University Press

052182236X - Recovery after Stroke

Edited by Michael P. Barnes, Bruce H. Dobkin and Julien Bogousslavsky

Frontmatter

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## Recovery after Stroke

One-third of people after stroke, having survived the first few weeks, return home with significant residual disability and can, therefore, benefit from an active, multidisciplinary rehabilitation program. This is a comprehensive guide to rehabilitation after stroke in which leading international authorities set out the basic neuroscientific principles that underlie brain recovery, including chapters on neural plasticity and neural imaging, and describe appropriate rehabilitation strategies for the many different functional problems that can arise after stroke. These include movement disorders, sensory loss, dysphagia and dysarthria, problems with continence and sexual difficulties, and cognitive disorders. Also covered are measurement of disability and quality of life, assistive technology, and vocational rehabilitation.

It is, therefore, an essential handbook and reference for all members of the multidisciplinary stroke rehabilitation team, including medical personnel, therapists, clinical neuropsychologists, and rehabilitation nurses.

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# Recovery after Stroke

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Every effort has been made in preparing this book to provide accurate and up-to-date information which is in accord with accepted standards and practice at the time of publication. Although case histories are drawn from usual cases, every effort has been made to disguise the identities of the individuals involved. Nevertheless, the authors, editors and publishers can make no warranties that the information contained herein is totally free from error, not least because clinical standards are constantly changing through research and regulation. The authors, editors and publishers therefore disclaim all liability for direct or consequential damages resulting from the use of material contained in this book. Readers are strongly advised to pay careful attention to information provided by the manufacturer of any drugs or equipment that they plan to use.

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## Preface

Stroke is one of the commonest types of disabling neurological disease worldwide. It represents a significant cost, not only in terms of personal and family disability but also in economic cost to the state. In many developed countries, there are now good-quality acute stroke care facilities and also remarkable achievements in stroke prevention, although events will continue to occur, justifying advances in recovery management. There is an increasing understanding of the various etiologies of stroke disease and increasingly effective ways to limit the degree of consequent brain damage. Despite these advances, approximately one-third of those who survive the first few weeks after stroke return home with a significant residual disability. There is increasing evidence that these people can benefit from an active multidisciplinary rehabilitation program. Neurological rehabilitation is an expanding speciality and is increasingly based on sound principles underlying neural recovery and neural plasticity.

Although there are many textbooks that comprehensively cover acute stroke management, there are surprisingly few textbooks that concentrate on recovery and rehabilitation after stroke. We hope that this textbook fills that gap. We have attempted to outline the basic neuroscientific principles that underlie brain recovery. We have then outlined appropriate clinical rehabilitation strategies that can be used to aid recovery of the many different functional problems that can arise after stroke. Each chapter is designed to be of practical help to practitioners in the field. The book is designed for a multidisciplinary audience and we hope it is of value not only to neurologists, rehabilitation physicians/physiatrists, geriatricians, and other medical specialists but will also be of interest and value to senior therapists and nurses working as members of a multidisciplinary stroke rehabilitation team.

It has been a pleasure to write and edit this book and we hope it is of value in this important and developing speciality.