

Plenty can be done to help stroke victims

Don't believe the pessimists who say that nothing can be done about a stroke.

It is true that more than 100,000 people in Britain suffer a stroke every year, and for many the resulting disability is devastating. But most experts agree that improvement can continue for up to three years, so is this potential for recovery from the effects of a 'brain attack' exploited to the full? The answer is no, and this leaves many people needlessly handicapped.

In response to this, Joint Action, a specialist neuro-physiotherapy practice, was set up in order to provide on-going treatment to stroke patients in their own homes. Treatment requires patience, perseverance and a positive attitude.

The Joint Action approach goes beyond conventional

physiotherapy and incorporates ideas from yoga and pilates. Through carefully-controlled movements, postures and exercises the damaged brain is reminded of the functions it has lost and this gradually opens up pathways to recovery.

Jane B (65), of South Harting, suffered a stroke in May last year. She has been seeing the Joint Action physiotherapist at home, twice a week, since her discharge from hospital a year ago.

"My treatment sessions with Joint Action have helped to get me back on my feet," she said. "I hardly need to use my stairlift or wheelchair any more."

For more details, call Priscilla Ellis-Canzio MCSP SRP, a chartered state registered physiotherapist, on 01730 895372, or visit www.jointaction.co.uk non the Internet.