

Live Stronger, Live Longer: #7 STROKE

DISEASE BURDEN



In 2021 there were 112 stroke events a day in Australia. More than 80% of strokes can be prevented through managing risk factors such as physical inactivity, hypertension, diabetes and poor cardiovascular fitness.



Those who suffer from a stroke are often at risk of a second acute cardiovascular event due to deconditioning and reduced cardiovascular fitness.



Secondary effects of stroke can include muscle wastage, osteoporosis, low exercise tolerance, impaired balance and increased risk of falls.

WHO ARE WE?

We are a clinic of Accredited Exercise Physiologists; with experience in musculoskeletal, neurological, metabolic, cancer, mental health conditions and healthy ageing. With over 40+ years of collective experience, we aim to get our clients moving better and feeling better throughout their lifespan.

REFERRALS

We can accept referrals and provide services under the following:

- Medicare TCA/CDM
- Aged Care Services
- Workcover
- NDIS

HOW CAN EXERCISE HELP?

Aerobic exercise aids cerebral recovery through improving interhemispheric connection, inducing neuroplasticity and promoting neuronal regeneration; this can improve motor and cognitive function post stroke. Task-specific and motor control training creates functional reorganisation of the cortex, allowing for adaptation of impaired movement patterns. Resistance training improves muscle strength, and can increase a patients independence and quality of life.



WHY SEE AN EP?

EPs have specialised skills to work with a patients post-stroke impairments. We can create a program to improve/manage their comorbidities, and utilise specific training methods to improve co-ordination, strength, balance, and reduce falls risk. We work with clients to create meaningful goals, and help them to improve their independence.



RISK OF FUTURE STROKE

Cardiovascular/aerobic exercise can prevent secondary stroke by improving modifiable risk factors. Hypertension, diabetes and obesity can be managed and improved with appropriate exercise. Exercise Physiologists can help patients with significant impairments find a way to increase their cardiovascular fitness, which is significantly related to a decrease in future stroke risk.



Clients wishing to access a private health fund do not require a referral, however medical history and clearance provided by a GP gives us vital information.