Maximize Your Life
Post-Stroke

Gaylord is here to help:
• Assess changes in your mobility, function and health since you finished your rehab
• Use evaluation tools to help prevent risk factors such as falls, decreased mobility, or future strokes
• Recommend new technology that has come to market since you finished your rehab

How does our clinical staff do this?
By providing:
• An evaluation by a rehab certified doctor and physical therapist
  ▶ Occupational and speech therapists, and clinical dietitians may also be part of the team
• Rehabilitation recommendations to optimize your health and function
  ▶ Including education, exercise and/or a therapy treatment program

www.gaylord.org
Have limitations changed, causing challenges in everyday life?

- Spasticity (tightness or stiffness)
- Mobility in the community
- Strength/Range of motion (ROM)
- Communication or thinking
- Falls/balance
- Mood
- Pain

If I have seen my doctor, why do I need this?

- To maintain a healthy, active lifestyle post-stroke
- Medication optimization
- Monitor mobility status and risk factors as we age with a stroke
- Assessment for how new technology might help you
- Improve function, safety and independence
- Increase participation in community activities
- Reassessment of equipment

People continue to advance and make changes years after a stroke. The technology and treatment options are changing every day. Gaylord’s experienced team can help determine options which are available for you or a loved one.

Call today and schedule your appointment.

(203) 284-2888
Use option 1 at both prompts

Stroke Tune-Up Clinic