



STROKE

What Is a Stroke?

A stroke can occur when blood flow to the brain is blocked or there is sudden bleeding in the brain. There are two types of strokes. A stroke that occurs because blood flow to the brain is blocked is called an ischemic stroke. The brain cannot get oxygen and nutrients from the blood. Without oxygen and nutrients, brain cells begin to die within minutes. A stroke that occurs because of sudden bleeding in the brain is called a haemorrhagic stroke. The leaked blood results in pressure on brain cells, damaging them.

How can we help?

Our experienced neurological physiotherapists can help with specific hands-on treatments, exercise prescription and advice on how to maximise your recovery and get you back doing activities that are important to you. Our movement-based training approach is specific to your needs, so we prioritise which aspects of training and exercise need the most intense work.



Services

- 1:1 Consultation with a physiotherapist.
- Clinical Rehabilitation Exercise Classes
- Body Weight Supported Treadmill Walking
- Hydrotherapy
- Upper limb therapy