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Exercises for Stroke: The Complete Program for Rehabilitation through Movement, Balance, and Coordination

William Smith

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According to the American Heart Association, stroke is the third leading cause of death in the nation. An integral aspect of stroke rehabilitation, physical activity can greatly enhance movement, balance and coordination while also helping to prevent a future stroke.

Exercises for Stroke provides physical, cognitive, and preventative education to reduce the risk of stroke and improve function in the daily living of stroke patients. Readers that have been cleared for home or gym-based exercises by their physician or therapist will be given clear and concise exercises that are specifically targeted to stroke rehabilitation and prevention.

Exercises for Stroke includes:
* Introductory material on the benefits of exercise to the stroke patient's recovery and overall health
* Tips and guidance for caregivers and family members
* Daily exercise recommendations
* Training log to track your progress

Created by top exercise specialist William Smith, ***Exercises for Stroke*** provides authoritative information on strokes alongside safe and effective exercise instructions for lay persons and professionals alike.

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