The article, “Physical Therapy Interventions for Patients with Stroke in Inpatient Rehabilitation Facilities” was based on a survey that was conducted off of about 1,000 patients from six different inpatient rehabilitation centers. The numbers of recorded Americans who have had a stroke were only admitted to therapy sessions of less than one year duration and then were admitted to a facility within 90 days of symptom onset. The interventions reflected specific techniques used in therapy, as well as general theoretical approaches. The purpose of the survey was to describe the physical therapy activities patients engaged in while attending therapy sessions and how the physical therapists assisted the patients. Once the surveys were completed and analyzed, physical therapists were provided with new and improved guidelines on post stroke rehabilitation to follow from the Agency for Health Care Policy and Research.

The newly set guidelines of therapy consisted of five recommended parts of rehabilitation. First, the patients needed to be examined or evaluated to determine individual baseline motor impairments and/or function. For the patients who presented motor impairments, the care plan depended on the intensity of the impairment. For those who had some voluntary control and/or movement of the impaired limbs, these patients would be led to exercise the impairments to improve the strength and motor control to relearn or retrain their sensory motor skills. However, for the patients who did not have the same type of control but had little to no control, their motor skills sometimes not remedial. These patients instead were led to the teaching of alternative ways to function. The AHCPR also felt the need to get the patients’ families involved in recovery, a good idea. The families were educated on how to help the patients recover by assisting them with everyday functional tasks and how to help maneuver the patients once they were back at home.
I chose this article because the word stroke caught my attention in the title. I do not know much about strokes but I wanted to learn more about them because many people are affected by strokes. Strokes can cause enough damage to a person that they may never return back to their original health. Also, strokes are a big cause of why many people need physical therapy and/or occupational therapy. I thought by choosing this article would help give me knowledgeable incite on a topic that I may encounter in my career. However, I did not realize that the article was based on a survey and had analyzed data results. I found the data and analyses a bit confusing at times. I think I may have gotten confused because of all the data presented in the paper and the format it was written in, although I still believe I understood the basic idea of this article and am more knowledgeable of strokes. Overall I think the survey and the article served its purpose, which were interventions for patients with stroke in rehabilitation facilities. The survey has seemed to be accurate with the amount of people studied and the options of test, equipment and exercises that were recorded in the survey. These options studied and recorded set a wide variety of choices for the AHCPR to set the guidelines for rehabilitation.
Works Cited