

The Next Few Steps

a patient's journey post-stroke



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This comic was created
for the University of Oregon
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Initiative.

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illustrated by:

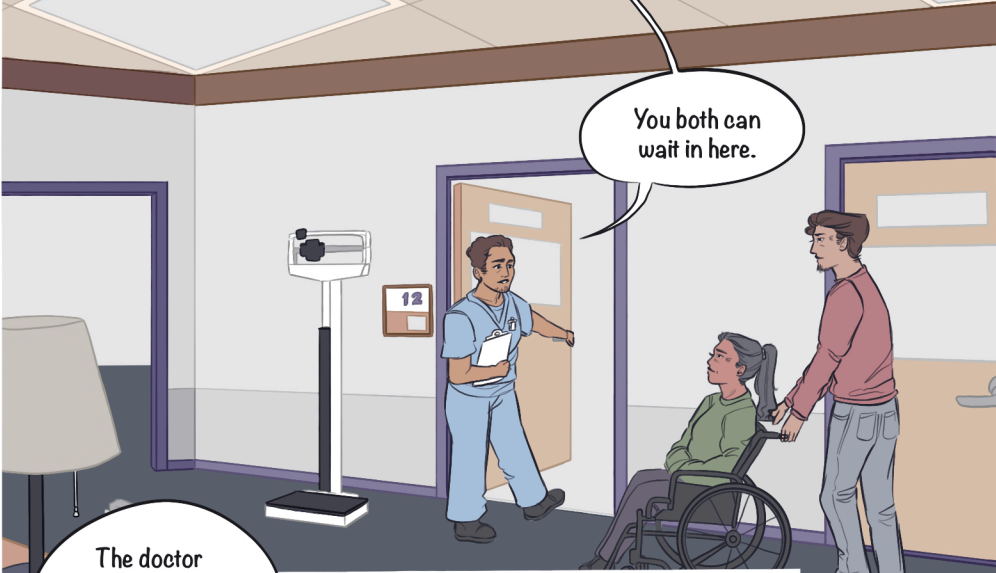
Ellyce
Whiteman





This way, please.

You both can wait in here.



The doctor will be right in, in a few minutes.

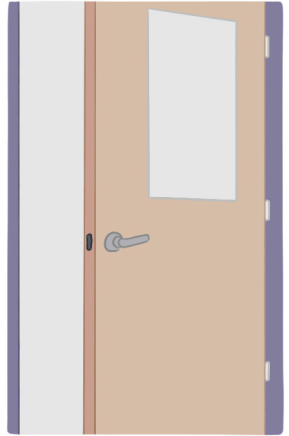


Thank you so much!

Such a sweet young man, you think?

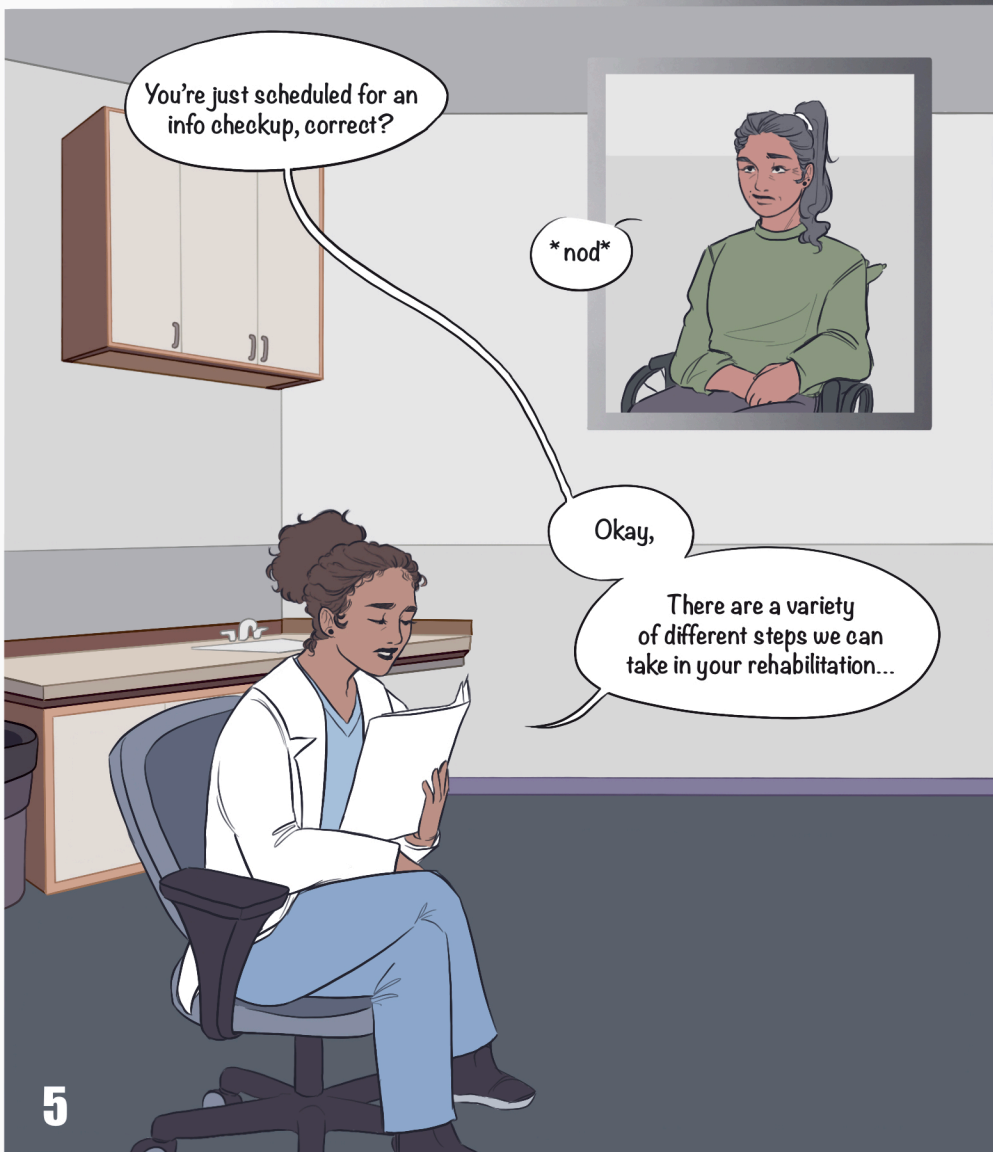


* KNOCK *
* KNOCK *





I'm sorry to hear about your stroke!



You're just scheduled for an info checkup, correct?

* nod *

Okay,

There are a variety of different steps we can take in your rehabilitation...

First steps would be:



&

Physical Therapy:

- exercises & stretches that help improve mobility, restore function, reduce pain, & prevent further injury

Occupational Therapy:

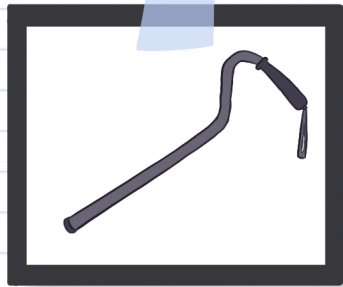
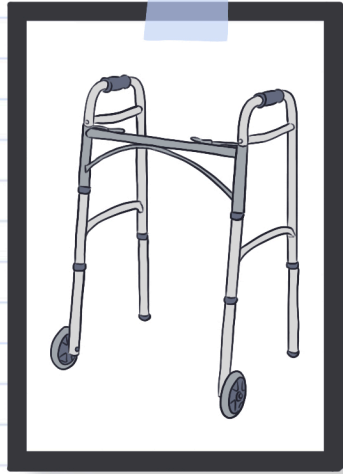
- teaches you how to adapt and perform any kind of task using different types of tools



This could be a passive brace,
a kind of device like an
“ankle-foot-orthotic (AFO),”
or a walker or a cane.



walker
↪



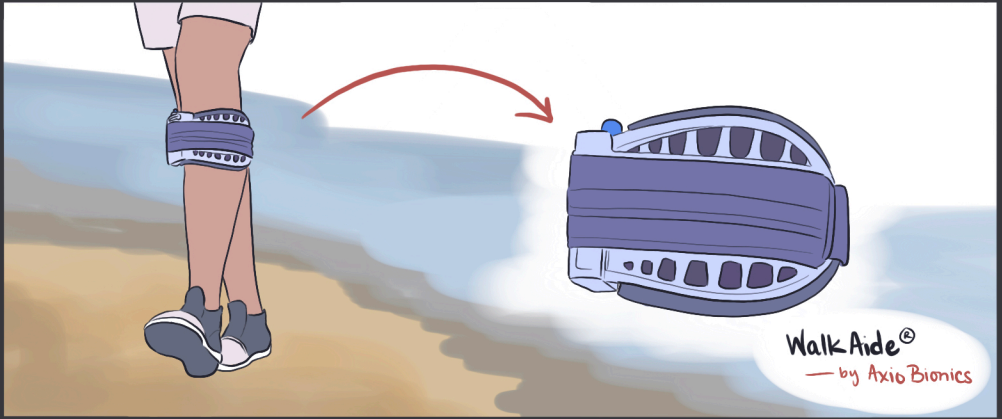
↪ cane

if dysfunction is minimal

continue using these
passive devices.

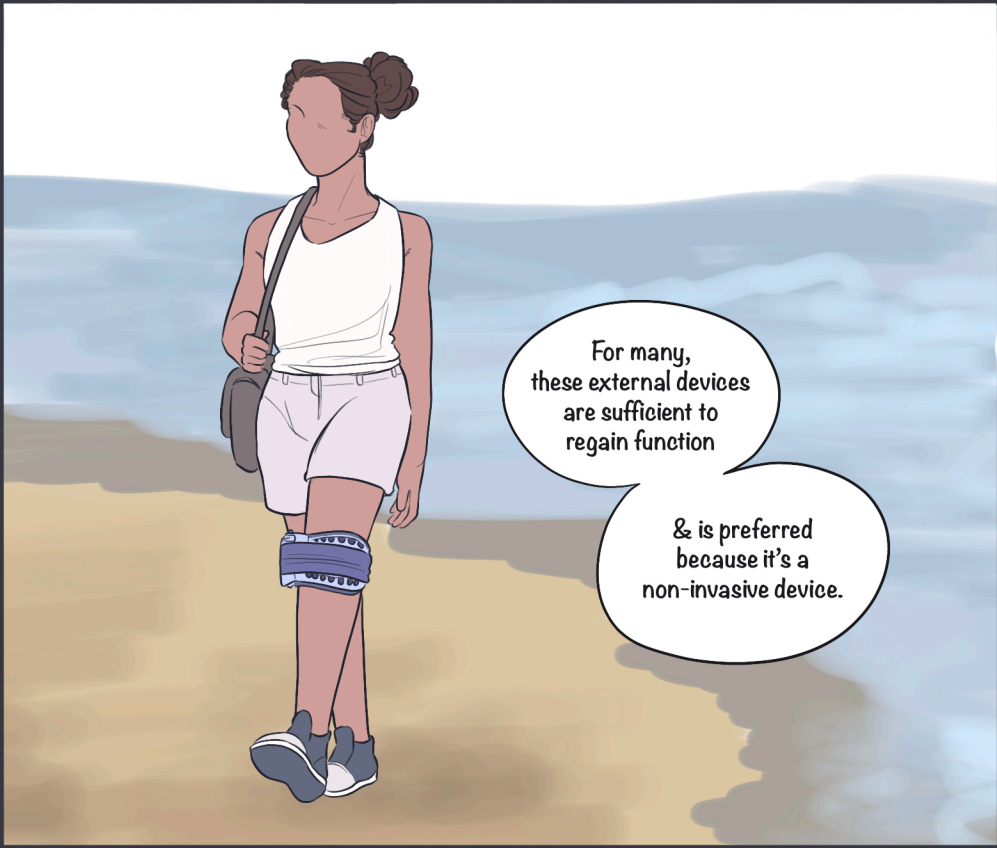
↪
“ankle-foot-orthotic”
(AFO)

If you have more prominent/major dysfunction



then you might be given an external, “active device” like these.





For many, these external devices are sufficient to regain function

& is preferred because it's a non-invasive device.



What if that still doesn't fix it?

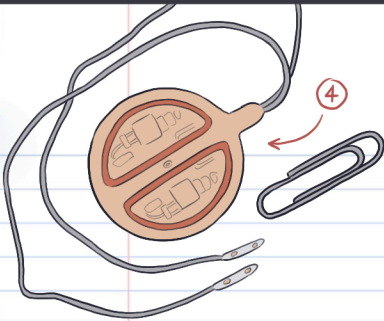
That's a good question!

Sometimes none of the external devices can correct the problem.

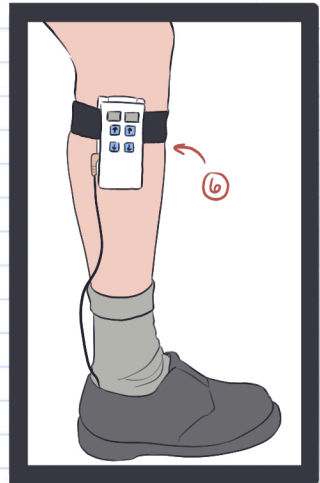
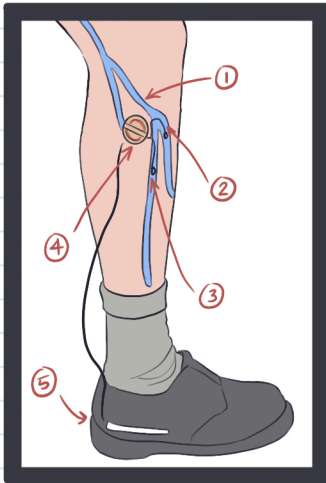
For example, if the muscles that are not contracting correctly are not able to be stimulated with that device, or controlled by a nerve too deep to stimulate from electrodes on the skin


then an implanted device may be an option.

One said option is a device that targets a single muscle group (specifically the calf muscle) by stimulating the peroneal nerve.



- ① Common Peroneal Nerve
- ② Deep Branch
- ③ Superficial Branch
- ④ Implant Receiver/Stimulator
- ⑤ Foot Switch
- ⑥ Control Box





While these types of implanted devices are an option, at that time if the other steps don't work,

you may decide to just use an assistive device like a walker if you don't want to undergo surgery or other health reasons prevent you from doing so.

I hope this information was helpful!

It definitely is!
I greatly appreciate your assistance!



Bibliography:

- https://www.physio-pedia.com/Introduction_to_Ankle_Foot_Orthoses
- <https://www.axiobionics.com/walkaide-fes/>
- <http://www.salisburyfes.com/STIMuSTEP%20for%20web%20page.htm>

With aid from Rebecca Frederick, Ph.D