

Physiotherapist Bryan Kelly Discusses How To Help Stroke Victims

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London, UK ? One of the most common fatal illnesses in the world, stroke occurs 'when a clot obstructs a blood vessel from delivering the much needed bodily fluid to some parts of the brain'. Brain cells die, causing impairment in some motor or cognitive functions. In order to help Ealing stroke victims, CK Physio (www.ckphysio.co.uk) has just published a new blog post authored by Bryan Kelly entitled 'Holistic Health: Ealing Physiotherapy Benefits for Stroke Victims'.

The article discusses that The Chartered Society of Physiotherapy noted that there was 'Emerging evidence showing that physiotherapy very early after stroke (mobilisation within 24hrs) and at high intensity leads to better outcomes and is cost-effective. A minimum of 45 minutes of physiotherapy - five days a week is recommended'. It further noted that The National Stroke Strategy and National Institute for Health and Care Excellence Stroke Quality Standard recommended an 'intensive rehabilitation immediately after stroke, across a seven-day service, with a skilled multidisciplinary team to limit disability and improve outcomes'.

According to the article, 'patient participation in turn allows stroke victims to easily recover and re-integrate into society, thanks to self-management techniques'. It also pointed out that 'People who have had their mobility reduced by stroke without their condition requiring them to seek in-patient treatment can benefit best from this system'.

CK Physio physiotherapists are Chartered (members of the Chartered Society of Physiotherapy) and registered with the Health Professions Council. According to the article, those with a family member or loved one in west London who's suffering from the aftermaths of a stroke should consider taking them to Ealing physio professionals for help. With this treatment, they won't have to spend a lot on hospital rehabilitation treatments, and the loved one can return home quicker.

To read the article, visit www.ckphysio.co.uk.

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CK Physio

Bryan Kelly and Emma Cadwallader started CK Physiotherapy in 2003. Initially the practice was based in Golds Gym in Hanwell. As the practice grew, we moved and from 2008 have been based in Elthorne Avenue where we have 2 dedicated treatment rooms.

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