

EXERCISE & STROKE

A stroke happens when the blood supply to the brain is suddenly interrupted.

Around 85% of strokes occur as the result of an artery in the brain being blocked by a clot, stopping normal blood flow and the delivery of oxygen and nutrients to the brain area and beyond.

The second most common cause is a break in the wall of a blood vessel, leading to a bleed in the brain. This disruption in blood flow may lead to temporary or permanent damage to the brain.



It doesn't matter if you weren't active before your Stroke you can still experience the benefits of exercise.

Exercise and Stroke:

It is widely accepted that exercise helps prevent stroke and regular exercise and physical activity can also help reduce the risk of further stroke, improve post-stroke recovery, as well as helping manage symptoms of stroke.

Experience the following benefits from exercise:

- Improved strength and endurance
- Improved walking and ability to complete day to day activities of daily living
- Improved balance and coordination
- Improved flexibility
- Improved mood
- Improved alertness and concentration.

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- SERVICES CAN BE ACCESSED BY -

NDIS Participants | Privately Insured Clients | GP Plans | DVA Clients (Gold and White Card Holders)
Clients with Third Party / Compensable Claims - including
Workplace Injury, Motor Vehicle Accident, Income Protection / Disability & Public Liability