



The Successful Stroke Survivor

Tom Balchin

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The Successful Stroke Survivor is a part-book and part-manual. Its 12 Chapters with 658 illustrations and 352 photos are all that those who have suffered a stroke and have reached the end of formal therapy need to recover AT HOME. The author, Dr Tom Balchin, shows you in detail how he pulled himself from being a 9 stone stroke survivor at just 21 years old with complete one-sided paralysis, to becoming a 14 stone strength trainer, martial artist and academic. It is an inspirational story. But unlike any other stories you may have read before, he doesn't dwell on this. He shows you exactly what anyone from a young person to an elderly person can and should do in order to tackle their functional limitations progressively, safely and productively themselves. This book has been a revelation for many hundreds of survivors. Like the author, many stroke survivors want to retrain and improve. They want techniques evolved from real-life that people in the same situations have learned and had success with... which they can easily understand, adjust to their own physical limitations and practice. This resource is a distillation of many hundreds of innovative ways to encourage positive adaptations in the brain after stroke. The highly motivational and personal approach to functional training revealed inside uses evidence-based strategies and principles of neuroplasticity. **CLINICIANS AND THERAPISTS IN STROKE RECOMMEND IT, AND STROKE SURVIVORS LOVE IT.** Would you like to reduce and finally negate the use of your wheelchair or stick? YES! Would you like to be able to get up from the floor without any support of any kind? YES! Would you like to tackle spasticity in your hand? YES! Would you like to become stronger and less dependent? YES! The Successful Stroke Survivor will show you how, and much more. Inside, stroke survivors will find out how to: correct balance, co-ordination and posture over time, increase muscular, tendon and ligament strength over time, increase confidence and remove fear of the consequences of exercising, become progressively more self-sufficient and productive in an occupation as appropriate, be happy with life and less dependent on loved ones. Users are guided to explore and innovate from the strategies, which are shown with accompanying illustration sequences.

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