



Higs, Lows, and Plateaus: A Path to Recovery from Stroke

Anne Burleigh Jacobs

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This book is a must read. It is a valuable resource for stroke survivors, anyone whose life has been affected by stroke, and health care professionals working in rehabilitation. While the focus may be on recovery from stroke, much of the information in this book could apply to traumatic brain and spinal cord injury. Written in an easy to understand, conversational tone, complex topics are simplified and made meaningful through storytelling and analogies. What inspires hope is the potential for ongoing recovery. This book walks the reader along a path of recovery: from the initial injury, to the mechanisms for recovery, to the future of rehabilitation. Dismissing the negative connotations of "plateau," this book provides hope and inspiration for continuum along the path of recovery. Each step along the path is supported by basic science, concepts of neuroplasticity, and the resilience of the human spirit.

Highs, Lows, and Plateaus: A Path to Recovery from Stroke Details

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From Reader Review Highs, Lows, and Plateaus: A Path to Recovery from Stroke for online ebook

Anne says

“Highs, Lows, and Plateaus: a path to recovery from stroke” is an easy-to-understand guide to recovery after a stroke or brain injury. It challenges health care professionals who concentrate on helping patients to cope rather than understand their condition and explores breakthrough treatment options.

The book provides hope and inspiration for continuum along the path of recovery. Each step along the path is supported by basic science, concepts of neuroplasticity and the resilience of the human spirit.

Topics discussed include but are not limited to warning signs of a stroke, emergency treatment of a stroke, potential of the brain and nervous system to reorganize and recover and lastly a variety of treatment techniques as well as mechanical, robotic, and bionic tools that Jacobs believes are the future of rehabilitation.

John Allison says

Being a Paramedic and having dealt with very many stroke patients and their families, I find that this book is informative and may help families gain an insight in the road travelled after a stroke.

Lauren Wallace says

"The acronym stands for face; arms; speech; time - providing for a quick assessment of the warning signs of stroke and emphasizing the need to call 911 immediately if a stroke is suspected." (13)

I would like to thank Authorhouse for an advance copy of this book!

I found this book very helpful and easy to understand. It was filled with resources and helpful sheets to write notes. This book flowed really well and was an enjoyable read!

This book is a very quick read; as I read it in a couple of hours.

I would like to recommend it anyone 18+

Diane Hernandez says

This is an important book about the symptoms, effects and treatments for strokes. I read this book because my mother-in-law had a stroke 20 years ago and I was curious if treatment options had changed. The answer, as described in this book, is that there are many more options now than back then, which is great news even for those that had their strokes years ago.

The book uses layman's terms or provides clear definitions of any medical terms making it an excellent reference for caregivers trying to decode physician's jargon. It provides excellent examples from real people's stories to clarify concepts. It even has illustrations when appropriate. It includes a comprehensive list of websites for additional information and suggests simple exercises to improve function.

While this book is targeted to stroke survivors and their caregivers, I felt the chapter on the symptoms of stroke and the importance of seeking treatment quickly was the most valuable part of this book so I'll briefly restate them here. If you feel two or more of the symptoms, you should call 911. The symptoms are: severe headache, decreased or blurred vision, dizziness or loss of balance that is not accompanied by a change in head position, speech difficulties, loss or strange feelings in one side of the body, and weakness in one side of the body. The book explains these symptoms in much more detail.

I received this book in a Goodreads giveaway but that has not impacted my review.

S says

I won this book on Goodreads. I entered with the intention of giving it away to a close friend whose cousin has suffered a stroke. Now, after reviewing this book, I will do just that.

The book is very well organized and written. You don't have to have a degree in medicine to understand the terminology. This book describes in great detail of how strokes can happen, different options for recovery from strokes, and provides a list of contacts for more support and information. However, since I am Canadian, it was a bit disappointing to see that there were no contacts listed for Canadians. This is the only drawback.

I am sure this book will benefit the intended recipient and wish the best on his recovery.
