STROKE SUPPORT ASSOCIATION

Stroke Support Association presents:

STROKE RECOVERY & EXERCISE: When Physical Therapy Ends, Then What?

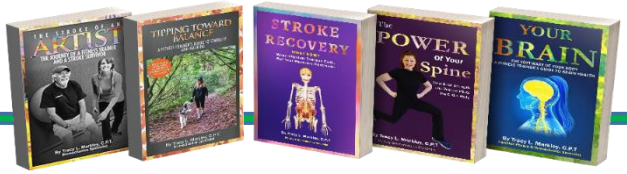
Tuesday, February 4, 2020
10:00-10:40 AM

Followed by our regular support groups

After a stroke, the length and quality of physical therapy can be limited by insurance coverage. The end of insurance-covered PT can leave many feeling lost or giving up or conceding that "this is it"—that there can be no more growth. However, in most cases education and understanding why specific exercises are needed can further recovery indefinitely.

Tracy Markley, Fitness Specialist, Stroke and Exercise Expert, and Author, will speak about how stroke survivors can keep progressing in recovery long after physical therapy ends. Topics include the following:

- How and in what order the brain communicates with the limbs.
- How to keep the brain and body hydrated.
- How to use exercise tools, such as the balance disc and the Swill Ball.
- Her own line of YouTube videos where she teaches particular exercises by muscle.



Tracy Markley grew up in Long Beach, CA. She is the founder of Tracy's Personal Training, Pilates & Yoga. She has more than 20 years of experience and hundreds of hours in research and advanced education. In 2019, she was recognized as one of the National Fitness Hall of Fame Top Trainers. She is the author of five books, including *The Stroke of an Artist: The Journey of a Fitness Trainer and a Stroke Survivor* and *Stroke Recovery, What Now? When Physical Therapy Ends, But Your Recovery Continues*.