

Strokes

## Description

To Jesus:

You can save this to a "Health" folder for easy access later. Use this as a starting point for your own research and share with your doctor as appropriate.

You can use drugs.com or other trusted health websites to look up the latest information on prescription & herbal drugs possible side & interaction effects. Typing in the name of two medications or a medication & an herb in a search bar of most browsers will bring up results with their interaction effects.

Strokes

Stroke & brain injury recovery

Etanercept (Enbrel) is a [TNF blocker usually used to treat autoimmune arthritis symptoms. With a 25mg perispinal injection \(with 5 minute tilt\) people often get immediate relief of physical & neurological symptoms of stroke & some brain injuries after 10 minutes, repeated up to every 3-4 weeks.](#)

It appears to greatly help behavior, vision, physical movement of affected areas, central post-stroke pain syndrome (CPSP), cognitive function, mood, sensory deficits, spatial orientation, & speech.

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Ian A Clark (2020) Randomized controlled trial validating the use of perispinal etanercept to reduce post-stroke disability has wide-ranging implications, Expert Review of Neurotherapeutics, 20:3, 203-205, DOI:

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[drugs.com/medical-answers/etanercept-work-stroke-recovery-3572317/](https://www.drugs.com/medical-answers/etanercept-work-stroke-recovery-3572317/)

Treatment-

[strokebreakthrough.com](https://strokebreakthrough.com)

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## **Mirror therapy**

A special box which makes the better arm/hand look like the other hand via a mirror can improve movements in the affected hand.

## **Constraint-Induced Movement Therapy (CIMT)**

Avoiding use of the nonaffected hand or foot can speed up recovery significantly, especially with essential tasks for survival like eating. People can even tie their better hand to their side or behind them &

that seems to speed up the brain reprogramming to the affected hand much more quickly.

## Active-Passive Bilateral Therapy

APBT has one hand immediately mimick a movement of the other hand to strengthen neural associations.

## TENS

TENS Therapy, or Transcutaneous Electrical Nerve Stimulation sends signals that can crowd out pain & numbness for people with a stroke.

## FES

FES (Functional Electrical Stimulation) is placed to cause muscle contraction, which can help if the person tries to contract the muscle at the same time the stimulation is happening. Some devices just aid contraction when the person initiates it voluntarily.

[saebo.com/blog/guide-recovering-hand-function-stroke/](https://saebo.com/blog/guide-recovering-hand-function-stroke/)

### Category

1. Uncategorized

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