

## **'These people are friends of mine now.'**

*Stroke survivor thrives in tailored rehabilitation at OSF HealthCare*

\*\*\*SOT\*\*\*

Randy Bingner  
OSF HealthCare patient

**"I couldn't stand. I couldn't walk. I got down on my hands and knees. Everything was circulating and swimming. Very confused." (:11)**

\*\*\*SOT\*\*\*

Caitlin Cleveland  
OSF HealthCare occupational therapist

**"We would discuss research and different techniques for things such as return of motor function in an upper extremity or improving gait patterns. Then we would immediately practice the new techniques." (:18)**

\*\*\*SOT\*\*\*

Caitlin Cleveland  
OSF HealthCare occupational therapist

**"People, especially when they are affected in the arm and leg, really rely on the good limb. That teaches the brain, 'oh, I can just use my good side of the body.' We want to force them to have to rely a little bit on the affected side. For example, force them to use their affected arm to reach for their purse." (:18)**

\*\*\*SOT\*\*\*

Randy Bingner  
OSF HealthCare patient

**"We could spend the day talking about the therapists here. Constantly zeroing in on things like balance issues that I wasn't totally aware of." (:18)**

\*\*\*SOT\*\*\*

Caitlin Cleveland  
OSF HealthCare occupational therapist

**"We see people with an affected side. They may have some cognitive deficits. They may find it harder to manage money or medication. Their gait – how they walk – may be affected. If they have decreased use of one hand, it's harder for them to take care of themselves, as well as higher level tasks around the house." (:28)**

\*\*\*SOT\*\*\*

Deidre Murphy  
OSF HealthCare physical therapy assistant

**"There can be personality challenges, as well, after a stroke. They can become depressed and impulsive. They lack awareness or self-control. They don't understand their deficits as much. That puts them at risk to hurt themselves." (:27)**

\*\*\*SOT\*\*\*

Randy Bingner

OSF HealthCare patient

**“You learn to keep doing the things that keep you out there and active, but you may have to adapt and find some different ways to do it.” (:11)**