

Expert Led Care

Our expert team includes specialists who will design a bespoke rehabilitation programme just for you, to ensure you get the most out of your recovery. You will have personal sessions with our team several times per week to monitor your progress and address any questions you may have.

Week 1

- Mobility & home safety
- Home setup & activity support

Weeks 2-4

- Practicing walking, self-care, communication

Week 5-6

- Preparing for independence, stairs, hobbies, outdoor tasks
- Final review and plan for next steps (long-term management)



Your recovery is unique, and so is your care. Let's rebuild strength and confidence, one step at a time

Contact us

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Your Recovery Starts Here

6-Week Personalised
Neurorehabilitation Programme
after Stroke



Dr Arup Sen



Welcome!

You've taken the first step on your recovery journey. This 6-week neurorehabilitation programme is designed to help you regain movement, speech, independence, and confidence after a stroke, with the support of a full team of specialists.

You'll receive care that continues where the hospital left off, in a setting that's comfortable for you, in your own home.

Our aim is to help you:

- Improve your strength, mobility and speech
- Regain confidence with daily activities like walking, dressing, or cooking
- Manage fatigue, mood and memory
- Prevent future complications
- Stay supported every step of the way

Why is this important?

People recover best when they:

- Start therapy as early as possible
- Get daily, personalised support
- Feel motivated and connected



Who is part of your Rehab team?

- *Physiotherapist* - Balance, walking, strength, flexibility. 3 times per week
- *Occupational Therapist* - Daily tasks, dressing, safety at home. 2 times per week
- *Speech & Language Therapist* - Speaking, understanding, swallowing. Once per week
- *Rehabilitation assistant* - Practicing what you've learned. 3 times per week
- *Psychologist* - Mood, confidence, memory, anxiety support. Once per week
- *Stroke Physician* - Medical review. Twice in 6-weeks
- *Dietitian* - Dietary optimisation. Twice in 6-weeks