Technology for Stroke Recovery

As our population continues to age, the number of people living with stroke is rising, placing an increasing demand on our health and social care systems to support their rehabilitation. Digital solutions are already reaching the market but the need for innovation is greater than ever before.

Sometimes, a person who has experienced a stroke may deal with speech issues as a result. Sadly, they do not get the care they need for full recovery. In addition, long term therapy is not covered by medical insurance, and survivors have been left with little choices. However, therapy through an iPad or tablet may be able to help people's speech recovery. Researchers from Boston University found that stroke

survivors respond favorably when given the option of using these devices to communicate.

Technological innovation is developing at an extraordinary rate, and becoming cheaper, more accessible and more widely available. There are already several products and online tools available to help stroke survivors adapt to some of the common effects of stroke, with many more innovative solutions in development.

Many survivors may need time to physically recover. Goals are not gained sometimes in a few months. It may be difficult for a survivor to get around and they may not have the means for transportation to a facility for weekly physically therapy. Thankfully, there are many apps as well as videos that can assist at home with continued therapy. Survivors in general will work hard to regain their former self.

There are many apps available to choose from to keep guide you through your at home therapy sessions. Research the ones that may work best for you. In the meantime, we recommend the following apps for speech therapy, physical therapy and breathing apps for mindfulness.

iTherapy (Constant Therapy) is designed for cognition and language rehabilitation. It can be used by the caregiver or clinician. It allows the clinician to assign homework, check up on the stroke survivor's progress and to send personalized messages when they have reached a milestone. It has 50 different tasks with over 12,000 items to complete. In a sense, it is a therapist on the go.

This free app is available for both iPhone and iPad.

Tactus Therapy Language Therapy targets all four language modes in one easy-to-use app designed for stroke survivors with aphasia. Choose to work on listening, reading, speaking, or spelling using personalized and functional vocabulary at a variety of levels. See how our best-selling speech therapy app is scientifically-proven to help intensify and enhance your therapy.

This free app is available for iOS

Naming TherAppy is also targeted toward aphasia patients. There are four options: naming practice, naming test, describe and flashcards. Naming practice will show and describe a picture, then ask the user to name the object. Describe does the opposite, it shows a photo and asks the user to describe how it looks, tastes, smells, etc. It's equipped with 500+ photos and a male voice that delivers cues and questions.

This app is compatible with iPhones and iPads. $19.99

Lingraphica has created 14 apps for people with communication disorders. Their SmallTalk family of apps for the iPad® and iPhone® offers a variety tools to practice making speech, working mouth muscles, and saying commonly used phrases. There's an app for almost everything aphasia-related with SmallTalk!

This free app is available for both iOS and Android.

The Physical Therapy Spanish Guide (PTSG) is a tool designed for non-Spanish speaking health care professionals to quickly ascertain vital medical information from their Spanish speaking patients.

This free app is available for iOS

FORCE Mobile intelligently recommends rehab exercises and creates custom playlists from a library of hundreds of professionally produced exercise videos. These videos and instructional voice overs are used by physical therapists around the country to treat and prevent injury.

Available for both iOS and Android. Most apps are free.

9zest Stroke Rehab

9zest Stroke Rehab aims to enhance the quality of life by providing easy, affordable, and at-home solution to stroke survivors. It focuses on minimizing the chances of stroke recurrence and also provides exercises for stroke prevention and recovery.

The exercises are designed by certified therapists and help in activities of daily living such as eating, drinking, walking, driving, brushing teeth, picking a pen, wearing a shirt, etc, reducing stroke challenges.

This free app is available for iOS.

PT Pal Pro

This app offers an easy yet practical way for physical therapists to ensure their patients do their exercises—and do them well.
You can send the exercise list directly to your patient's phone, allowing your client to see what exercises he or she has to do for flexibility,

strength, and stability, with both illustrated and video instructions. The app reminds the patient when to do the exercises, counts the repetitions out loud, and monitors the patient's progress so you can review it even when the patient isn't at your clinic.

This free app is available for both iOS and Android.

Pain Therapy: Physical Therapy Exercise Videos
This app, developed by Winzing, is perfect for patients who need constant guidance with their home exercises.It contains a library of exercise and stretching videos—all performed by a physical therapist—to help manage and reduce pain.

An Internet connection is needed the first time the patient plays each video. After that, it's stored on the device and can be played at his or her convenience. All videos are transcribed for people with hearing disabilities. The app is available in a number of languages including Spanish, Chinese, Japanese, and Korean.

It's available for the iPhone and iPad and costs $0.99.

Language Therapy 4-in-1
Is a scientifically proven speech therapy app that aims to improve speaking, listening, reading, and writing in those with aphasia. Get started by giving their free version, Language Therapy Lite, a try today.

This free app is available for iOS.

VocalEyes
Is caomputer vision for the visually impaired. The app uses machine learning to help people with vision problems identify objects in their everyday lives. Take a photo, and the app will tell you what the camera sees.

VocalEyes's audio response describes scenes and environments, identifies objects, label logos, and brands, reads text, detects faces, classifies emotions, recognizes ages, and distinguishes currency denominations. Research led by the University of Cambridge in the United Kingdom found that using the app for 20 minutes each day for 4 weeks showed improvements in all study participants with chronic aphasia.

This free app is available for iOS.

Proloquo2Go

Proloquo2Go is a communication solution for people with limited speech or those who have lost the ability to speak altogether. This app uses symbol-supported communication to help stroke survivors with aphasia communicate.

Price: $249

iOT Session

iOT Session was created by an award winning occupational therapist. The app is designed to improve deficits in visual tracking, bilateral coordination, visual perception, fine motor/dexterity, visual scanning, and handwriting/correct letter formation. The game like format helps keep the patient's attention.

This free app is available for iOS.

What's the Difference?

Look at and analyze the difference between two different photos with the What's the Difference? App. As you progress the challenges get harder helping you challenge your perception skills

This free app is available for iOS.

Calm

Calm offers a wide range of guided meditations to assist people in adding more relaxation into their lives. The selections range from 3-minute to 25-minute sessions. It also includes a feature called Daily Calm, a 10-minute program you can practice before the beginning or end of your day — a great routine to get into. There are also breathing exercises, unguided meditations, sleep stories, and more than 25 soothing sounds to help you improve your sleep. For even more, there's a premium subscription option.

This free app is available for iOS.

Stop, Breath and Think

This meditation app boasts more than 55 options for guided meditation selections, so you'll never get bored with your practice. It also segments exercises according to topics such as sleep, compassion, depression, and anxiety. You can tailor chimes and sounds to your preferences, and record your daily meditation practice to track progress throughout the year. Even more content is available with premium subscription.

This free app is available for iOS.