Post-stroke neurorehabilitation: compensation vs. restoration

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Abstract

Point of view: Restoration

Early rehabilitation needs to be focused on restitution not compensation.

Data will be presented from both humans and animal models that show there is a unique time limited period early after stroke in which motor recovery at the level of impairment occurs. Rehabilitation techniques need to be developed that maximally exploit this window of spontaneous biological recovery and enhanced responsiveness to training. Compensatory training should be avoided in this period and can be postponed until after the window has closed.