

5 Steps to a Successful Stroke Recovery

The most important insight in stroke recovery: your brain can rewire a process called neuroplasticity, but it needs the right signals, early enough, repeated often enough. Every move you make is a message to your brain. Luna helps you send it.



1 Acute Phase

Start Now

The First 72 Hours



What success looks like:

- You are medically stable and beginning to move safely—even small, assisted movements in bed signal the brain that the body is still connected and ready to relearn.
 - Early mobilization within the first 24-48 hours where safe is clinically linked to better outcomes. Time is tissue.
- The sooner movement begins, the more the brain has to work with.
- While you are still in the hospital, your Luna therapist is already being matched to you coordinating with your discharge team so care begins the moment you are home without a gap.

2 Neuroplasticity

Start Early

Reconnect Brain to Body



What success looks like:

- Assisted movement—guided weight shifts, supported standing, early gait steps—begins re-establishing the signaling pathways between brain and muscle that the stroke disrupted.
- Relearning in your own home is not just convenient it is clinically superior. The brain rewires faster when new movement is practiced in the exact environment where it needs to function.
- Your Luna therapist assesses hemiparesis, balance, and fall risk in the actual spaces you live in your hallway, your bathroom, your bedroom and builds a plan around your reality, not a clinic's.

3 Rewiring Phase

Start Fresh

Build Through Repetition



What success looks like:

- Neuroplasticity is not passive it is driven by high-repetition, task-oriented movement. Each session builds the neural signal a little stronger. Skipping sessions is not rest it is signal loss.
- Luna's in-home model removes the barrier of getting to a clinic, which means session frequency stays higher and frequency is the variable that drives rewiring more than any other.
- Gait training, balance exercises, and strength work on the affected side accumulate across sessions. Progress may be slow, and some days harder than others that is normal. The work still counts.

4 Functional Recovery

Start Fresh Each Week

Relearn What Matters



What success looks like:

- Walking, dressing, navigating the kitchen-these skills only fully transfer when practiced where they actually happen. Luna observes and corrects your movement in the exact environment that matters.
- Fall risk is one of the most serious consequences of stroke. Your Luna therapist trains both you and your caregiver in safe transfers, gait aids, and home modifications- reducing risk in the place where most falls happen.
- Managing spasticity through positioning, stretching, and progressive strengthening keeps the affected limb functional preventing the contractures that can permanently limit what movement is possible.

5 Reintegration Phase

Start Fresh Each Day

Return to Your Life



What success looks like:

- Most recovery occurs in the first three months but meaningful progress can continue for years. The brain's ability to adapt does not stop. Neither should the work.
- Confidence returns through small, repeated victories a walk to the mailbox, a meal prepared independently, Luna tracks these milestones and adjusts your program as your capacity grows.
- Recovery does not have a finish line, and Luna's support does not either. An ongoing relationship with your therapist someone who knows your home, your history, and your goals is what sustains the gains you have worked so hard to make.