Our brain is amazing and can recover from injury and disease, far more than previously thought, if only given the right conditions.
Programs for Effective Recovery

Our brain can recover from injury and disease, far more than we previously thought, if it gets the right stimulation. After a stroke or other acquired brain injury such as traumatic brain injury, you often get disability of a permanent nature. You may have difficulty using your arms and hands or to walk. Other problems may occur, for example difficulty with speaking, difficulty concentrating, remembering, or having impaired power of initiative and functioning socially. Other common effects of a stroke or traumatic brain injury are reduced stress tolerance and depression.

Modern research and accumulated experience show that with the right training and various types of sensory stimulation we can create healing and restorative processes in the brain. Rehabilitation after stroke or traumatic brain injury must be individually designed for your problems and needs and provide training in all areas in an as enriched environment as possible.

Based on modern research findings NeuroOptima organizes rehabilitation programs for those who have experienced a stroke or a traumatic brain injury. Our two- and three-week programs are implemented on the Spanish Costa del Sol. On location in Spain, you will meet a Swedish team of staff with specialists in different areas that combined will offer the best prospects for functional recovery. In Sweden we offer shorter rehabilitation programs on the beautiful island of Visingsö.

Under the guidance of skilled and experienced physicians, physiotherapists and speech and language therapists you will get the opportunity for intensive and individualized training that focuses on your specific reductions in everyday activities and conditions. The intense exercise is interspersed with rest periods in the sun, socializing, good food and beautiful surroundings, things which give you a feeling of well being, in spite of your hard, daily workouts!

The goal of our programs is to give you as participant a real boost in your progress towards a life as rich as possible. We want to give you the opportunity to experience the results that you are capable of, given the right training and encouragement. We want to give you more hope for the future and strengthen your capability to continue training and exercising back home.

Measurements before and after completion of the program show that all the participants in our rehabilitation programs have achieved substantial improvements of balance, strength and walking ability. Also, the general condition has improved, and in many cases memory and concentration ability too have been strengthened. People who have participated repeatedly in several programs have, in most cases, noted that past improvements have continued and further progress has been made during the next program that they participated in.
How it works

To help you decide whether participating in a program will be to your advantage, we will make an initial assessment based on an interview with you and, if possible, further testing. This assessment ensures that you as a participant are in a good position to benefit from the program and also paints an initial picture of what is an appropriate training approach for you.

On location in Spain, you are welcomed by the Swedish, English speaking team of staff. During your program you will live and train in a pleasant climate at a nice, well-equipped facility along with the other participants and staff. The program begins with an assessment of your functional and physical status together with our physiotherapists, and a medical examination of our consultant physician in charge. Together with the physician, the physiotherapist and the speech and language therapist (when needed) you will now have the opportunity to formulate your goals and we will then design your training program.

The program alternates strengthening exercises, stamina, balance and mobility with other targeted training such as lectures, stimulating recreation and rest. Content and intensity are tailored to your needs and your ability for best results. There is also a possibility of logopedic training of language, speech and swallowing.

You are welcome to bring a family member

It is often beneficial having the company of a loved one that you know well, during the stay. He or she may attend our courses and through contacts with others in the same situation become an even stronger support when you return home. Current research shows significant benefits when related parties are involved in the rehabilitation process.

We also know that the situation of a relative often can be difficult. The health hazards can be reduced by increased knowledge about stroke and its consequences, not least the knowledge of the invisible effects of the brain damage that changes cognitive ability. For a related party, the stay in Spain at the same time will be a stimulating and refreshing recreation opportunity in the best holiday atmosphere.
Rehabilitation in Spain

In Spain, we offer the following rehabilitation after stroke and traumatic brain injury:

- **Rehab Stroke and Traumatic Brain Injury Basic Program**
  Physical function-enhancing training, with the possibility of logopedic training of language, speech and swallowing.
  21-day program, shorter program is available at request

- **Rehab Stroke and Traumatic Brain Injury Focus Aphasia**
  Emphasis on language and speech therapy for aphasia, supplemented by physical training
  14-day program

Our Rehab Facility in Spain:
Sanyres Puente Romano, Marbella

Rehabilitation in Sweden

In Sweden we offer the following rehabilitation after stroke and traumatic brain injury:

- **Rehab Stroke and Traumatic Brain Injury Basic Program**
  Physical function-enhancing training with the possibility of logopedic training of language, speech and swallowing
  6-11-day program at Visingsö

- **Rehab Stroke and Traumatic Brain Injury Physio**
  Physical function-enhancing training
  6-day program at Visingsö

- **Rehab Weekend Program Physio**
  Physical function-enhancing training for earlier participants
  2-day program at various locations in Sweden

Our Rehab Facility at Visingsö:
Wisingsö Hotell och Konferens
http://www.wisingso.se
A Medical Knowledge Provider

Our area of expertise is primarily function of the brain and its ability to develop and repair itself. We are in close contact with leading research and we are developing and applying the latest methods of rehabilitation for those affected by stroke or traumatic brain injury.

NeuroOptima was founded in Sweden in 2003 by Professor Michael Nilsson, based in Gothenburg, his late colleague Peter Eriksson, rehabilitation specialists, experienced physiotherapists and speech and language therapists.

NeuroOptima’s rehabilitation programs are implemented in a so-called enriched environment, where the warm climate on the Spanish Costa del Sol is an important part. We offer high intensity training, individually tailored for each participant. Over 700 people have participated in the programs and many of them have returned for yet another round.

NeuroOptima’s medical expertise and practice is quality assured by the Medical Advisory Board, composed of some of the leading experts in our field in Sweden.

Core Values – Knowledge, Motivation, Quality of Life

NeuroOptima operates in accordance with the latest findings of neuroscience. The focus of our rehabilitation team is to see opportunities and resources in each participant. We understand that every individual has a desire to function in the best possible way regardless of disability. We will respond to every individual in a professional, empathetic and motivational way.

Overall objective is, through an individually designed, intensive neurological rehabilitation program, to provide participants with the best possible conditions for increased functionality, activity and participation.

The program participants gain access to the expertise of specially trained physiotherapists and speech and language therapists in collaboration with the doctor specializing in neurology or rehabilitation medicine.

Our motto is knowledge, motivation and quality of life!
NeuroOptima Provides Effective Rehabilitation after Stroke and Traumatic Brain Injury

Research studies and our results show that significant improvements can be achieved, even many years after the injury occurred.

The training is supported by English speaking medical doctors, physiotherapists and speech and language therapists that specialize in neurological rehabilitation.

The programs take place in an enriched environment in Spain and Sweden.

Welcome to contact us!

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