



## TEAMWORK VITAL FOR Stroke Recovery

**MAY IS NATIONAL STROKE AWARENESS MONTH.**

For veteran Ken Campbell, stroke recovery has been a team effort, thanks to his support system at **South Texas Health System® McAllen**.

While playing the piano one night, Campbell suffered a major stroke that required several days recovery in the Intensive Care Unit at South Texas Health System McAllen. That was followed by more than two weeks of inpatient rehabilitation.

Today, more than two years later, he has made tremendous progress in his recovery, thanks to his supportive team, including the outpatient rehabilitation therapists at South Texas Health System McAllen and the South Texas Health System Stroke Survivor Support Group.

"They give me home exercises and I work on my goals," Campbell says. One of those goals is getting back to playing the piano. "You have to have a mindset that it's hard, but it's worth it and it's something you have to do," he says. "You have to stay positive."

**To learn more about the physical rehabilitation and stroke support services available at STHS McAllen, visit [southtexashealthsystemmcallen.com](https://southtexashealthsystemmcallen.com)**



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