

## **Success Case: Functional Recovery through Sustained Access to Physiotherapy Services at Zinxhiraj Community Center**

A 41-year-old male, diagnosed with an ischemic stroke resulting from occlusion/stenosis of the posterior cerebral artery, sought support at the Zinxhiraj Community Center to address severe post-stroke motor impairments. At the time of enrollment, the patient exhibited profound muscle weakness, significantly reduced range of motion, and extremely limited voluntary control of the affected upper limb. These limitations had a direct impact on his ability to perform basic daily activities independently, contributing to both physical dependency and reduced confidence.

Through consistent access to specialized physiotherapy services at the center, the patient engaged in a structured and individualized rehabilitation program. The intervention included targeted muscle activation exercises, passive and active range-of-motion techniques, coordination training, and functional task-oriented therapy designed to simulate real-life activities. The continuity and regularity of these services played a crucial role in maintaining progress and preventing further deterioration. Over the course of the intervention, the patient demonstrated gradual yet meaningful improvements. He began to regain partial voluntary movement in the affected arm, with increased muscle strength and better neuromuscular coordination. Importantly, he developed improved control over specific movements, allowing for basic functional use of the limb, such as supporting daily self-care tasks. This case clearly illustrates the critical importance of accessible, continuous, and community-based physiotherapy services. Without regular access to these services, the likelihood of such recovery would have been significantly reduced. The improvements achieved not only reflect physical rehabilitation but also enhanced independence, dignity, and overall quality of life. The case underscores how early intervention, sustained engagement, and proximity of services within the community can make a decisive difference in recovery outcomes for individuals with neurological conditions.





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*The beneficiary's name has been changed to protect privacy.*

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