

## ABSTRACT

Stroke is one of the known diseases worldwide. It is a disease wherein the blood in the brain is blocked which results in severe bleeding of the brain (<http://www.nhlbi.nih.gov/health/health-topics/topics/stroke>). People who have suffered stroke must undergo physical therapy to help them regain the movement. Physical therapists are health care professionals who are responsible for evaluating damaged muscle and joints (Craig, 1982). They are responsible for helping patients reduce pain and restore mobility by using mechanical force and movements.

This study used both qualitative and quantitative research designs through a combination of atomistic and holistic approach. Six (6) physical therapists from the Southeast Asian Medical Center (SAMC) were surveyed and interviewed. After which, the physical therapists were observed with their stroke patients for a whole therapy session, which lasted for an hour. This helped the researcher validate her claims.

The researcher found that communication plays a vital role in the physical rehabilitation of stroke patients from SAMC. Based from the survey and interview conducted, effective and efficient communication makes it easier for stroke patients to recover faster. This finding is further reiterated by the Theory of Planned Behavior, wherein physical therapists already assume the outcome of the coaching sessions that their patients take and the course of communication they are to do towards them. The communication techniques were very specific and dedicated to the “planned outcome” of the coaching sessions.