

Canterbury

District Health Board

Te Pōari Hauora o Waitaha



UNIVERSITY
of
OTAGO

Te Whare Wānanga o Otago
NEW ZEALAND

What does embodiment mean?

Why it's important

What we know already

My study

So what?

Dr Fiona Graham
Dr William Levack

SOME(BODY) ELSE - TRANSITIONS IN EMBODIED EXPERIENCES AFTER STROKE

Emily Timothy
June 2016

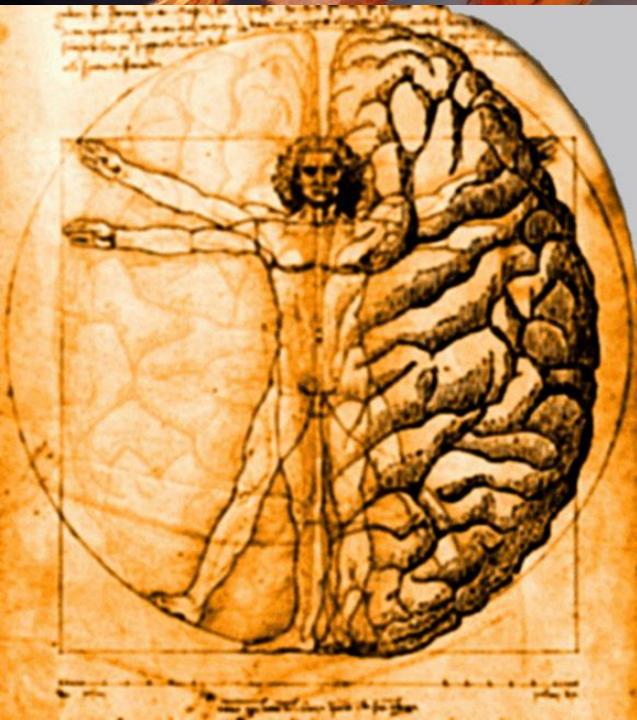
EMBODIMENT

‘how we live in and
experience the world
through our bodies’

Merleau-Ponty (1996)



**The
embodied
experience**



**The
body as
a
machine**



**THIS IS
ME.
WHO ARE
YOU?**

The unreliable
body

The extended body

The
demanding
body

The perplexing
body

The body as
foreign

fundamental
change

Creating
coherence

Disrupted
sense of
self

A body that
is not me

Alienation

Biographical
disruption

Testing the
body

Societal self-body
relationship

AREAS FOR FURTHER DEVELOPMENT

- No established theoretical models
- Few studies specifically focused on embodiment in transition from hospital
- Notion of embodiment poorly defined, especially physiotherapy
- Lack of understanding of implications

Purpose to explore the embodied experience of stroke for people one month after hospital-based rehabilitation

Aims

- 1) Explore the experience stroke survivors have of living with a changed body when transitioning from hospital
- 2) Improve understanding of the embodied experience of life after stroke (especially physiotherapists)

GROUND ED THEORY

7 people

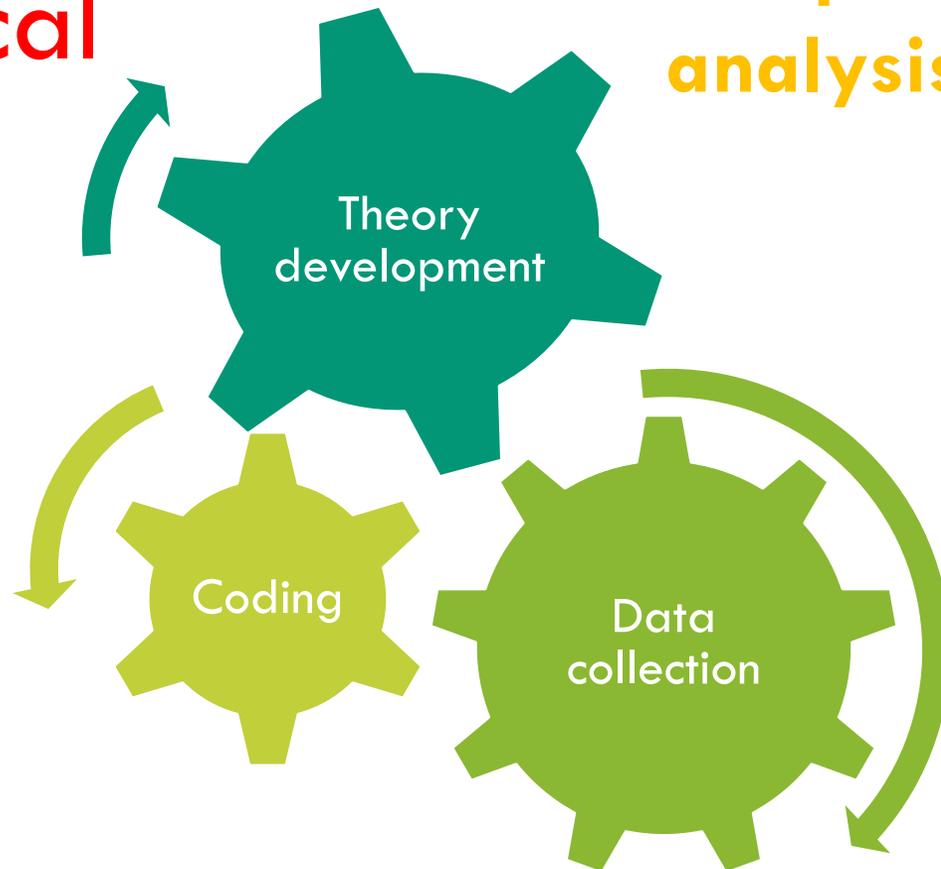
3 phone interviews

Full interview 1 month

Constant
comparative
analysis

Theoretical
sampling

Memos and
diagraming



Constructivist
epistemology

Relativist ontology

Symbolic interactionism
theoretical perspective

**DIVERGENT
BODY-SELF**

**COHESIVE
BODY-
SELF**

**THE
EMBODIED
EXPERIENCE**

ANCHORS

DIVERGENT BODY-SELF

STRANGE

UNPREDICATABLE

EFFORTFUL

It won't do what you want **it** to do most times, you know. You want **it** to, it's a **strange feeling** to have **it** not connecting with your brain. And you take it as, when you're normal... You don't think anything about it. When you're wanting to try and do something, and it won't let you do it. It's the **strangest feeling** in the world.

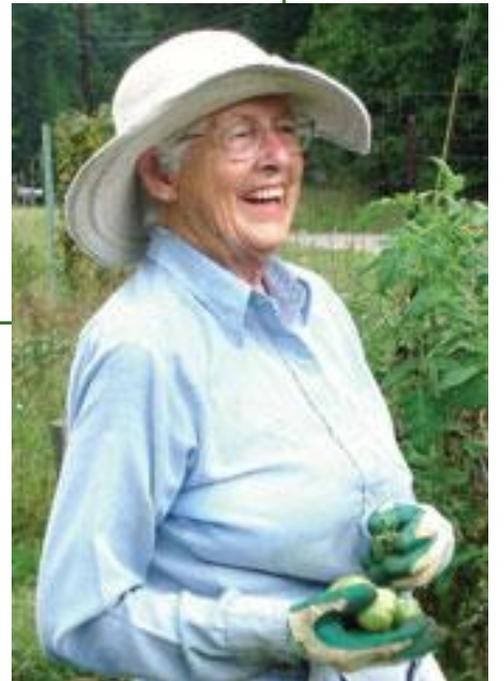
Peter

effort



My arm is [slaps left arm], I can still feel **it**, I can feel **it**, but **it's gone unpredictable**. **It** doesn't, **it** isn't doing this so much [demonstrates wavering left arm]; **it** was knocking the food off my plate or some of it. And yesterday, what did **it** do yesterday? Something **unpredictable**.

Helena



COHESIVE BODY-SELF

FREEDOM

CONTROL

IDENTITY

The time that I really found it most was that time I was telling you when the lady [physiotherapist] said 'for god's sake, just walk'.

That was **freedom**. It really was. I can still recollect what it was like, you know, nothing there, I didn't have to hang on to anything

George



What does it make you think when your arm is unpredictable?
That, it makes you wonder if it's coming, if it will come back. **It makes you initially feel as if you're losing**

control of yourself completely

Can you say a bit more about that?

Yes, that is a big shake up. To feel that um, **a part of you has well maybe died**. That is very challenging.

Helena

identity



ANCHORS

KNOWLEDGE

ATTITUDE

ENVIRONMENT

Suddenly you're devoid of being able to use your hand, get out and walk, do you own thing; your freedom's all gone...But I remember there was one sister in particular who was wonderful to me and she, I sort of longed for her to be on duty because um, she would talk to me about a future, and ask me what I wanted to do, and you know, opened a new avenue for me.

Grace

Attitude/environment



Right, you get around at the hospital in a certain way, you know walking and things like that, and the wheelchair. **You get home and it was a struggle** to get up the steps, a struggle to walk in the passage even with the walking stick, everything like that.

Michael



Environment/knowledge

SO WHAT?!

- The bodily experience of stroke is altered to the extent that people can question their identity, lose hope for their future and control over their lives
- Context influences the embodied experience – often in seemingly small, incidental ways
- During the transition from hospital, the embodied experience is highly sensitive to influence
- The embodied experience should be integral to physiotherapy and stroke rehabilitation

IMPLICATIONS FOR MY PRACTICE

- I notice and acknowledge reflections people make on the impact of a changed body
- I convey hope of a positive future
- I promote people as experts in themselves, including their bodies
- I reflect on my approach, with the starting point always being a person first...a stroke second

THOUGHTS ON NEXT STEPS...

How we do
what we do

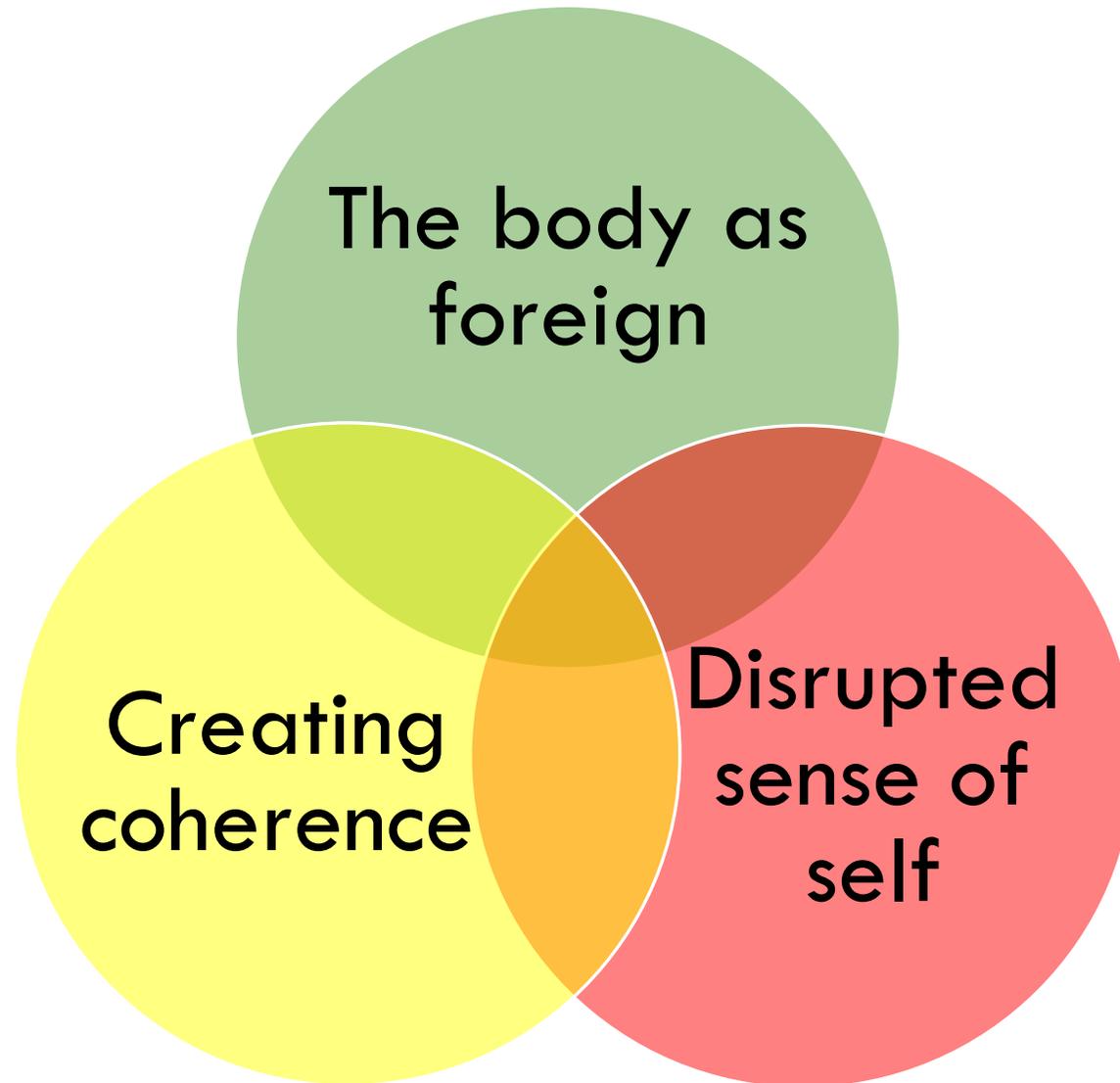
Active
listening

Promoting
wellness

Skills sharing

Flux

Anchors



Transitions in the Embodied Experience After Stroke: Grounded Theory Study

AQ: 1

AQ: 2

Emily K. Timothy, Fiona P. Graham, William M.M. Levack

Bio

Background. The body is central to the practice of physical therapy, but clinical theory largely neglects the body as a concept. A better understanding of the embodied experience could enhance delivery of physical therapy.

Objectives. The purpose of this study was to gain an in-depth understanding of embodiment for people after stroke while transitioning from the hospital to the home.

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