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ABSTRACT

Aphasia, a neurological condition primarily resulting from stroke, significantly impairs communication and quality of life. This review focuses on aphasia recovery and emphasizes the interplay of clinical impairment, neural adaptation, and therapeutic intervention. Natural recovery varies with factors such as lesion characteristics, white matter integrity, and demographics, and neuroplasticity and cognitive compensation play crucial roles. Treatment-induced recovery encompasses traditional language therapies and innovative strategies, including the integration of advanced neurological techniques like neuromodulation and neurofeedback. Emerging trends, such as self-managed digital therapeutics and precision medicine approaches, offer promising avenues for enhancing language recovery. By bridging the gap between neurological understanding and clinical application, this review highlights the multifaceted nature of aphasia recovery and the latest advancements in treatment strategies, paving the way for more targeted and effective rehabilitation approaches.