7 Best Stroke Podcasts to Listen to in 2025



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Discover powerful stories, recovery insights, and expert interviews that support you through stroke recovery.

If you or someone you care about is recovering from a stroke, these stroke podcasts will keep you informed, inspired, and connected. Whether you're in early rehab, years into recovery, or a caregiver or clinician, podcasts are a flexible and motivating tool to stay hopeful and proactive.

These are the best stroke podcasts to tune into in 2025:



1. Recovery After Stroke

Host: Bill Gasiamis
Website → | Apple Podcasts
This award-nominated podcast features heartfelt survivor interviews and expert insights on everything from neuroplasticity to mindset, nutrition, and post-traumatic growth. Bill, a three-time stroke survivor himself, brings lived experience and deep empathy to every conversation.

Great for: Stroke survivors, caregivers, and anyone exploring how to grow after trauma.



2. Know Stroke Podcast

Hosts: David Dansereau & Mike Garrow

Website → | Available on major podcast platforms
This podcast brings stroke advocacy, innovation, and patient experience into the spotlight. Hosted by a physical therapist and a stroke survivor, Know Stroke explores the systemic gaps in care, new technologies, and real stories from the front lines of stroke recovery.

Great for: Those passionate about healthcare innovation, stroke advocacy, and policy reform.

3. Stronger After Stroke

Presented by: Norton Neuroscience Institute
Visit Website →
Produced by a major medical institute, this show balances expert advice with relatable survivor stories. Topics range from emotional recovery to new therapies and support for caregivers.

Great for: Listeners wanting both scientific credibility and emotional resonance.



4. Stroke Alert

Produced by: American Heart Association
AHA Podcast Page →
Stroke Alert is your monthly dose of research-backed updates from the frontlines of stroke medicine. Perfect for healthcare professionals and survivors who like to stay on top of clinical evidence.

Great for: Listeners who want to keep up with the latest medical research.

5. The Slow Road to Better

Host: Brain Injury Services
Apple Podcasts
Created by survivors with aphasia and other communication challenges, this authentic, raw, and often humorous podcast explores life after brain injury.
Great for: Anyone living with aphasia or communication-related stroke effects.



6. Life After Stroke with Christopher Ewing

Host: Christopher Ewing
Visit Website →Spotify
Christopher interviews survivors from around the world, spotlighting courage and community. His calm voice and open-hearted approach make this show incredibly comforting.

Great for: Global stories and an emotionally uplifting tone.



7. Survivor Science *(NEW for 2025)*

Host: Will Schmierer
Listen on Spotify →
Will blends personal recovery with science-driven insights, exploring neuroplasticity, psychology, diet, and resilience. It's like a TED Talk with heart.

Great for: Listeners who want both the "how" and the "why" behind recovery.

Tell Us What You're Listening To

Are we missing a podcast you love? Share it in the comments or tag @recoveryafterstroke.
You can also reach out via the contact page at recoveryafterstroke.com/contact.