

Stroke Physiotherapy Exercises

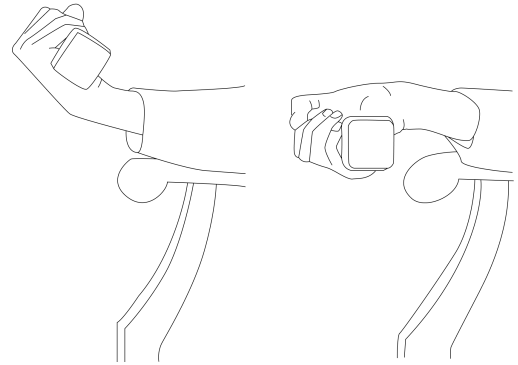
Stroke rehabilitation is vital for regaining mobility, improving muscle strength, and enhancing quality of life. These exercises target key areas affected by a stroke, such as spasticity, muscle weakness, and reduced range of motion. Regularly performing these exercises can lead to better independence in daily activities and a faster recovery journey.

A. Wrist curls

Equipment needed: Stable chair with armrests, light weights, or household items.

Procedure:

1. Sit up straight with your arms resting on the armrests, palms facing upward.
2. Let your wrists dangle over the edge of the armrests.
3. Hold a light weight and slowly bend your wrist upward toward your forearm.
4. Lower it back down in a controlled motion.
5. Perform _____ repetitions per hand.

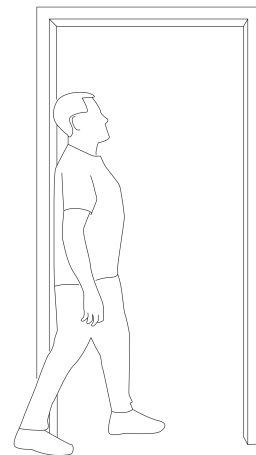


B. Stretching the hip and ankle

Equipment needed: None

Procedure:

1. Stand upright in a doorway.
2. Lean back against the doorframe with one foot behind the other (stride position).
3. Gently lean forward, stretching the hip flexors and ankle plantar flexors.
4. Hold for _____ seconds, then switch legs.
5. Repeat _____ times per leg.

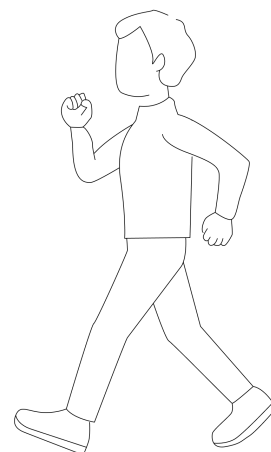


C. Cardiovascular exercises

Equipment needed: None; treadmill, bicycle, or stationary bike (optional)

Procedure:

1. Begin with light exercises, such as walking or cycling.
2. Start with _____ minutes and gradually increase the duration as you build endurance.
3. Do this every day.

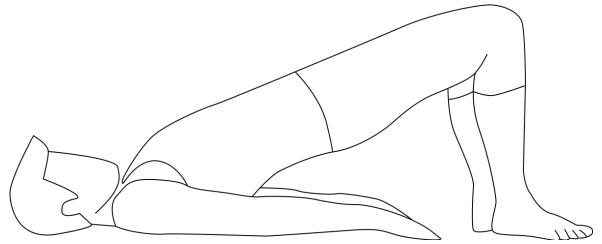


D. Pelvic floor contractions (kegels)

Equipment needed: None

Procedure:

1. Identify your pelvic floor muscles by imagining stopping urine midstream. You can do this in any position.
2. If you can't visualize it, it is easier to do by lying supine then raising your hip off the ground.
3. Squeeze the muscles, holding for _____ seconds.
4. Relax for _____ seconds before repeating.
5. Gradually increase the hold to _____ seconds over time.
6. Perform _____ repetitions per session.

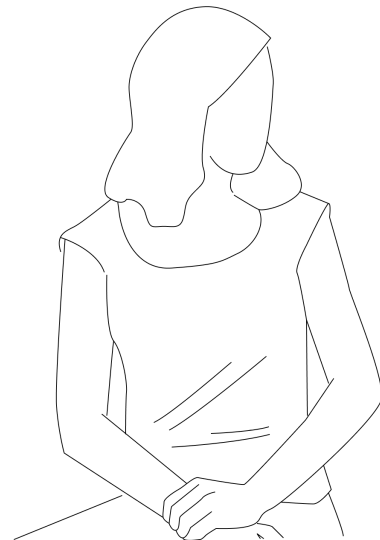


E. Trunk rotation (twists)

Equipment needed: None

Procedure:

1. Sit in a chair with your back straight and chest up.
2. Place your right hand on the outside of your left thigh.
3. Use your arm to gently twist your torso to the left, initiating the movement from your core muscles, not your arms.
4. Avoid twisting to the point of pain; move gently.
5. Return to the center and repeat _____ times per side.
6. Hold for _____ seconds if possible.
7. For a more challenging variation, cross your arms over your chest and perform the trunk rotations using only your core muscles.



Additional notes

References

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