

Stroke Physiotherapy Exercises

Introduction:

These exercises are designed to promote recovery and improve functionality in individuals who have experienced a stroke. It's crucial to consult with a healthcare professional or physiotherapist before starting any exercise program.

Warm-up:

Neck Rotations:

1. Slowly turn your head to the right, holding for 5 seconds.
2. Return to the center and repeat on the left side.

Shoulder Rolls:

1. Lift your shoulders towards your ears and roll them backward.
2. Repeat in the forward direction.

Upper Body Exercises:

Seated Arm Raises:

1. Sit upright in a chair.
2. Lift your affected arm straight in front of you.
3. Lower it slowly.
4. Repeat 10 times.

Table Push-ups:

1. Place your hands on a table shoulder-width apart.
2. Push your body up and down, keeping your back straight.
3. Repeat 15 times.

Core Strengthening:

Seated Marching:

1. Sit on the edge of a chair with your back straight.
2. Lift one knee towards your chest, then the other.
3. Continue marching for 1 minute.

Seated Torso Twists:

1. Sit upright.
2. Twist your torso to the right, then to the left.
3. Repeat 15 times on each side.

Lower Body Exercises:

Leg Raises:

1. Sit on a chair.
2. Lift your affected leg straight in front of you.
3. Lower it slowly.
4. Repeat 10 times on each leg.

Heel-to-Toe Standing:

1. Stand with feet close together.
2. Walk forward by placing the heel of one foot in front of the toes of the other.
3. Repeat for 1 minute.

Cool Down:

Gentle Stretching:

1. Stretch your arms overhead.
2. Reach towards the ceiling, holding for 10 seconds.
3. Repeat with the opposite side.

Deep Breathing:

1. Sit comfortably.
2. Inhale deeply through your nose.
3. Exhale slowly through your mouth.
4. Repeat for 5 minutes.

Notes: