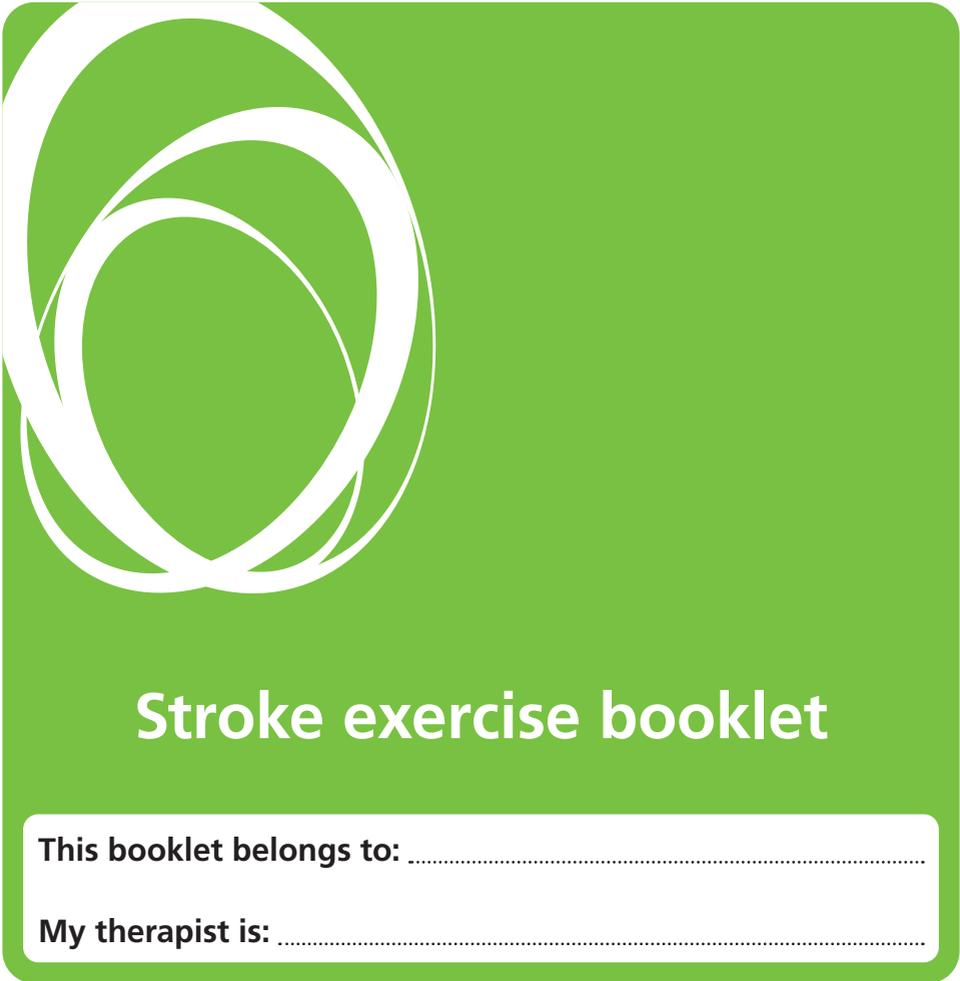




University Hospitals Birmingham
NHS Foundation Trust



Stroke exercise booklet

This booklet belongs to:

My therapist is:

Building healthier lives

UHB is a no smoking Trust

Introduction

For many reasons, it can be hard to start exercising following a stroke after being discharged from hospital.

This booklet is designed to equip you with information that will help you become more active and continue your rehabilitation journey at home.

There are tips for starting an exercise routine, space for some exercises for you to start with, an exercise diary and further resources/groups you can access.

Why is exercise important after stroke?

Often after a stroke people find they are less active, due to muscle weakness, fatigue or pain, for example. Regular exercise is important to improve cardiovascular health and improve wellbeing. It can also play a big role in increasing independence, mobility and strength.

One of the risk factors for stroke is inactivity: regular exercise can help reduce your risk of having another stroke.

Repeated exercises or movement can help the brain make new connections with unaffected areas of the brain.

This is a process called neuroplasticity. The more you complete an activity/exercise, the better the brain will get at coordinating the movement and the easier it will feel for you.

Tips for starting an exercise routine

Speak to your doctor, nurse or physiotherapist before attempting exercise, especially if you have limited mobility.

Start slow

It's important that you start slowly when engaging in regular exercise. Find a pace that is comfortable for you and don't overdo it.

Make it into a routine

Incorporate your exercises into your daily routine. Try to do your exercises at the same time every day.

Try to stick with it

It can take a while to make exercise a habit rather than a chore. Try to track your progress every week to help keep you motivated.

Expect to have a few setbacks

It's completely natural to have a few setbacks. There will be times when you don't want to do your exercises, or will feel too tired. Take a break if needed and start up again when you are up to it. Get support from your carer, family, friends and loved ones.

Staying safe

- Give yourself time for breaks and keep yourself hydrated
- Warm up, stretch and cool down
- Wear appropriate clothing
- Ask your carer, friend or family member for help

When to stop exercising

To keep yourself safe while exercising, stop exercising and rest when you experience these symptoms:

- unfamiliar joint or muscle pain
- blurred vision
- dizziness
- feeling generally unwell

If you experience any of the following please stop exercising and immediately call 999 or go to the Emergency Department (A&E):

- FAST symptoms
- facial droop
- arm or leg weakness (new)
- slurred speech
- breathing difficulties that do not resolve
- chest pain

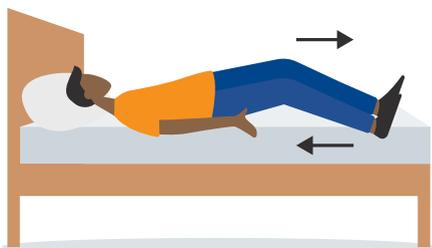
Exercises to try at home

The following exercises are for you to get started with at home.

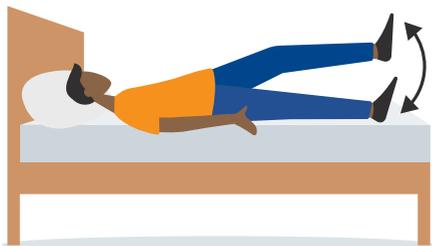
Every person is different, only complete activities that are safe for you. Your therapist can advise which are best for you.

With each exercise, aim for 10 repetitions and when that becomes too easy, increase your repetitions. Don't worry if you can't do 10 straight away.

Bed based



Lie on your back. Bend your leg, keeping your heel on the bed. Slowly straighten your knee. Try to keep your hip and knee aligned throughout.

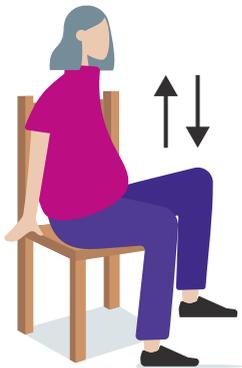


Lying with your legs straight on the bed. Lift one leg slowly, hold for three seconds then lower and repeat with the other leg. Keep your legs straight throughout.

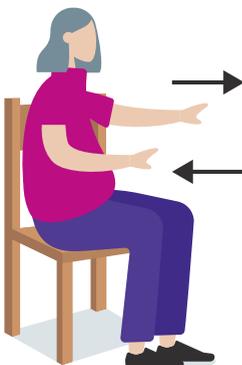


Lying flat with your knees bent and feet flat on the bed. Lift your hips up off the bed and hold for three seconds then lower your hips back on the bed. Do not lift your head off the bed.

Chair based



While seated, slowly lift your knee up towards the ceiling.
Lower then repeat with the other leg.



Straighten your arm out in front of you, as if you are punching the air, then lower.
Repeat with the other arm.
To make it more challenging, hold a water bottle or weight while completing the exercise.

Standing



Start in a seated position.
Slowly stand up, then sit back down.
To make it more challenging, repeat without using your arms to support.

Exercise diary

	AM	PM
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

	AM	PM
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Further resources

Stroke Association launched a 12-week stroke-specific exercise video programme in partnership with the charity A Stroke of Luck.

The programme focused on three different mobility groups, red, amber and green.

Each video is led by a qualified physiotherapist and includes written coaching notes to emphasise points to work on. These videos are intended to support the rehabilitation needs of stroke survivors but may not be suitable for everyone. Before using these videos, please discuss their suitability with your doctor or stroke health professional.

You can find more information here:

www.stroke.org.uk/stroke/recovery/exercise/online/programme
www.stroke.org.uk/stroke/recovery/exercise

My recommended mobility group is:

Where to get further help and information:



There are many detailed publications on the Stroke Association website: **www.stroke.org.uk**

They also have a helpline for those affected by stroke, including family, friends and carers. Call **0303 3033 100** or email **info@stroke.org**



Birmingham Adult and Social Care

Website: **www.birmingham.gov.uk/info/20018/adult_social_care**

Phone: **0121 303 1234**

Email: **CSAdultSocialCare@birmingham.gov.uk**



University Hospitals Birmingham

NHS Foundation Trust

University Hospitals Birmingham

Website: **www.uhb.nhs.uk/services/stroke-services**

Queen Elizabeth Hospital: **0121 371 2000**

Ward 514: **0121 371 5147**

Heartlands/Good Hope/Solihull Hospital: **0121 424 2000**

References

Exercises for stroke survivors

www.stroke.org.uk/life-after/exercise

Rehabilitation and recovery - motor recovery and physical effects of stroke

www.strokeguideline.org/chapter/motor-recovery-and-physical-effects-of-stroke/

How did we do? 😊 😐 😞

If you have recently used our services we'd love to hear about your experience. Please scan the QR code or follow the link to share your feedback to help us improve our services. **Thank you.** www.uhb.nhs.uk/fft



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