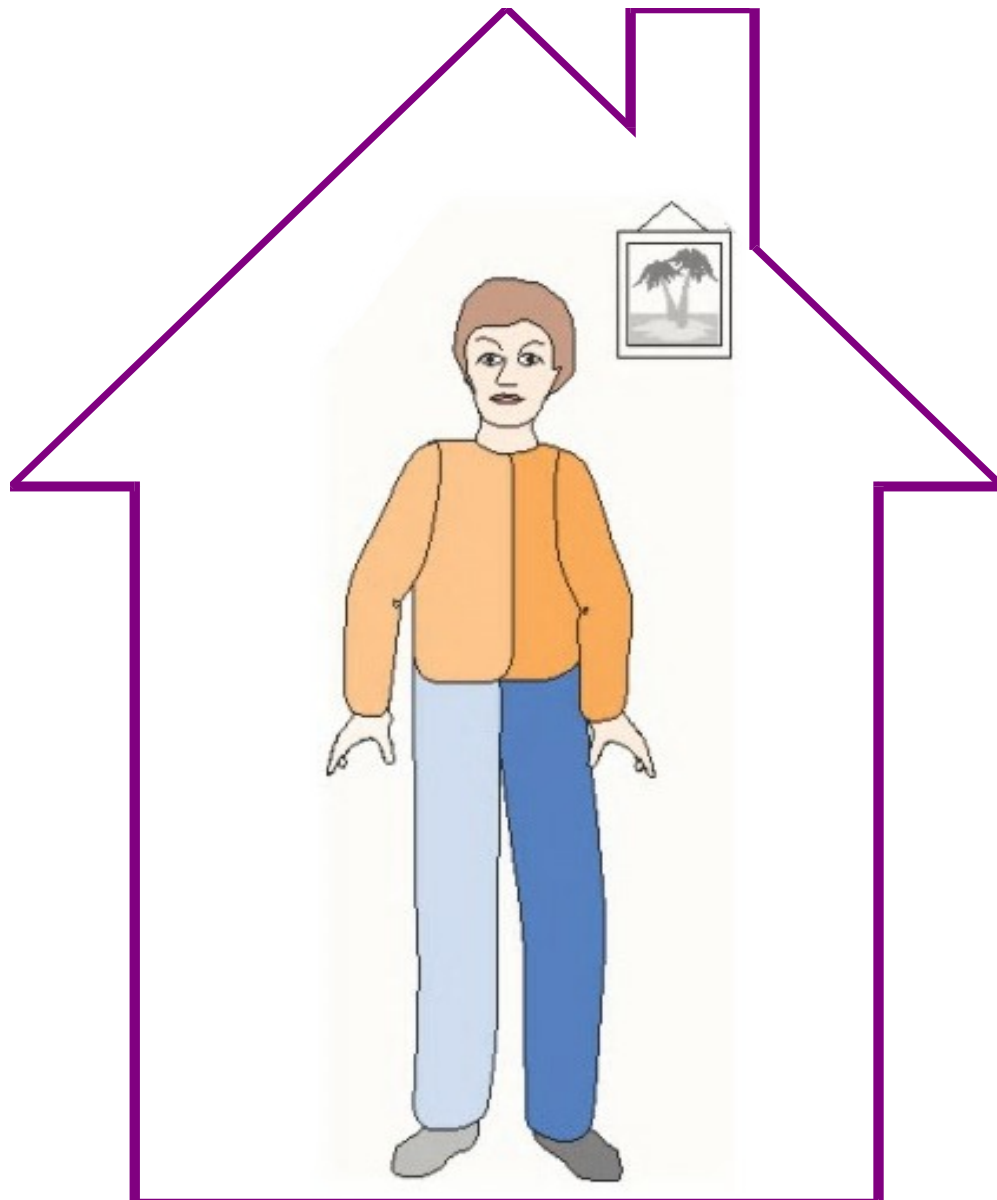


EXERCISE AND FITNESS AFTER STROKE

Important Information about the
EfS Home Exercise Series



LLT Request that all professionals using these sheets ensure participants and patients receive this important information with their exercise sheets

Introduction

After a stroke recovery periods can vary greatly. Maintaining movement after stroke is a priority. These exercises are designed to help maintain and improve movements required in everyday life, and to improve fitness. They are informed by evidence from the STARTER* programme. If you have a stroke impairment that limits your ability to exercise, a qualified EfS instructor will be able to adapt the exercises for you. Our brains need repetition to learn new movements. Joints and muscles need regular movement to keep healthy and maintain function.

The worse thing you can do after a stroke, is to sit for long periods of time. Performing the mobility exercises are a great start for everyone. Enjoy!

*Mead G et al. Stroke: A randomised trial of exercise or relaxation (STARTER). JAm. Ger.Soc. 2007;55:892-9.

Acknowledgements

We would like to acknowledge the following content resources: Exercise and Fitness Training After Stroke: Physical Activity and Health Specialist Exercise Instructor Training Course Manual. Later Life Training 2016 Edition.

Text by Bex Townley, Later Life Training.

Illustrations by Helen Skelton, Later Life Training.

Safety

- Ensure that the chair you use is sturdy and stable
- Wear comfortable clothes and supportive footwear.
- Prepare a space and have your exercise band and a glass of water (for afterwards) ready before you start.
- While exercising, if you experience chest pain, dizziness or severe shortness of breath, **stop immediately** and contact your GP (or call an ambulance if you feel very unwell and your symptoms do not go away when you stop exercising).
- If you experience pain in your joints or muscles, stop, **check your position** and try again. If the pain persists, seek advice from your EfS Instructor.
- However, feeling your muscles working or slight **muscle soreness** the next day after exercise is **normal** and shows that the exercises are working.
- Breathe normally throughout and try not to hold your breath.
- Aim to do these exercises twice per week **in addition** to your exercise class.

If you are using these series of exercise sheets without attending a supervised exercise session, consult your GP to check it is suitable for you.

Disclaimer

You take responsibility for your own exercise programme. The authors and advisers of the exercises in this programme accept no liability. All content is provided for general information only, and should not be treated as a substitute for the medical advice of your own GP or any other health care professional. Health care professionals using these exercises do so at their own risk.

Whilst these exercises have been used in research trials and many thousands of older people do similar exercises from other home exercise booklets, the authors do not know you, your medical conditions or physical fitness and cannot give advice tailored to you, your medical condition or physical function. The authors cannot guarantee the safety or effectiveness of this program of exercises for you. Any noticeable changes in health, pain, mobility or falls should prompt a visit to your GP.

Your EfS Instructor holds a qualification enabling them to recommend appropriate exercises for you.

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THE EfS HOME EXERCISE SERIES

CONTENTS OF EACH GROUP OF EXERCISE SHEETS

The EfS Home Exercise Series is split into FOUR components.
The original programme from the STARTER research trial included all components and exercises.
Your EfS instructor will select suitable exercises for you to do at home.

WARM UP MOBILITY EXERCISES

Contents:-

MARCHING
SHOULDER ROLLS
SIDE BENDS
TRUNK TWISTS
ANKLE MOBILITY
SIDE STEPPING

FITNESS/STAMINA COMPONENT

Contents:-

SHUTTLE WALKING
WALL PRESS
HAND TO KNEE
BALL RAISE OR SIMILAR OBJECT
STEP UPS
SIT TO STAND

STRENGTH EXERCISES

Contents:-

POLE LIFT
SIT TO STAND
BACK OF ARM STRENGTH
UPPER BACK STRENGTHENER

FLEXIBILITY - STRETCHES

Contents:-

CHEST STRETCH
BACK OF ARM STRETCH
UPPER SIDE STRETCH
BACK OF THIGH
CALF STRETCH