

# 8 Exercises Physiotherapists do with Stroke Survivors (1-Page Guide)

**This infographic gives a list of 8 exercises that Neurological Physiotherapists often prescribe in early Stroke Rehabilitation.**

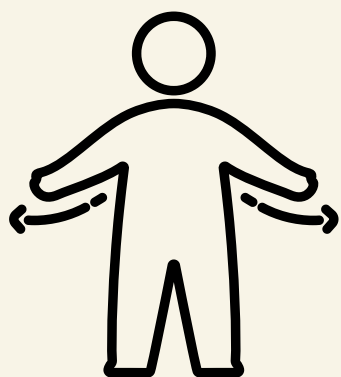
**Aim for 2-3 sets of 12-15 repetitions of each exercise, completed daily.**

**Ensure to perform in safe environment.**

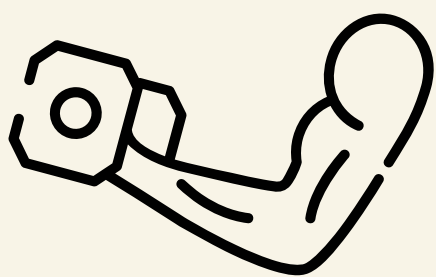
Note: These exercises should not cause any pain or discomfort. Cease immediately and seek medical advice should this occur.



Make a fist, hold for 10 seconds and relax.



Lift arms out to side, get to the top, then lower slowly



While holding onto light weights, bend and straighten the elbow. Slow and controlled movements throughout



In sitting, give the patient a target to punch to in front of them and get them to try to punch to the target. Do not overshoot or undershoot the target



In lying, with the knees bent, try to lift the bottom off the bed. Hold for 5 seconds and lower



In sitting, try to bend the affected leg up (bending at the hips) and lower down. May use a resistance band to assist



In sitting, try to straighten the knee out, hold for 10 seconds, and lower slowly



Start by sitting in a chair with your feet flat on the ground. Then, using your arms to support you if needed, stand up and sit back down.

Note: I am a Physiotherapist, but I am not your Physiotherapist. The advice provided in this Infographic is not to act as a substitute for professional medical or health advice, diagnosis, or treatment. If you require tailored advice, please book in a consultation with our Neurological Physiotherapy Team at 0420 707 336