

Definition of a Stroke:

A stroke can be defined as when the blood flow to a part of the brain is stopped. This happens due to either a **blockage** (Ischemic stroke) or **bleeding** (hemorrhagic stroke) from the blood vessels in the brain.

Which Body part is affected?

The outcome after a stroke depends on **how severe** the stroke was. Some people lose use of both their arm and leg, usually on the **one side of the body**. This is on the opposite side of the brain, where the stroke was. The muscles of the **face** needed for **speech, swallowing and chewing** are also affected on the one side only.

NOTE: HEMIPLEGIC or in short HEMI is in reference to a person diagnosed with a stroke or the side of the stroke.

Useful tips:

- When **swallowing, turn the head to the hemi side** to avoid choking
- When **dressing**, dress the hemi side first
- When **visiting/talking** to the person, stand/sit on the side of the stroke
- Frequently asking the person about what they are wearing or what day it is, can help their **memory**
- **Massaging** the hemi side can **reduce swelling** and encourage return of sensation

NOTE: Your physiotherapist will go over exercises with you and decide which are appropriate for you

Depending on the level of function, it will determine, the type of exercises and any additional measures to be taken with the hemiplegic patient. Safety with someone who has had a stroke is important and they require attention, when assisting them. Closely monitor any underlying conditions such as diabetes, high blood pressure and cholesterol which may be associated with the stroke.

Disclaimer: Information given in this brochure is purely to make people aware of stroke and the treatment options available to them. Always consult your doctor or physiotherapist regarding the symptoms and best management.

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STROKE EXERCISES



1) Deep Pressure

Reps

Sets



- Sit and place the hemiplegic hand open and flat next to you
- Support your elbow with the other hand
- Now gently but firmly press your hand into the seat next to you

2) Assisted arm exercise

Reps

Sets



a) Shoulder flexion/ Extension:

- Interlace your fingers
- Now lift your arms in front of you by using the non-hemi side as support
- Lift your arms up all the way, as high as you can
- On the way down, do not let the hemi arm fall

b) Horizontal Shoulder Flexion/Extension:

- Interlace your fingers
- Now lift your arms in front of you by using the non-hemi side as support
- Lift your arms up all the way, as high as you can
- On the way down, do not let the hemi arm fall

3) Finger opposition

Reps

Sets



- Use the hemi hand and try to master the following exercise
- Use your thumb to touch each fingertip individually
- Now reverse the exercise

***If you struggle with this exercise, please try using your other hand to help**

4) Sit to Stand

Reps

Sets



- Place both your hands on the hemi knee, with the hemi hand at the bottom
- Lean forward with your weight
- As you come up from sitting to standing, press through your hands

5) Lower trunk Rotation

Reps

Sets



- Lay in crook lying on your back
- Now as if your knees are glued together
- Rotate them from side to side
- Try and hold the hemi leg up so that it does not flop down

***If you struggle with this exercise, let someone hold your feet**

6) Bridging

Reps

Sets



- Lay on your back in crook lying
- Now press your back flat into the bed
- Squeeze your gluteal muscles and lift up your bottoms
- Then slowly, first flatten your back and then releasing your gluteal muscles