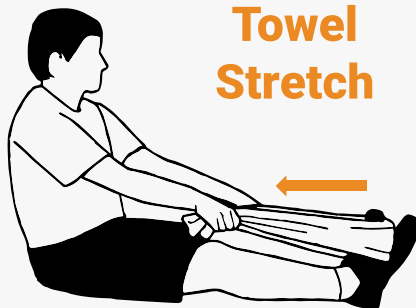




Post-Stroke Exercises



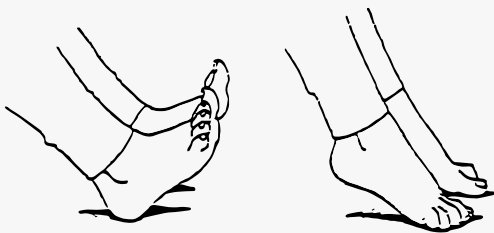
Towel Stretch

You should feel this stretch in your calf and into your heel

- 1 Sit on the floor with both legs out in front of you
- 2 Loop a towel around the ball on your affected foot and grasp the ends of the towel in your hands
- 3 Keep your affected leg straight and pull the towel toward you
- 4 Hold for 30 seconds and then relax for 30 seconds
- 5 Repeat 3 times
- 6 Repeat on other leg

TIP: Sit up tall and keep your legs straight

Ankle Pumps

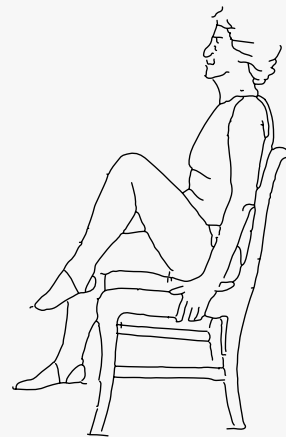


- 1 Sitting or lying down, point toes up, keeping both heels on the floor
- 2 Press toes to the floor, raising heels

Try to use both sides of your body equally

- ! Repeat exercise 10x, 2 sets daily

Hip Flexion



- 1 Sitting upright, lift knee and then lower it
- 2 Repeat with other leg

- ! Repeat exercise 10x, 2 sets daily



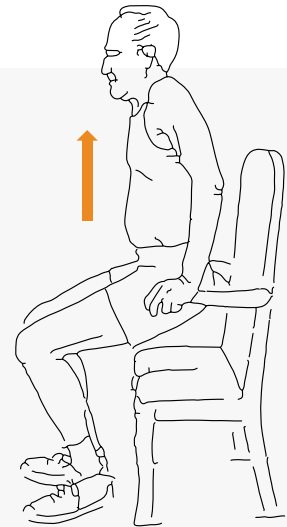


Sit-To-Stand

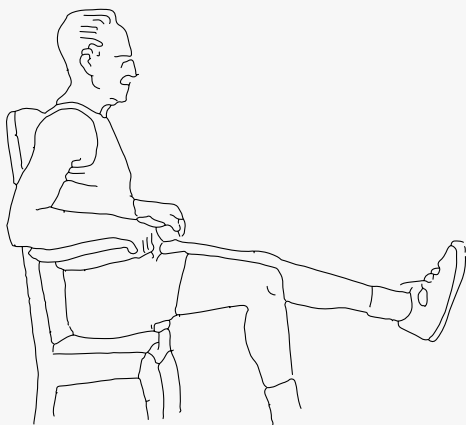
- 1 Start by using a sturdy chair with arm rests, but no wheels
Dining room chairs usually work great
- 2 Put hands on the arms of the chair and push body up out of the chair all the way to standing, if you can
- 3 Return to seated position using arms for support, if needed

**Try to use both sides of your body equally*

- ! Repeat exercise 10x, 2 sets daily

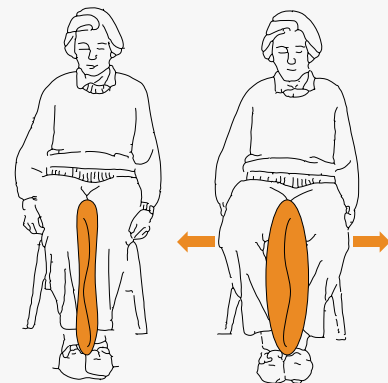


Knee Extensions



- 1 Sitting upright, straighten leg out in front of you
 - 2 Hold and count 10 seconds aloud
 - 3 Repeat with other leg
- ! Repeat exercise 10x, 2 sets daily

Hip Ab/Adduction



- 1 Hold a pillow between your knees while seated
- 2 Squeeze knees together, then spread them a part, and bring back together

Work within the controllable range, even if only a few inches

- ! Repeat exercise 10x, 2 sets daily

