

# Community Exercise Programme for Stroke

## Exercise Quick Reference

### *Warm-up (10 minutes)*

#### **Sitting/ Standing Posture**

1. Sit tall with feet flat on floor/  
Stand tall with feet shoulder  
width apart
2. Tighten your abdominals
3. Head over shoulders, shoulders  
over hips
4. Bring shoulder blades down &  
back
5. Tuck chin in

Errors – shoulders rounded, head  
tipping up or down, slouched posture



#### **Controlled Deep Breathing**

1. Sitting, slowly breathe deeply in  
through nose
2. Slowly breathe out through  
mouth

Errors – excessive movement of  
shoulders & upper chest,  
hyperventilation



#### **Upper Extremity Exercise**

1. Use a variety of activities to  
warm up arms: shoulder  
shrugs/rolls, lifting arms  
forward/ sideways, passing a  
ball/ hoop



#### **Ankle Mobility**

1. Sit with bottom at front of chair
2. Stretch leg out in front & rest  
heel on floor
3. Pump ankle up and down
4. Repeat with opposite leg

Errors – moving entire leg,  
incomplete circles, slouched posture



**Marching on the spot**

1. Stand beside chair with feet shoulder-width apart
2. March on the spot for 1 minute.  
Let arms swing naturally

Errors – poor posture, no arm swing, hyperextension of knee, leaning to stronger side



## Task-Oriented Strengthening & Cardiovascular Conditioning (20 minutes)

### Walking (10 minutes)

4 chairs are placed in large square with participants spread out around them

1. Walk at a comfortable pace around the outside of chairs using gait aid as needed
2. Faster participants pass on outside
3. Use Borg or Talk Test to monitor exertion

Errors – poor posture, no arm swing, over-exerting, narrow steps, catching toes on floor, hyperextension of knee



### Sit to Stand

1. Sit in chair with feet slightly behind knees
2. Move shoulders forward & stand up using hands if needed
3. Slowly lower back down onto chair

Errors – leaning to stronger side, weaker foot in front of stronger, bracing legs against chair, looking at floor, “plunking” into chair, hyperextension of knee



### Heel Raises

1. Stand behind chair, feet shoulder-width apart
2. Rest hands lightly on chair
3. Lift heels off floor
4. Slowly lower back down

Errors - rocking back onto heels or forward onto arms, pushing up using chair, uncontrolled lowering of heels, stronger leg lifts higher, leaning to stronger side



**Mobility & Balance – 3 Stations (20 minutes total; 6 minutes per station)**

**Stand, Walk, and Carry**

1. Sit in a chair
2. Stand & pick up an item from basket
3. Grocery bag can be used to help carry the item
4. Carry the item to opposite chair, using walker or cane as necessary
5. Place item into the basket on floor
6. Sit down

**Alternate between 2 participants carrying & 2 participants resting**

Errors – twisting spine when bending  
Also see those for “sit to stand” and “walking” exercises



**Forward Tap-ups or Step-ups**

1. Stand tall with step in front
2. Tap left foot up onto step
3. Slowly lower foot off step
4. Repeat with right foot

Errors – leaning to stronger side, hyperextension of knee, foot not entirely on step, forward bending when stepping, stepping too quickly



**Side Tap-ups or Step-ups**

1. Stand tall with step on right side
2. Tap right foot sideways up onto step
3. Slowly lower foot off step
4. Turn around and repeat with left foot

Errors – leaning to stronger side, hyperextension of knee, foot not entirely on step, forward or sideways bending when stepping, stepping too quickly



**Reaching & Weight Shifting**

Tape X on wall at shoulder height with targets around circle

1. Stand slightly more than arm's length from wall
2. Stand tall with feet shoulder-width apart
3. Slowly reach toward each green target while shifting weight
4. Return to starting position
5. Repeat with other arm
6. Reach toward yellow then red targets as able

Errors – reaching too far, losing balance



## 5. Activities to Challenge Balance

Post list of exercises on wall.

1. Stand facing wall, beside chair, use if necessary for support
2. Try balance activities moving from easiest to hardest

Errors – losing balance, unable to independently recover balance



## Cool-down (10 minutes)

### Controlled Deep Breathing

1. Sitting, slowly breathe deeply in through nose
2. Slowly breathe out through mouth

Errors – excessive movement of shoulders & upper chest, hyperventilation



### Hamstring Stretch

1. Sit forward on chair with feet flat on floor
2. Keep left foot flat on floor and right leg out straight with heel on floor
3. Sit up tall & lean forward with knee straight
4. Reach arm(s) down toward right foot
5. Hold for count of 10 & return to starting position
6. Repeat with opposite leg

Errors – slouching, knee bending on front leg, poking chin out



### Trunk Rotation Stretch

1. Sit tall in chair, feet flat on floor shoulder width apart, tighten abdominal muscles
2. Rest hands on hips or folded on chest
3. Slowly turn head, neck & trunk to the right keeping bottom in chair
4. Hold for count of 10 & return to starting position
5. Repeat, rotating to the left

Errors – bottom comes up off chair, slouching, weaker foot placed in front of stronger one



### Calf & Hip Stretch

1. Stand facing wall, one arm's length away
2. Place hands on wall at shoulder height
3. Step back with left foot a comfortable distance with feet shoulder-width apart
4. Keep left leg straight & heel on floor, gently bend right knee & lean forward into wall
5. Hold for count of 10
6. Repeat with opposite leg

Errors – bending or hyperextension of back knee, heel comes up off floor, toes point out to side, feet too close together, bending forward at hips, rotation of hips

