

# Healthy movement after stroke

## Why is moving after stroke important?

- Moving **everyday** can help lower your risk of having another stroke
- It can make you **stronger** and **improve your mood**
- It can improve your **walking**
- It can lower your risk of having a **fall**



## What can my family/carers/ support person do to help my movements?

- Encourage movement, **any movement is good**
- Do the movements **with you**
- **Help you** move if you have trouble on your own

## What movement should I do?

- After a stroke, some people might **find it hard** to get moving again
- You should do movements that make you **breathe a bit deeper** and **sweat a little**
- This will be **different** for different people

Remember, it is normal to have good days and not so good days.

It may help to set movement goals each week and celebrate each small win.



### Examples of movement are:

- Walking with your dog
- Swimming with your friend
- Doing housework with your family



## How hard should I move?

<b>1 - Very Light Activity</b>	<b>2-3 - Light Activity</b>	<b>4-6 - Moderate Activity</b>	<b>7-8 - Vigorous Activity</b>	<b>9 - Very Hard Activity</b>	<b>10 - Maximal Effort</b>
Hardly any exertion E.g watching TV	Easy to breathe and have a conversation	Comfortable Breathing heavily Can hold a short conversation	Short of breath Borderline uncomfortable	Can barely breathe Can only speak a few words at a time	Completely out of breath and unable to talk

## When can I start moving after my stroke?

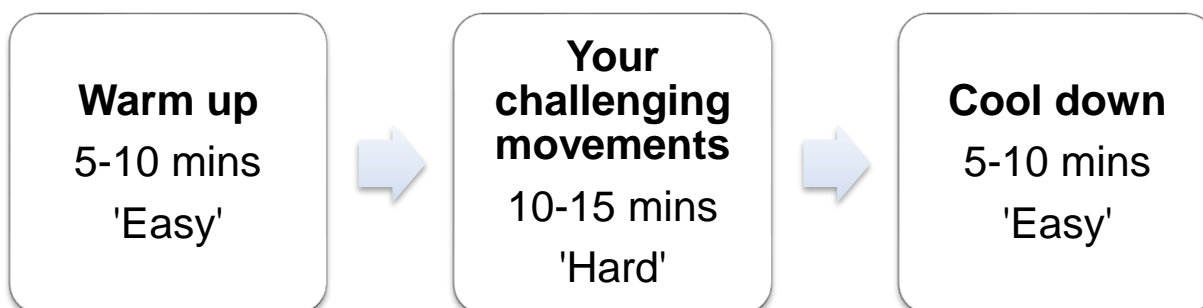
- You can start moving as soon as your **doctor says you can**
- Sometimes this can be **2 days** after your stroke

## How much movement should I do?

- Build on what you have already been doing in the hospital
- Start with little amounts, **2 lots of 10 minutes most days of the week**
- Over time, build up to **30 minutes of moderate activity, 5 days a week**
- Recover well by drinking enough water and having a good sleep routine to manage fatigue



## Example program



## When do I need to STOP moving?

- If you notice a **change** in FAST signs – call 000
- Pain in your **chest, arm, neck, jaw** or between your **shoulder blades**
- Dizziness or feeling light-headed
- Have fast or weak heart rate
- Feeling nauseous

**FACE**  
*drooped?*

**ARMS**  
*can't be raised?*

**SPEECH**  
*slurred or confused?*

**TIME**  
*is critical! Call 000.*

If you see any of these signs  
Act FAST call 000 (triple zero)

Stroke  
FOUNDATION

## Scan the below QR codes to find more information

Stroke FOUNDATION

enable me  
stronger after stroke

Exercise after stroke

Example exercise routines  
Designed for stroke survivors

Stroke Prevention

To access this resource  
on our website