

# Intense exercise 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

Examples of high-intensity movement are:

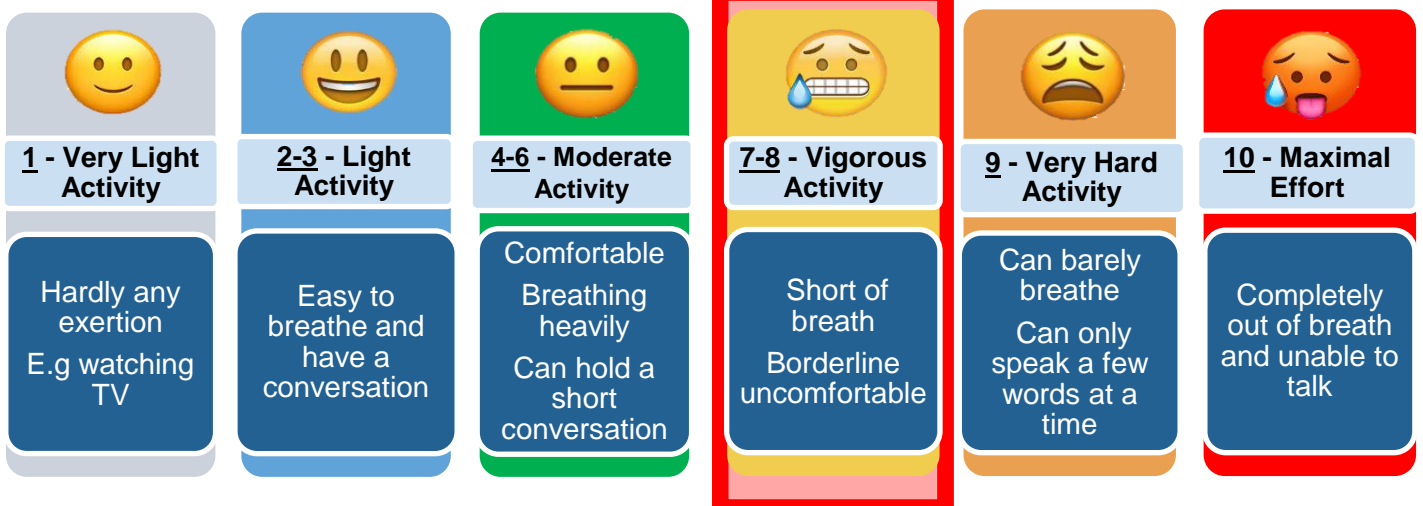
- Running
- Swimming
- Gym/Weights



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.

## How hard should I move?



## When can I start moving after my stroke?

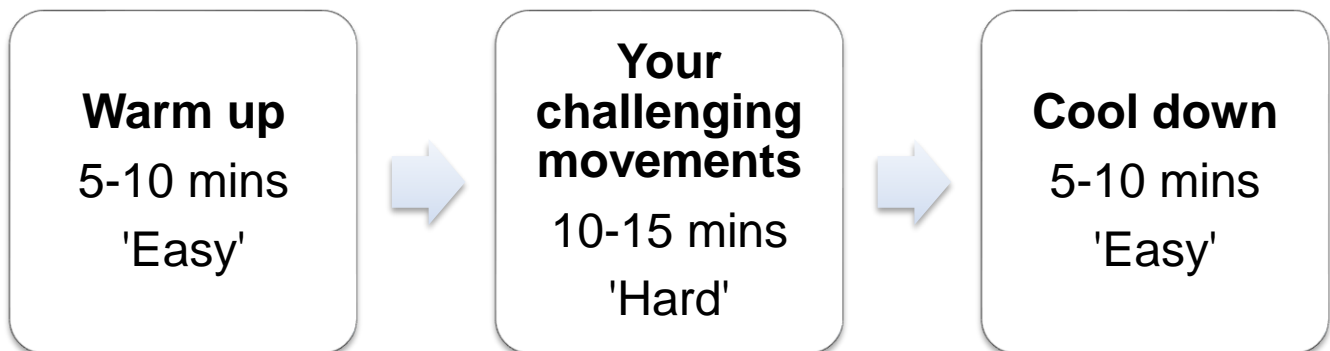
- You can start moving as soon as your **doctor says you can**
- Save “personal bests” for **at least 1 month** post stroke

## How much movement should I do?

- 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

**F**ACE  
drooped?

**A** RMS  
can't be raised?

**S**PEECH  
slurred or confused?

**T**IME  
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