



TeRehabilitation with Aims to Improve Lower Extremity Recovery Post- Stroke

PARTICIPANT MANUAL



WEEK 1

Day 1

Week 1: BUILDING A BASE

8 EXERCISES / 10-15 REPETITIONS / 2-3 SETS / 30-60s REST BETWEEN SETS

This week is focused on building a solid foundation and getting things started for the rest of the program. The exercises include basic movements that will be built upon to gradually increase the intensity of the exercises later on in the program.

Warm-Up

COMPLETED REPS	REPS	EXERCISES (standing if able)
	10 reps	Shoulder Rolls
	10 reps	Shoulder Raises (Front + Breathing)
	10 reps	Shoulder Raises (Side + Breathing)
	10 reps each side	Head and Trunk Rotation
	10 reps each direction	Ankle Rotation
	10 reps each leg	Slow Marching

Weekly Exercise

If able, jot down the number of repetitions you do for each exercise! You can also feel free to keep track of it in your mind and then verbally tell your therapist. The therapist will also be keeping track of your repetitions as you complete the exercises 😊

	SET 1	SET 2	SET 3	EXERCISES
R E P S				Heel-Toe Raises
				Slow Lateral Weight Shift
				Slow Front-Back Weight Shift
				Marching on the Spot
				Side Step + Lunge
				Forward Step + Lunge
				Squats or Sit-to-Stands
				Marching with High Knees

Cool Down

COMPLETED REPS	REPS	EXERCISES
	10 reps each leg	Slow Marching
	30s x 2 for each side	Calf Stretch (Standing)
	30s x 2 for each side	Hamstring Stretch (Seated)
	30s x 2 for each side	Head and Trunk Rotation (Seated)
	30s	Deep Breathing (Seated)

