

TeleRehabilitation 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

<u>If able</u>, 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 ³

	SET 1	SET 2	SET 3	EXERCISES
				Heel-Toe Raises
R				Slow Lateral Weight Shift
Е				Slow Front-Back Weight Shift
Р				Marching on the Spot
S				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)	

Sample Self-Managed Exercise Action Plan

- DURING DAY 2: Complete the action plan with the therapist: WHICH days, WHEN during the day, WHO will be exercising with you, HOW confident you are, HOW MANY sets & repetitions of each exercise are you planning to complete?
- SELF-MANAGED: Following the "Planned Sets x Reps" column, write down how many repetitions you do for each exercise under the respective "set" column.

e Francisco	Planned Sets x Reps		Sets	
Exercise	(try to aim for this OR higher!)	1	2	3
WARM-UP				
Shoulder Rolls	1 X 10	10		
Shoulder Raises (Front + Breathing)	1 X 10	15		
Shoulder Raises (Side + Breathing)	1 X 10	15		
Head and Trunk Rotation (per side)	1 x 10 each síde	10		
Ankle Rotation (per side)	1 x 10 each direction	10		
Slow Marching	1 x 10 each leg	10		
	WEEKLY EXERCISES			
Heel-Toe Raises	2×7	10	5	
Slow Lateral Weight Shift	2 X 10	10	10	
Slow Front-Back Weight Shift	2 X 10	9	9	
Marching on the Spot	2 X 10	10	10	
Side Step + Lunge	2 X 10	チ	8	
Forward Step + Lunge	2 X 10	チ	チ	
Squats or Sit-to-Stands	2 X 8	8	5	
Marching with High Knees	2 X 10	10	10	
COOL DOWN				
Slow Marching	1 x 10 each leg			10
Calf Stretch (standing)	1 x 30s twice per side			1
Seated Hamstring Stretch (per side)	1 x 30s twice per side			1
Head and Trunk Rotation (seated)	1 x 30s twice per side			1
Deep Breathing (seated)	1 X 30S			1
EXERCISE/ACTION PLAN SPECIFICS				
WHICH days will you be doing the exercises?	Friday			
WHEN during the day?	11am			
WHO will be doing the exercises with you?	Husband			
HOW confident are you that you can	0 1 2 3 4 5	6 (7)	8 9	10
follow this action plan?	None		_	Most