

Scientific Statement: Exercise Recommendations for Stroke Survivors

After a Stroke, Keep Moving On

New guiding principles for physical exercise and activity after stroke say simple activities that slowly build endurance and strength, such as walking around the neighborhood or engaging in household chores, can reduce the risk of another stroke.

⊕ Your daily exercise activities should be based on your stage of recovery, environment, social support, physical limitations and what physical activity you enjoy!

⊕ Try to sit or stand intermittently, with assistance if necessary.

⊖ Minimize bed rest after your stroke.

⊕ Engage in rehabilitation exercise programs that incorporate aerobic exercise, strength training, flexibility and balance when your doctor or rehabilitation specialist says you are ready."

KEY:
 ⊕ More of this!
 ⊖ Less of that.

