Exercising after Stroke

Moving Forward After Stroke
Pilot Programme
Structure

1. Moving Forward After Stroke Pilot Programme
2. Exercise Adaptations
3. Experience & Feedback
4. Ian’s Story
5. Questions

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MFAS

• specially designed 12-week programme to help stroke survivors

• launched in July 2017 and being piloted in selected sites over a period of 2 years

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MFAS - Aims

The programme has been designed:

- to support **stroke recovery**
- to improve levels of **physical fitness and function**
- to better **understand stroke and its risk factors**
- to **encourage positive lifestyle changes**, to improve health and wellbeing and to **reduce the stroke risk**

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MFAS - Design

➢ to achieve these aims, the service takes a multi-faceted approach

- Pre-Assessment
- Exercise Session
- Education Session
- 6th Week Review
- Exercise Session
- Education Session
- 12th Week Review

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Exercise Session

- specialist exercise and fitness after stroke instructor
- STARTER programme:

  Warm Up → Stamina (circuit format) → Strength Training → Cool Down

- the exercises can be tailored to the needs of each individual

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Exercise Session - Aims

Increased **strength** and **mobility**
Improved **gait** and **balance**
Increased **energy levels**
Increased **confidence** and **self-esteem**
Improved **wellbeing**
Finding ways to **overcome the barriers** of stroke

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Education Session

1. Exercise
2. Being More Active
3. Making Changes
4. Wellbeing
5. Nutritional Information
6. Mid-Point Review
7. Balancing Our Meals
8. Energy Balance
9. Food and Mood
10. Meal Planning
11. Topic Roundup
12. Final Review

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Education Session - Aims

• understanding of stroke and risk prevention
• social peer-support, communication & integration
• understanding the value of self-management and care
• improving health and wellbeing through a better understanding of the benefits of a healthier lifestyle

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Why Exercising?

• to regain lost **physical abilities**
• to achieve **recovery and independence**
• benefits for **health and wellbeing**
• to improve **quality of life**
Being physically active

- Reduces your risk of:
  - stroke
  - heart diseases
  - some cancers
  - dementia
  - type 2 diabetes
  - depression

- Lowers your:
  - blood pressure
  - cholesterol level
  - blood sugar level

- Strengthens your:
  - heart and lungs
  - bones and muscles
  - immune system

- Helps:
  - controlling your weight
  - increasing your flexibility
  - boosting your confidence

- Boosts your:
  - recovery after illness or injury
  - mood
  - quality of sleep
  - energy level
Exercising After Stroke

• depends on the effects of the stroke:
  • Able to do same as before?
  • Is exercise still suitable and safe?
  • adapt exercise type or level
  • Open to trying new things
  • Fatigue - getting the intensity level right
Types of Exercises

- Walking / Walking Groups
- Gardening
- Gym
- Swimming
- Exercise Referral Programmes
- Lower Intensity Exercise Classes
- Exercise Classes for Older Adults
- Walking Football / Netball
- Gym
- Exercises from Physio
- Foot / Arm Pedal
- Home Exercises
- Stroke Support Groups
- Cycling / Velocity
STARTER Programme
Warm Up
Marching to improve circulation
Shoulder Rolls
to improve arm movement and posture
Side Bends Left & Right to improve movement and balance
Trunk Twists
Left & Right
to improve upper body movement
Ankle Mobility
to improve walking and balance
Side Stepping to improve balance and walking
Fitness & Stamina
Step Up
to improve leg strength and power
Ball Raise
to improve reaching and holding objects
Wall press
to improve arm movement and posture
Sit to Stand

to improve leg strength, power and balance
Shuttle Walk

to improve fitness/stamina and walking
Hand to Knee

to improve coordination, balance and fitness
Leg Raises - front, side & back
to improve strength around the upper leg and coordination
Cycling to improve cardiovascular fitness (stamina) and cycling ability
Strength Exercises
Back Arm Strength to improve arm strength and power
Upper Arm Strength

to improve strength around the shoulders and upper back
Arm Curl

to improve arm strength and power
Knee Bend / Squat
to improve leg strength
Flexibility & Stretches
Chest Stretch
to improve posture, breathing, and arm movements
Upper Side Stretch
to improve movement around the spine and trunk
Back of Thigh Stretch
to improve walking, stride length and mobility, putting shoes on
Calf Stretch

to improve walking and balance
Experiences

• a lot of positive feedback:
  ▪ overall positive and recommendable experience
  ▪ meeting other stroke survivors
  ▪ information and knowledge is seen as interesting and helpful
  ▪ exercises are beneficial

• improvement in exercise performance and measurements

• it’s much needed

• opportunity

• for me: enriching experience, meet nice people and good fun

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Feedback

“I’m really delighted about the programme and the support, as there is not much help provided after the hospital.”

“I found it really good meeting other people who had a stroke, being able to share experiences, and seeing that I’m not the only one struggling with things in normal life. In addition, there was a good and relaxed atmosphere in class, which made it fun and a good laugh.”

“I generally feel better and I can see the differences it made. It was a good addition to my rehab programme as it allowed me to push myself to the next level.”

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Feedback

“I really enjoyed the 12 weeks and not only myself but also my family and friends could see the positive changes over the weeks.”

“I feel better and think it’s due to being more active and eating better. I feel like I’m making a difference as before I was more coping with the stroke rather than improving. After the stroke I learnt to take it easy, which was not like me. But taking part in the programme showed me that I can take it a bit further and can push myself to achieve the next step.”

“It would be good for people to get involved earlier after their stroke.”

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Feedback

“I found it good that there was a group support and development, but at the same time also space for an individual approach in individual support and advice or tailoring of exercises and intensity levels.”

“Being on the programme and the support from the group helped me to regain my confidence. It gave me a boost as there was not much before.”

“I found it brilliant and just wished it would have been there earlier. I feel a lot more positive than before. Meeting other stroke survivors and being on the course made me realised that I can change and can get better again.”

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Ian’s Story

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Questions?

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