

PHYSIOTHERAPY AFTER STROKE

MOVEMENT • REHABILITATION • EVERYDAY LIFE

Recovery is individual. Physiotherapy can help you work towards the activities that matter to you.

01 MOVEMENT AFTER STROKE

A stroke may affect strength, balance, coordination, sensation, stamina or everyday movement. Each person's experience and recovery are different.

02 HOW PHYSIO HELPS

Your physiotherapist assesses your movement and goals, then supports safe practice of meaningful tasks such as walking, transfers, arm and leg movement, balance and fitness.

03 YOUR REHABILITATION TOOLKIT



TASK PRACTICE

Repeat useful movements: standing, reaching, stepping or transfers.



WALKING & BALANCE

Build steadiness and confidence for daily movement.



STRENGTH & FITNESS

Develop strength and activity tolerance at a suitable level.



EVERYDAY GOALS

Practise activities that matter at home and in the community.

Goals and practice should be reviewed as your abilities, health and routines change.

04 WHAT A SESSION MAY INCLUDE

CHECK IN

Review goals, progress and what feels different.

PRACTISE TASKS

Repeat relevant movements with guidance.

BUILD CAPACITY

Adjust strength, balance or fitness practice to you.

PLAN NEXT STEPS

Agree safe practice and when to review.

05 MAKE YOUR PLAN WORK FOR YOU

PRACTICE SAFELY

Use exercises and mobility strategies recommended for you. Ask how much to practise, what support or equipment you need, and when to pause.

YOUR NEEDS MATTER

Your plan can account for fatigue, pain, falls risk, other health conditions, communication needs and the support people you choose to involve.

SUDDEN NEW STROKE SYMPTOMS? CALL 000 IMMEDIATELY

Remember FAST: Face drooping • Arm weakness • Speech difficulty • Time to call 000 - even if symptoms improve.

NEED SUPPORT AFTER STROKE?

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General information only; this is not an individual exercise prescription. Follow your treating team's advice.