SELF REHABILITATION BOOKLET
FOR HEMIPLEGIC PATIENTS

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FONDATION GARCHES
DRAWN UP WITH THE SUPPORT OF ALLERGAN
This self-rehabilitation booklet is designed to support exercises aimed at people with deficits after having undergone a cerebrovascular accident (CVA). Upon returning home, rehabilitation is often reduced or even abandoned compared to the period of hospital admission. However, it is recognised that continuing to do the prescribed exercises has beneficial effects on functional capabilities and the possible associated motor recovery. There is therefore a real interest in continuing intensive rehabilitation at home together with liberal physiotherapy to maintain skills, facilitate improvements and avoid complications.
The exercises presented in this booklet are the result of the expertise of different medical and paramedical practitioners working within our institution. The booklet is aimed at assisting the patient and under no circumstances is it the result of a census conference. This booklet should be considered a tool and not as a comprehensive guide to good practice. Therefore, it is entirely possible that practitioners who treat you will recommend an exercise different to those proposed in this booklet to work on the same function. Some exercises in this booklet have nevertheless been the subject of scientific studies and have revealed their relevance to improve patient motor function in association with the therapeutic care implemented by your medical team.
Our aim during the preparation of this booklet was to propose simple exercises to you that can be performed alone, safely and which are not harmful and require material that everybody has at home.

The choice of exercises is the responsibility of your doctor or physiotherapist who deals with your regular care because they are the people who know best which exercise will enable you to achieve the fastest progress.

Finally, we wish you to know that while no rehabilitation technique has been revealed to be superior to another, it is now broadly acknowledged that recovery increases the more rehabilitation is practised. The data from our study reveal that 30 minutes of self-rehabilitation improves the recovery of patients who have undergone a CVA even several years after this occurred. These 30 minutes of exercises include 10 minutes of exercise aimed at the function to improve, 10 minutes of stretching exercises and 10 minutes of muscular strengthening. We therefore recommend where possible that you spend at least 30 minutes a day on the self-rehabilitation exercises that have been prescribed for you.
We sincerely hope that you find this booklet useful and that it will enable you to continue to move forward.

With best wishes for your work.

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FIGURE LEGENDS

MOVEMENT DIRECTION

TIME

MUSCLE TO STRETCH

REPETITION

HEMIPLEGIC LIMB
ARM Stretching exercises

**ARM PLACED IN FRONT**

- A table
- A chair
- 2 boxes (e.g. shoes)
- A towel on the top box

**NECESSARY MATERIAL**

**TIME**

**REPETITIONS**

**SIT IN FRONT OF THE TABLE WITH 2 BOXES ON THE TABLE (1 BOX IF DIFFICULT WITH 2)**

**PLACE YOUR ELBOW AND FOREARM ON THE TOP BOX**

**STAY IN THIS POSITION**
**ARM Stretching exercises**

**ARM PLACED ON ITS SIDE**

- A table
- A chair
- 2 boxes (e.g. shoes)
- A towel on the top box

**NECESSARY MATERIAL**

**TIME**

**REPETITIONS**

1. **SIT IN FRONT OF THE TABLE WITH 2 BOXES ON THE TABLE (1 BOX IF DIFFICULT WITH 2)**

2. **PLACE YOUR ELBOW AND FOREARM ON THE TOP BOX**

3. **STAY IN THIS POSITION**
**ARM Stretching exercises**

**LIFTING THE ARMS**

- **NECESSARY MATERIAL**
  - A bed

**TIME**

**REPETITIONS**

1. **LIE DOWN AND GRAB YOUR WRIST WITH YOUR HEALTHY HAND**
2. **MOVE YOUR ARMS BACKWARDS**
3. **MOVE AS FAR AS YOU CAN AND STAY IN THAT POSITION**
**ARM Stretching exercises**

**Extending the elbow**

NECESSARY MATERIAL
- A table
- A chair
- A towel on the table

**Time**

**Repetitions**

PLACE YOUR ELBOW ON THE TABLE ON A TOWEL. GRAB YOUR WRIST WITH YOUR HEALTHY HAND

EXTEND YOUR ELBOW WITH THE HELP OF YOUR OTHER HAND

STAY IN THIS POSITION
ARM Stretching exercises

EXTENDING THE ELBOW / 2

NECESSARY MATERIAL
- A chair

TIME

REPETITIONS

GRAB THE HEMIPLEGIC WRIST WITH THE OTHER HAND

EXTEND YOUR HEMIPLEGIC ARM WITH THE HELP OF YOUR OTHER HAND

STAY IN THIS POSITION
ARM Stretching exercises

TURNING THE FOREARM

NECESSARY MATERIAL
- A table
- A chair
- A towel on the table

TIME

REPETITIONS

PLACE YOUR ELBOW ON THE TABLE ON A TOWEL. GRAB YOUR WRIST WITH YOUR HEALTHY HAND

TURN THE FOREARM WITH THE PALM OF YOUR HAND FACING YOU

EXTEND THE ELBOW WITH THE PALM OF YOUR HAND TOWARDS THE CEILING. STAY IN THIS POSITION
ARM Stretching exercises

EXTENDING THE WRIST

NECESSARY MATERIAL
- A table
- A chair

TIME

REPETITIONS

PLACE YOUR FOREARM ON THE TABLE WITH THE HAND HANGING OFF

EXTEND YOUR HEMIPLEGIC ARM WITH THE HELP OF YOUR OTHER HAND

STAY IN THIS POSITION KEEPING YOUR FOREARM ON THE TABLE
**ARM Stretching exercises**

**EXTENDING THE FINGERS**

<table>
<thead>
<tr>
<th>NECESSARY MATERIAL</th>
<th>TIME</th>
<th>REPETITIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>A table, A chair</td>
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</table>

1. **PLACE YOUR FOREARM ON THE TABLE**
2. **OPEN YOUR HAND AND EXTEND YOUR FINGERS WITH THE HELP OF YOUR OTHER HAND**
3. **STAY IN THIS POSITION KEEPING YOUR FOREARM ON THE TABLE**
ARM Stretching exercises

EXTENDING THE THUMB

NECESSARY MATERIAL
- A table
- A chair

PLACE YOUR FOREARM ON THE TABLE

EXTEND THE THUMB WITH THE HELP OF YOUR OTHER HAND

TIME

REPETITIONS
ARM Muscular Strengthening

**LIFTING AN OBJECT**

**NECESSARY MATERIAL**
- A table
- A chair
- A small full bottle

**TIME**

**REPETITIONS**

**LIFTING AN OBJECT**

1. **HOLD THE FULL BOTTLE WITH BOTH HANDS**
2. **LIFT THE BOTTLE AS HIGH AS YOU CAN**
3. **PUT THE BOTTLE BACK ON THE TABLE**
ARM Muscular Strengthening

EXTENDING THE ELBOW

NECESSARY MATERIAL
- A table
- A chair
- A towel on the table

TIME

REPETITIONS

PLACE YOUR ELBOW ON A TOWEL ON THE TABLE

EXTEND YOUR ELBOW

EXTEND YOUR ELBOW AS MUCH AS POSSIBLE TO TOUCH THE TABLE WITH YOUR HAND
ARM Muscular Strengthening

EXTENDING THE WRIST

NECESSARY MATERIAL
- A table
- A chair
- A box on the table

TIME

REPETITIONS

PLACE YOUR FOREARM ON A BOX WITH YOUR HAND HANGING OFF

EXTEND YOUR HAND AS HIGH AS YOU CAN KEEPING YOUR FOREARM ON THE BOX
ARM Muscular Strengthening

OPENING THE HAND

NECESSARY MATERIAL
- A table
- A chair

TIME

REPETITIONS

PLACE YOUR FOREARM ON A BOX WITH YOUR HAND HANGING OFF

OPEN YOUR HAND AS MUCH AS YOU CAN WITH YOUR WRIST EXTENDED
ARM Functional Exercises

**DRAWING A LINE**

**NECESSARY MATERIAL**
- A table
- A chair
- A ruler, a pencil, a piece of paper

**TIME**

**REPETITIONS**

1. **FIND A RULER, PAPER AND PENCIL**
2. **PLACE YOUR HEMIPLEGIC HAND ON THE RULER**
3. **HOLD THE RULER STILL TO DRAW A LINE**
PLACE THE FULL BOTTLE NEXT TO THE BOX STANDING UP

LIFT THE BOTTLE OVER THE BOX AND PUT IT DOWN ON THE OTHER SIDE

REPEAT THE SAME MOVEMENT IN THE OPPOSITE DIRECTION

ARM Functional Exercises

MOVING A BOTTLE

NECESSARY MATERIAL
- A table
- A chair
- A box
- A small full bottle

TIME

REPETITIONS
**ARM Functional Exercises**

**MOVING A BOTTLE**

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<tr>
<th>NECESSARY MATERIAL</th>
<th>TIME</th>
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</thead>
<tbody>
<tr>
<td>A table</td>
<td></td>
<td></td>
</tr>
<tr>
<td>A chair</td>
<td></td>
<td></td>
</tr>
<tr>
<td>A box</td>
<td></td>
<td></td>
</tr>
<tr>
<td>A small full bottle</td>
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</tbody>
</table>

- Place the full bottle next to the box standing up.
- Move the bottle to the other hand over the box.
- Put the bottle down and repeat the same movement in the opposite direction.
**ARM** Functional Exercises

**TURNING A BOTTLE**

**NECESSARY MATERIAL**
- A table
- A chair
- A box
- A towel
- A small full bottle

**TIME**

**REPETITIONS**

PLACE YOUR ELBOW ON A BOX WITH YOUR HAND HANGING OFF HOLDING A BOTTLE. HOLD YOUR ELBOW WITH YOUR HEALTHY HAND

PLACE YOUR ELBOW AND TURN YOUR FOREARM WITH THE PALM OF YOUR HAND FACING THE TABLE

PLACE YOUR ELBOW AND TURN YOUR FOREARM WITH THE PALM OF YOUR HAND FACING THE CEILING
ARM Functional Exercises

**USING A SPOON**

**NECESSARY MATERIAL**
- A table
- A chair
- A spoon

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<tr>
<th>TIME</th>
<th>REPETITIONS</th>
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A SPOON ON THE TABLE

PICK UP THE SPOON

LIFT THE SPOON TO YOUR MOUTH
ARM Functional Exercises

DRESSING THE HAIR

NECESSARY MATERIAL
- A table
- A comb or brush

PICK UP THE BRUSH WITH YOUR HEMIPLEGIC HAND

BRUSH YOUR HAIR

TIME

REPETITIONS
ARM Functional Exercises

HOLDING A BOTTLE

NECESSARY MATERIAL
- A table
- A chair
- A small empty bottle

TIME

REPETITIONS

PLACE A BOTTLE ON THE TABLE

PICK UP THE BOTTLE WITH YOUR HEMIPLEGIC HAND OPEN THE BOTTLE WITH THE OTHER HAND
**ARM Functional Exercises**

**OPENING A BOTTLE**

**NECESSARY MATERIAL**
- A table
- A chair
- A small empty bottle

**TIME**

**REPETITIONS**

PLACE A BOTTLE ON THE TABLE

OPEN AND CLOSE THE BOTTLE WITH YOUR HEMIPLEGIC HAND, HOLD THE BOTTLE WITH THE OTHER HAND SO THAT IT DOES NOT TURN
### ARM Functional Exercises

**HOLDING A CUP**

<table>
<thead>
<tr>
<th>NECESSARY MATERIAL</th>
<th>TIME</th>
<th>REPETITIONS</th>
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</thead>
<tbody>
<tr>
<td>- A sink</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- A rigid plastic cup</td>
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</tbody>
</table>

**IN FRONT OF A SINK WITH A RIGID PLASTIC CUP**

**HOLD THE CUP WITH YOUR HEMIPLEGIC HAND AND TURN ON THE TAP WITH YOUR OTHER HAND**
ARM Functional Exercises

TURNING ON A TAP

NECESSARY MATERIAL
- A sink
- A rigid plastic cup

TIME

REPETITIONS

IN FRONT OF A SINK WITH A RIGID PLASTIC CUP

TURN ON THE TAP WITH YOUR HEMIPLEGIC HAND AND HOLD THE CUP WITH YOUR OTHER HAND
ARM Functional Exercises

WRITING

NECESSARY MATERIAL
- A table
- A chair
- A piece of paper
- A pen

TIME

REPETITIONS

PLACE A PIECE OF PAPER AND A PEN ON THE TABLE

PICK UP THE PEN WITH YOUR HEMIPLEGIC HAND

WRITE OUT THE ALPHABET
ARM Functional Exercises

**TURNING PAGES**

**NECESSARY MATERIAL**
- A table
- A chair
- A magazine

**TIME**

**REPETITIONS**

PLACE A MAGAZINE ON THE TABLE

TURN THE PAGES WITH YOUR HEMIPLEGIC HAND
**Functional Exercises**

**THROWING A BALL**

- **NECESSARY MATERIAL**
  - Stand opposite a wall, holding a foam ball

- **TIME**

- **REPETITIONS**

**STAND OPPOSITE A WALL HOLDING A BALL**

**THROW THE BALL AGAINST THE WALL**

**THROW THE BALL UPWARDS IF POSSIBLE**
ARM Functional Exercises

**THROW A BALL TO SOMEONE**

**NECESSARY MATERIAL**
- A foam ball, standing opposite somebody else

**TIME**

**REPETITIONS**

**STAND OPPOSITE SOMEBODY ELSE WITH A BALL**

**THROW THE BALL TO THE OTHER PERSON USING YOUR HEMIPLEGIC ARM**
LOWER LIMB

LEG
LEG Stretching exercises

SITTING ON YOUR HEELS

SIT ON THE BED ON YOUR SIDE SUPPORTING YOURSELF ON YOUR HEALTHY HAND WITH YOUR LEGS BENT

KNEEL DOWN TO SIT ON YOUR HEELS

PUT A CUSHION UNDER YOUR BUTTOCKS, SIT DOWN ON IT. STRAIGHTEN YOUR BACK. STAY IN THIS POSITION

NECESSARY MATERIAL
- A bed
- A cushion

TIME

REPETITIONS

39
LEG Stretching exercises

EXTENDING YOUR LEG

NECESSARY MATERIAL
- 2 chairs

PLACE TWO CHAIRS OPPOSITE ONE ANOTHER AND EXTEND YOUR HEMIPLEGIC LEG ON THE CHAIR

PRESS DOWN ON YOUR KNEE WITH YOUR HEALTHY HAND

LEAN FORWARD WITHOUT BENDING YOUR KNEE. STAY IN THIS POSITION
LEG Stretching exercises

STRETCHING YOUR CALF

Without plastic elevator. Hold on to the handrail

STAND ON THE STAIRS WHILST HOLDING ONTO THE HANDRAIL

LET YOUR HEEL HANG OFF THE EDGE OF THE STEP

MOVE YOUR HEEL DOWNWARDS WHILST EXTENDING YOUR KNEE. STAY IN THIS POSITION

NECESSARY MATERIAL

- Stairs with a handrail

TIME

REPETITIONS

/ 1
LEG Stretching exercises

STRETCHING YOUR CALF

LIFT YOUR HEMIPLEGIC FOOT ONTO 2 RESTING BOOKS AGAINST THE WALL WITH YOUR HEEL HANGING OFF THE EDGE

NECESSARY MATERIAL
- 2 books on the floor resting against a wall

MOVE YOUR HEEL DOWNWARDS WHILST EXTENDING YOUR KNEE

TIME

REPEETIONS

MOVE YOUR PELVIS FORWARD WITHOUT LIFTING YOUR HEEL. STAY IN THIS POSITION
LEG Muscular Strengthening

EXTENDING YOUR LEG OUTWARDS

STAND OPPOSITE A WALL WITH YOUR HANDS ON THE WALL

EXTEND YOUR HEMIPLEGIC LEG OUTWARDS WITHOUT EXTENDING THE PELVIS. DO NOT PUT YOUR FOOT ON THE FLOOR AND START AGAIN

NECESSARY MATERIAL
- Stand opposite a wall

TIME

REPETITIONS

Hold the wall
**LEG Muscular Strengthening**

**EXTENDING YOUR LEG BACKWARDS**

- **NECESSARY MATERIAL**
  - Stand opposite a wall

- **TIME**
  - [clock]

- **REPETITIONS**
  - [rotate]

- **Instructions**
  - STAND OPPOSITE A WALL WITH YOUR HANDS ON THE WALL
  - MOVE YOUR HEMIPLEGIC LEG BACKWARDS DO NOT PUT YOUR FOOT ON THE FLOOR AND START AGAIN
**LEG Muscular Strengthening**

**EXTENDING YOUR KNEE**

- **NECESSARY MATERIAL**
  - A chair

- **TIME**

- **REPETITIONS**

SIT ON A CHAIR WITH YOUR BACK STRAIGHT

EXTEND YOUR KNEE AS HIGH AS YOU CAN
LEG Muscular Strengthening

EXTENDING YOUR KNEE

NECESSARY MATERIAL
- A chair

TIME

REPETITIONS

SIT ON A CHAIR WITH YOUR BACK STRAIGHT

EXTEND YOUR KNEE AND LIFT YOUR FOOT AS HIGH AS YOU CAN
**LEG Muscular Strengthening**

**BENDING YOUR KNEE**

**NECESSARY MATERIAL**
- A bed

**TIME**

**REPETITIONS**

1. Lie down on your stomach.
2. Bend your knee towards your buttock, gently.
3. Bend it back.

**LIE DOWN ON YOUR STOMACH**

**BEND YOUR KNEE TOWARDS YOUR BUTTOCK, GENTLY BEND IT BACK**
LEG Muscular Strengthening

STANDING ON TIPTOE

NECESSARY MATERIAL
- Stand opposite a wall

TIME

REPETITIONS

STAND OPPOSITE A WALL WITH YOUR HANDS ON THE WALL AND YOUR FEET APART

STAND ON TIPTOE AND MOVE BACK DOWN AGAIN
**LEG Muscular Strengthening**

**EXTENDING YOUR TOES**

**NECESSARY MATERIAL**
- A chair
- A towel

**TIME**

**REPETITIONS**

PLACE A TOWEL UNDER YOUR KNEE WITH YOUR FOOT HANGING LOOSE

EXTEND YOUR TOES AS HIGH AS YOU CAN
**LEG Functional Exercises**

**GETTING UP / SITTING DOWN**

<table>
<thead>
<tr>
<th>NECESSARY MATERIAL</th>
<th>TIME</th>
<th>REPETITIONS</th>
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</thead>
<tbody>
<tr>
<td>A chair against a wall</td>
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</table>

1. **SEATED ON A CHAIR AGAINST A WALL**
2. **LIFT YOURSELF OUT OF THE CHAIR IF POSSIBLE WITHOUT USING YOUR HANDS**
3. **GENTLY SIT DOWN AGAIN**
Leg Functional Exercises

Standing on one leg

Necessary materials:
- Stand opposite a wall

Time:

Repetitions:

Hold the wall

Put some books against a wall

Place your healthy foot on the books without stepping up. Put your foot down
LEG Functional Exercises

STANDING ON ONE LEG

STAND OPPOSITE A WALL WITH YOUR HAND ON THE WALL

LIFT YOUR HEMIPLEGIC KNEE AS HIGH AS YOU CAN

NECESSARY MATERIAL
- Stand opposite a wall

TIME

REPETITIONS

Hold the wall
## LEG Functional Exercises

### STANDING ON ONE LEG / 3

- **NECESSARY MATERIAL**
  - Stand opposite a wall

<table>
<thead>
<tr>
<th>TIME</th>
<th>REPETITIONS</th>
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</table>

- **Hold the wall**
- **Lift the healthy knee**

- **Stand Opposite a Wall with Your Hand on the Wall**
- **Lift the Healthy Knee**
**LEG Functional Exercises**

**Stepping Over Obstacles /1**

<table>
<thead>
<tr>
<th>NECESSARY MATERIAL</th>
<th>TIME</th>
<th>REPETITIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 bottles</td>
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</table>

- **Place two bottles 1.5 metres apart**
- **Step over the bottles with your hemiplegic leg**
- **Turn around and start again**

Under supervision and/or with a walking stick
**LEG Functional Exercises**

**Stepping over obstacles /2**

**NECESSARY MATERIAL**
- 2 boxes

**TIME**

**REPETITIONS**

Under supervision and/or with a walking stick

PLACE TWO BOXES 1.5 METRES APART

STEP OVER THE BOXES WITH YOUR HEMIPLEGIC LEG

TURN AROUND AND START AGAIN
**LEG Functional Exercises**

**Walking in a Zigzag**

- **NECESSARY MATERIAL**
  - 2 bottles
- **TIME**
- **REPETITIONS**

Under supervision and/or with a walking stick

- **PLACE TWO BOTTLES 1.5 METRES APART**
- **MOVE AROUND THE BOTTLES PASSING THROUGH THE CENTRE**
- **TRACE A FIGURE 8 ON THE FLOOR**
LEG Functional Exercises

STAIRS / 1

NECESSARY MATERIAL
- Stairs with a handrail on the healthy side

TIME

REPETITIONS

Hold on to the handrail

LIFT YOUR HEALTHY LEG AND THEN YOUR OTHER LEG ONTO THE SAME STEP. CLIMB UP TO THE LANDING

TURN AROUND ON THE LANDING. LIFT YOUR HEALTHY LEG AND THEN YOUR OTHER LEG ONTO THE SAME STEP
LEG Functional Exercises

STAIRS /2

NECESSARY MATERIAL
- Stairs with a handrail on the healthy side

TIME

REPETITIONS

Hold on to the handrail

LIFT YOUR HEMIPLEGIC LEG AND THEN YOUR HEALTHY LEG ONTO THE SAME STEP. CLIMB UP TO THE LANDING

TURN AROUND ON THE LANDING. LIFT YOUR HEALTHY LEG AND THEN YOUR OTHER LEG ONTO THE SAME STEP
CLIMB UP THE STEPS ALTERNATING YOUR FEET (FOOT ON THE STEP ABOVE)

TURN AROUND ON THE LANDING. CLIMB DOWN THE STEPS ALTERNATING YOUR FEET (FOOT ON THE STEP BELOW)
LEG Functional Exercises

Picking up Objects from the Floor

Necessary Material:
- 10 objects on the floor
- A table

Time

Repetitions

10 objects on the floor, hemiplegic side

Pick up the objects one by one, if possible with your hemiplegic hand

Place them on the table
LEGS Functional Exercises

**Kicking a Ball**

**NECESSARY MATERIAL**
- A ball, standing opposite a wall

**TIME**

**REPETITIONS**

Under supervision and/or with a walking stick

- Stand opposite a wall holding a ball
- Kick the ball against the wall with your hemiplegic foot
- Kick the ball against the wall with your healthy foot
**LEG Functional Exercises**

**KICKING A BALL TO SOMEbody**

NECESSARY MATERIAL
- A ball, standing opposite somebody else

TIME | REPETITIONS
--- | ---

Under supervision and/or with a walking stick

STAND OPPOSITE SOMEbody ELSE WITH A BALL

KICK THE BALL WITH YOUR HEMIPLEGIC FOOT

KICK THE BALL WITH YOUR HEALTHY FOOT
GETTING UP FROM THE FLOOR
Getting up from the floor

GETTING UP FROM THE FLOOR WITH A CHAIR

NECESSARY MATERIAL
- A chair or another support

1. SIT ON YOUR SIDE WITH A CHAIR NEXT TO YOUR HEALTHY ARM
2. KNEEL DOWN WITH YOUR HEALTHY HAND
3. STRAIGHTEN UP AND BRING THE CHAIR NEXT TO YOU
Getting up from the floor

GETTING UP FROM THE FLOOR WITH A CHAIR

WITH THE SUPPORT OF THE CHAIR LIFT YOUR HEALTHY LEG TO PLACE YOUR FOOT ON THE FLOOR

LEAN FORWARD, SUPPORT YOUR WEIGHT ON YOUR HEALTHY LEG AND HAND TO LIFT YOURSELF

ROTATE YOUR PELVIS AND SIT ON THE CHAIR

NECESSARY MATERIAL
- A chair or another support
Getting up from the floor

**GETTING UP FROM THE FLOOR WITHOUT A CHAIR**

**NECESSARY MATERIAL**
- None

**Steps:**
1. Lie down on your healthy side.
2. Lean forward to support yourself on your healthy elbow.
3. Support yourself on your healthy elbow.
Getting up from the floor

Getting up from the floor without a chair

NECESSARY MATERIAL
● None

* Lean forward, extend your elbow to support yourself on your healthy hand
* Sit on your side and support yourself on your healthy hand
* Supporting yourself on your healthy hand, lift your pelvis to kneel
Getting up from the floor

Getting up from the floor without a chair

NECESSARY MATERIAL
- None

Push out your healthy knee and straighten yourself.

Support yourself on your hemiplegic knee and hand to lift the healthy leg and bring it forward.

Bring your healthy foot forwards.
Getting up from the floor

GETTING UP FROM THE FLOOR WITHOUT A CHAIR

HEALTHY FOOT FORWARDS

LEAN FORWARD, SUPPORT YOUR WEIGHT ON YOUR FOREFOOT AND EXTEND YOUR KNEE TO LIFT YOURSELF

STRAIGHTEN YOURSELF AND BRING YOUR HEMIPLEGIC FOOT FORWARDS

NECESSARY MATERIAL

● None
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