



SELF REHABILITATION BOOKLET

FOR HEMIPLEGIC PATIENTS

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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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OVERVIEW

UPPER LIMB ARM

Stretching exercises

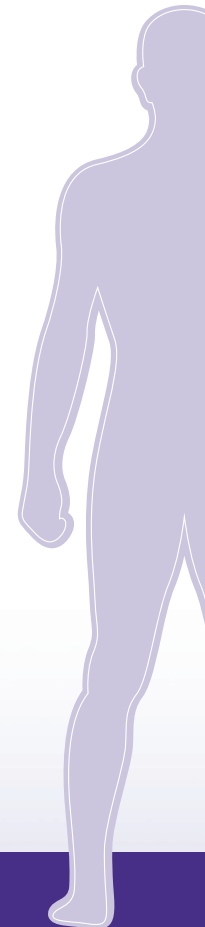
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OVERVIEW

LOWER LIMB LEG

Stretching exercises

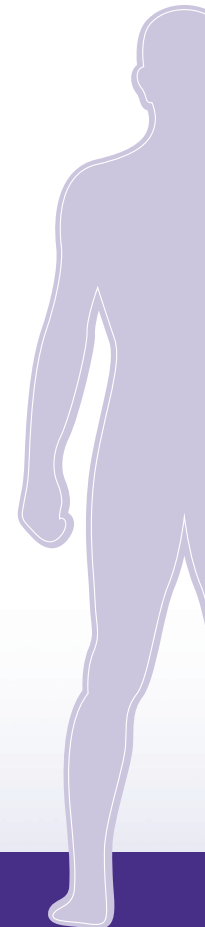
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OVERVIEW

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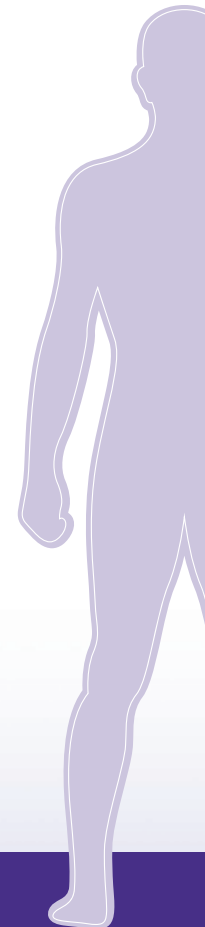
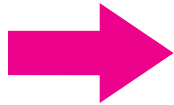




FIGURE LEGENDS

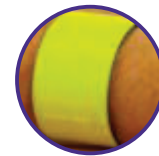
MOVEMENT DIRECTION



MUSCLE TO STRETCH



HEMIPLEGIC LIMB

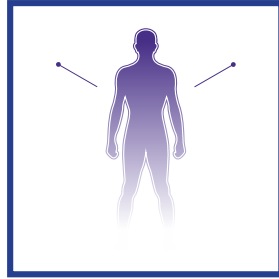


TIME



REPETITION





UPPER LIMB

ARM



ARM Stretching exercises

ARM PLACED IN FRONT

NECESSARY MATERIAL

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

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

NECESSARY MATERIAL

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

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

LIFTING THE ARMS

NECESSARY MATERIAL

- A bed

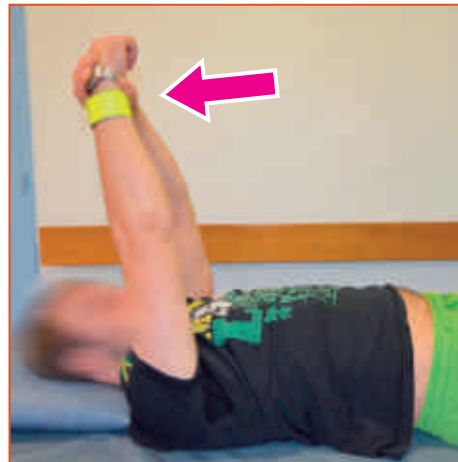
TIME



REPETITIONS



LIE DOWN AND GRAB YOUR WRIST WITH YOUR HEALTHY HAND



MOVE YOUR ARMS BACKWARDS



MOVE AS FAR AS YOU CAN AND STAY IN THAT POSITION

ARM Stretching exercises

EXTENDING THE ELBOW / 1

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

NECESSARY MATERIAL

- A table
- A chair

TIME



REPETITIONS



PLACE YOUR FOREARM ON THE TABLE



OPEN YOUR HAND AND EXTEND YOUR FINGERS WITH THE HELP OF YOUR OTHER HAND



STAY IN THIS POSITION KEEPING YOUR FOREARM ON THE TABLE

ARM Stretching exercises

EXTENDING THE THUMB

NECESSARY MATERIAL

- A table
- A chair

TIME



REPETITIONS



PLACE YOUR FOREARM ON THE TABLE



EXTEND THE THUMB WITH THE HELP OF YOUR OTHER HAND

ARM Muscular Strengthening

LIFTING AN OBJECT

NECESSARY MATERIAL

- A table
- A chair
- A small full bottle

TIME



REPETITIONS



HOLD THE FULL BOTTLE WITH BOTH HANDS



LIFT THE BOTTLE AS HIGH AS YOU CAN



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



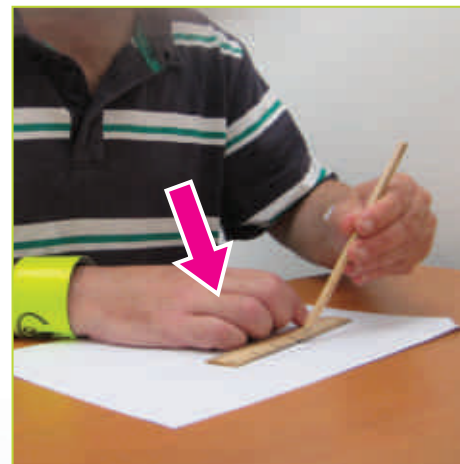
REPETITIONS



FIND A RULER, PAPER AND PENCIL



PLACE YOUR HEMIPLEGIC HAND ON THE RULER



HOLD THE RULER STILL TO DRAW A LINE

ARM Functional Exercises

MOVING A BOTTLE

NECESSARY MATERIAL

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

TIME



REPETITIONS



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



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

TIME



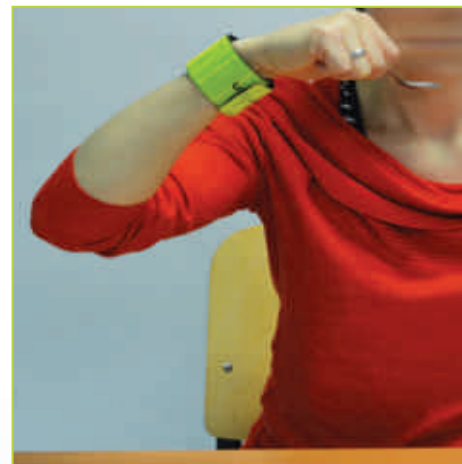
REPETITIONS



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

TIME



REPETITIONS



PICK UP THE BRUSH WITH YOUR HEMIPLEGIC HAND



BRUSH YOUR HAIR

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

NECESSARY MATERIAL

- A sink
- A rigid plastic cup

TIME



REPETITIONS



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



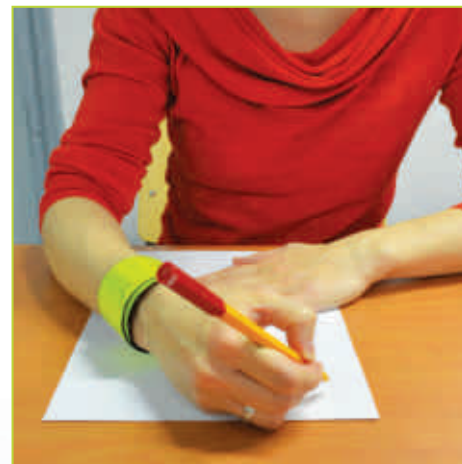
REPETITIONS



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



ARM Functional Exercises

THROWING A BALL

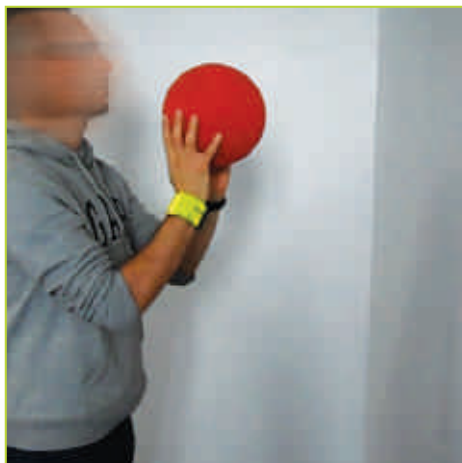
NECESSARY MATERIAL

- Stand opposite a wall, holding a foam ball

TIME



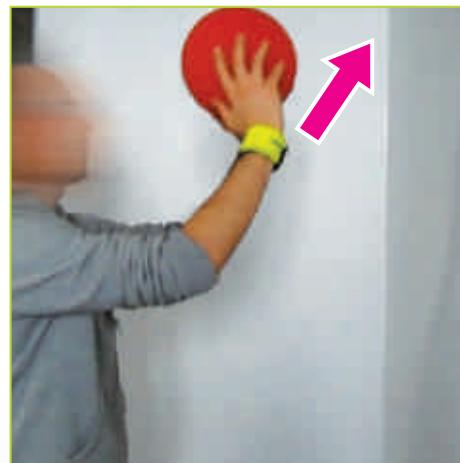
REPETITIONS



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



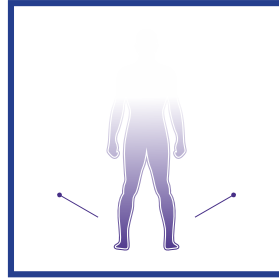
REPETITIONS



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

NECESSARY MATERIAL

- A bed
- A cushion

TIME



REPETITIONS



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

LEG Stretching exercises

EXTENDING YOUR LEG

NECESSARY MATERIAL

- 2 chairs

TIME



REPETITIONS



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 / 1

NECESSARY MATERIAL

- Stairs with a handrail

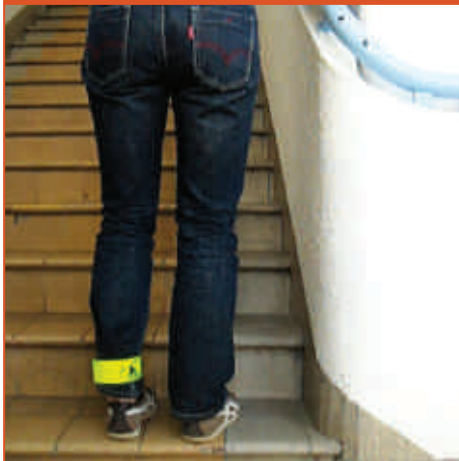
TIME



REPETITIONS



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

LEG Stretching exercises

STRETCHING YOUR CALF / 2

NECESSARY MATERIAL

- 2 books on the floor resting against a wall

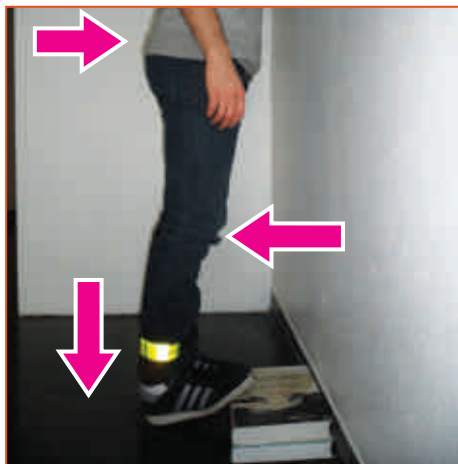
TIME



REPETITIONS



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



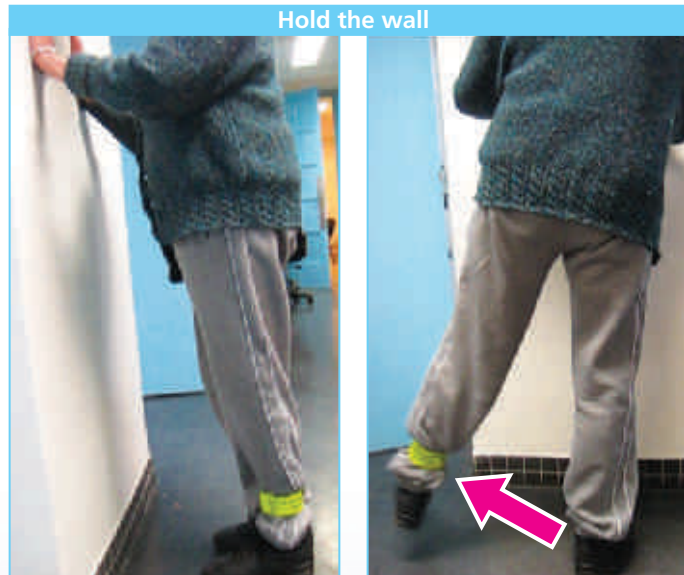
MOVE YOUR HEEL DOWNWARDS WHILST EXTENDING YOUR KNEE



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

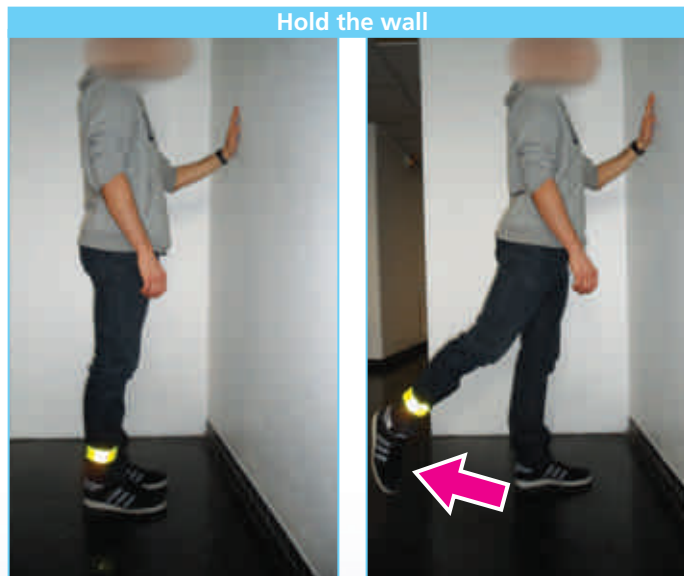


REPETITIONS



LEG Muscular Strengthening

EXTENDING YOUR LEG BACKWARDS



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

NECESSARY MATERIAL

- Stand opposite a wall

TIME



REPETITIONS



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



LIE DOWN ON YOUR STOMACH



BEND YOUR KNEE TOWARDS YOUR BUTTOCK, GENTLY BEND IT BACK

LEG Muscular Strengthening

STANDING ON TIPTOE



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

STAND ON TIPTOE AND
MOVE BACK DOWN AGAIN

NECESSARY MATERIAL

- Stand opposite a wall

TIME



REPETITIONS



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

NECESSARY MATERIAL

- A chair against a wall

TIME



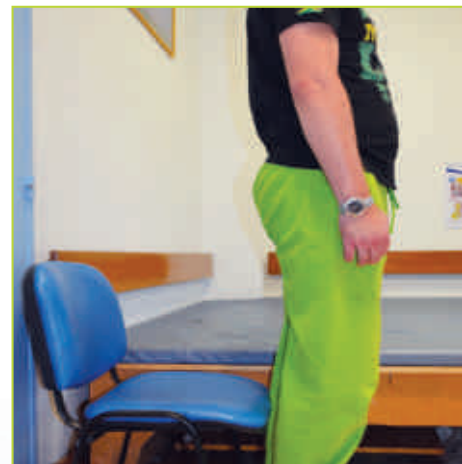
REPETITIONS



SEATED ON A CHAIR AGAINST A WALL



LIFT YOURSELF OUT OF THE CHAIR IF POSSIBLE WITHOUT USING YOUR HANDS



GENTLY SIT DOWN AGAIN

LEG Functional Exercises

STANDING ON ONE LEG / 1

NECESSARY MATERIAL

- 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 /2

NECESSARY MATERIAL

- Stand opposite a wall

TIME



REPETITIONS



Hold the wall



STAND OPPOSITE A WALL WITH YOUR HAND ON THE WALL

LIFT YOUR HEMIPLEGIC KNEE AS HIGH AS YOU CAN

LEG Functional Exercises

STANDING ON ONE LEG /3

NECESSARY MATERIAL

- Stand opposite a wall

TIME



REPETITIONS



Hold the wall



STAND OPPOSITE A WALL WITH YOUR HAND ON THE WALL

LIFT THE HEALTHY KNEE

LEG Functional Exercises

STEPPING OVER OBSTACLES / 1

NECESSARY MATERIAL

- 2 bottles

TIME



REPETITIONS



Under supervision and/or with a walking stick



PLACE TWO BOTTLES 1.5 METRES APART



STEP OVER THE BOTTLES WITH YOUR HEMIPLEGIC LEG



TURN AROUND AND START AGAIN

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

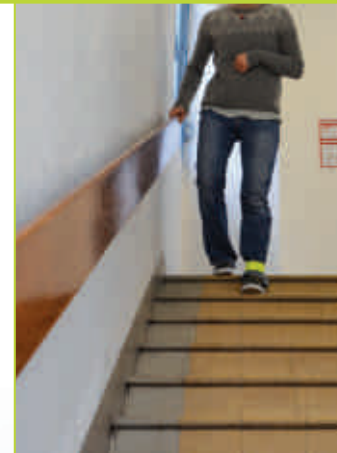
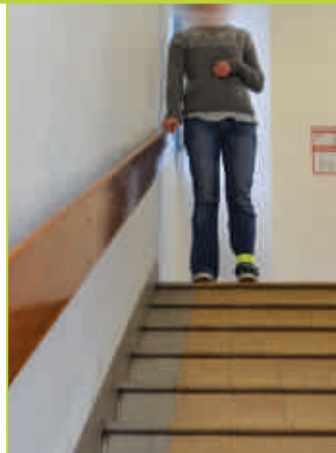
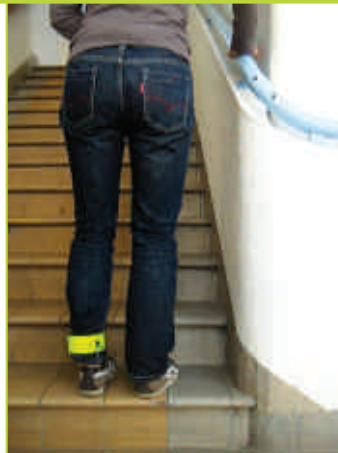
TIME



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

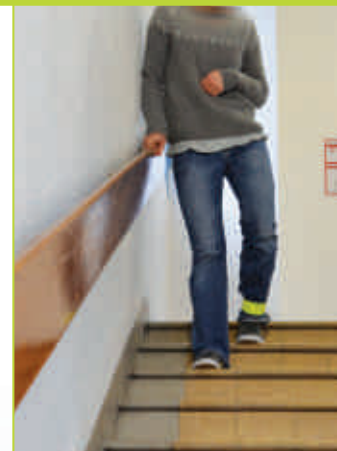
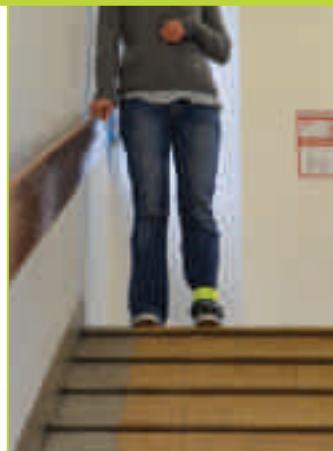
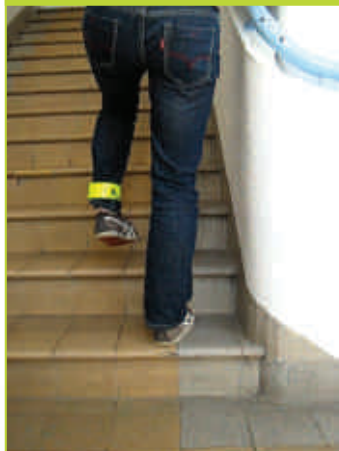
TIME



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

LEG Functional Exercises

STAIRS / 3

NECESSARY MATERIAL

- Stairs with a handrail on the healthy side

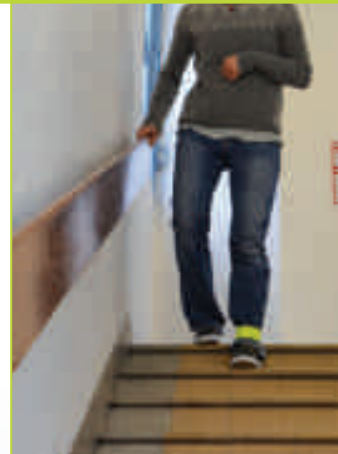
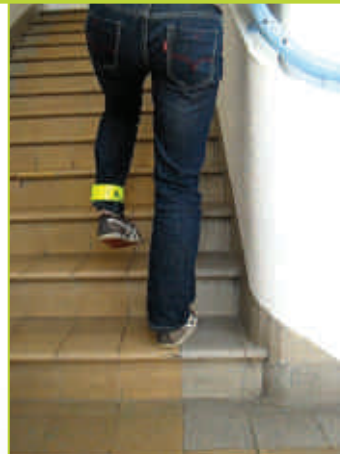
TIME



REPETITIONS



Hold on to the handrail



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

LEG 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



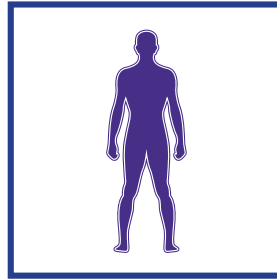
STAND OPPOSITE SOMEBODY ELSE WITH A BALL



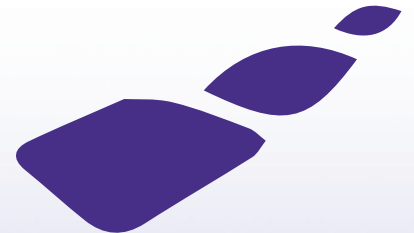
KICK THE BALL WITH YOUR HEMIPLEGIC FOOT



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 /1

NECESSARY MATERIAL

- A chair or another support



SIT ON YOUR SIDE WITH A CHAIR NEXT TO YOUR HEALTHY ARM



KNEEL DOWN WITH YOUR HEALTHY HAND



STRAIGHTEN UP AND BRING THE CHAIR NEXT TO YOU

Getting up from the floor

GETTING UP FROM THE FLOOR WITH A CHAIR / 2

NECESSARY MATERIAL

- A chair or another support



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

Getting up from the floor

GETTING UP FROM THE FLOOR WITHOUT A CHAIR /1

NECESSARY MATERIAL

- None



LIE DOWN ON YOUR HEALTHY SIDE



LEAN FORWARD TO SUPPORT YOURSELF ON YOUR HEALTHY ELBOW



SUPPORT YOURSELF ON YOUR HEALTHY ELBOW

Getting up from the floor

GETTING UP FROM THE FLOOR WITHOUT A CHAIR /2

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

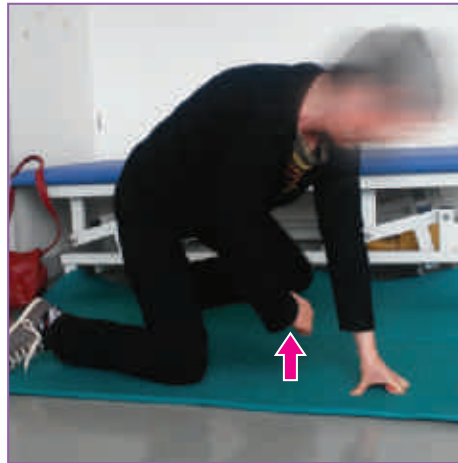
GETTING UP FROM THE FLOOR WITHOUT A CHAIR /3

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

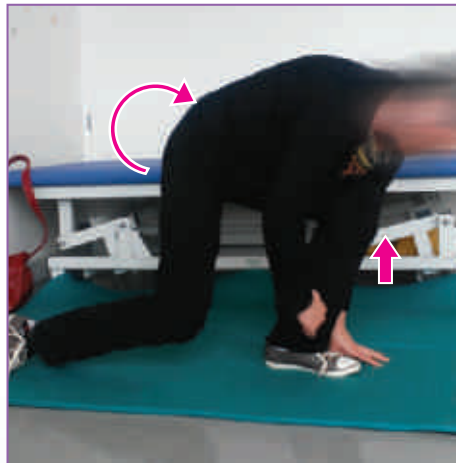
GETTING UP FROM THE FLOOR WITHOUT A CHAIR /4

NECESSARY MATERIAL

- None



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



NOTES





We are very grateful to everybody who has contributed to creating this booklet. We thank the patients for taking part in the exercises tested and for the photos that illustrate each exercise. We thank the physiotherapy and occupational therapy teams of the Netter Department of Physical Medicine and Rehabilitation of Hôpital Raymond Poincaré for their valuable advice.

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