

EFFECTIVE EXERCISES THAT PREVENT stiffness after a stroke



Effective Exercises

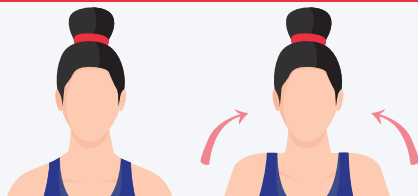
THAT PREVENT STIFFNESS AFTER A STROKE

Spasticity from a stroke occurs when certain muscles become stiff or tight, making it hard to move them. However, incorporating regular exercise into your routine can make a significant difference. These exercises can help manage spasticity, improve your range of motion, and enhance your overall quality of life.²

UPPER LIMB EXERCISES³

Shoulder Shrugging

- Sit in a chair with your back straight.
- Lift your shoulders towards ears & hold for two seconds.
- Gently lower your shoulders back to the original position.
- Repeat this up-down movement 10 times, 2-3 times daily.



Wrist Stretch

- Sit or stand with your back straight, keeping your elbows straight.
- Gently press the back of one hand down for 10-12 seconds.
- Now, gently pull your fingers back with the other hand.
- Hold this position for 10-12 seconds.
- Repeat this stretch 10 times for both hands, 2-3 times daily.

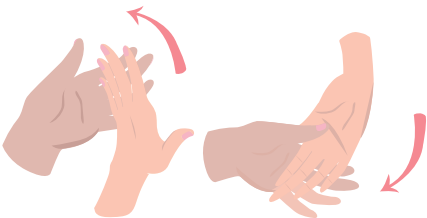


Table And Towel Reach

- Stand with a table with a towel placed in front of you.
- Extend your arm forward and place your hand on the towel.
- Slowly slide the towel across the table by reaching forward and return back to the starting position.
- Repeat each moment 10-15 times per arm, 2-3 times per week.



Wrist Lift

- Place your forearm on a flat surface, palm facing down.
- Gently move your hand upward, keeping your fingers relaxed.
- Hold this position for 5-10 seconds, then return to the starting position.
- Repeat this exercise 10 times, 2-3 times per day.



Finger-To-Nose Touch

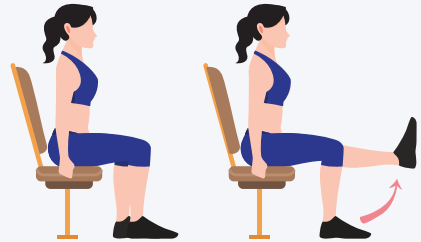
- Sit or stand with your eyes open.
- Raise arm in front of you with your index finger pointing up.
- Use your index finger to touch the tip of your nose.
- Return your arm to the starting position.
- Repeat this moment 10-15 times per arm, 1-2 times per day.



LOWER LIMB EXERCISES³

Knee Extension

- Sit on a chair with your back straight.
- Raise your leg out, keeping your knee straight and parallel to the floor.
- Hold this position for two seconds, and lower your leg back down.
- Repeat this movement 10-15 times for both leg, 2-3 times per day.



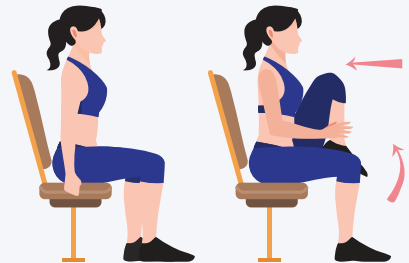
Standing Heel Raises



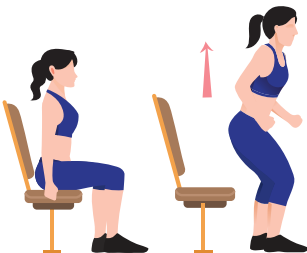
- Stand straight on your feet.
- Slowly lift your heels off the ground, raising your toes.
- Hold this position for 1-2 seconds, then gently lower back.
- Repeat this movement 10-15 times, 2-3 times per day.

Seated Marching

- Sit on a chair with your back straight.
- Lift your affected leg towards your chest, hold for two seconds.
- Now, gently lower your leg back down to the floor.
- Repeat each movement 10-15 times per leg, 2-3 times per day.



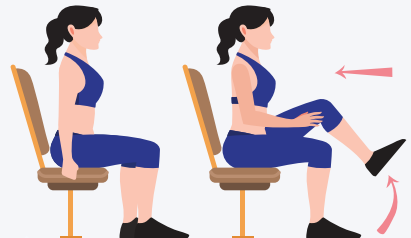
Sit-To-Stand Exercise



- Sit on a chair with your back straight and your feet flat on the floor.
- Gently stand up, push forward with your heels, and hold for 3 seconds.
- Now, slowly lower your body by bending at the knees and lowering your heels.
- Return back to your original position.
- Repeat this exercise 3 times per week.

Thigh Lift

- Sit in a chair with your back straight.
- Slowly lift your thigh and your leg until your knee is level with your arm.
- Hold for 3-4 seconds. Keep your thigh straight when lifting.
- Slowly lower the leg and repeat with the other limb.
- Repeat 3 times for each leg



References

2. Healthline [Internet]. 2021 [cited 2024 Aug 26]. Stroke Spasticity: What It Is, How to Manage, and More. Available from: <https://www.healthline.com/health/stroke/managing-spasticity-after-stroke>
3. Stroke Recovery Association of Manitoba [Internet]. <https://strokerecovery.ca/wp2019/wp-content/uploads/2020/07/exercise-pdf-final.pdf>

*Compared to baclofen 1. Biomedicine & Pharmacotherapy. 2017 Mar 1;87:628-35

ABRIDGED PRESCRIBING INFORMATION:

TOLKEM TABLET (TOLPERISONE)

COMPOSITION: Each film coated tablet contains Tolperisone 50 mg OR Tolperisone 150 mg

INDICATIONS: For the relief of painful muscle spasms of the skeletal musculature

DOSAGE: The usually recommended dose of Tolperisone hydrochloride in adults is 50 mg tablet given three times a day (i.e. a daily dose of 150 mg) that can be increased to a maximum daily dose of 600 mg if required.

CONTRAINDICATIONS: Tolperisone hydrochloride tablets are contraindicated in patients who are hypersensitive to any of the ingredients of the formulation. Tolperisone is contraindicated in patients suffering from myasthenia gravis and in patients

WARNINGS and PRECAUTIONS: Since, no well-controlled studies have been carried out with the drug in pregnant and lactating women; tolperisone should be used with caution in such patients keeping the risk-benefit ratio of the drug.

UNDESIRABLE EFFECTS: It may cause excessive sweating, urticaria or erythema. Also may lead to GI upset with abdominal pain, nausea, vomiting, diarrhoea, flatulence or dryness of mouth

STORAGE: Store in a cool dry place, Protected from light. Shelf-life: 24 months

PRESENTATION: Tolkem 50, 150 is available in 10X10 Tablets Blister Packs

For more information refer full prescribing information.

For Further Information Contact Details: Medical Affairs; Alkem House; Senapati Bapat Marg, Lower Parel; Mumbai, Maharashtra: 400 013.

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