

# 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.<sup>2</sup>

### UPPER LIMB EXERCISES<sup>3</sup>

#### 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

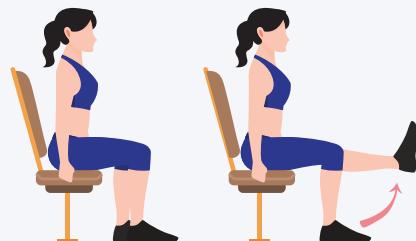
- Sit or stand with your eyes open.
- Raise arm in front of you with your index finger pointing up.
- Use your index finger to touch the tip of your nose.
- Return your arm to the starting position.
- Repeat this moment 10-15 times per arm, 1-2 times per day.



# LOWER LIMB EXERCISES<sup>3</sup>

## 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.

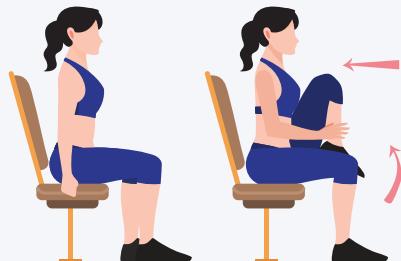


## Standing Heel Raises

- 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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