

Being active after a stroke

Fatigue is very common after a stroke and normal activities may feel a bit like doing a gym workout. Make sure you pace yourself and put your feet up to rest when you need to.

Here's how you can get started.

- > **Adopt the 24 hour approach** to your rehab/recovery in your daily routine. Small things like standing up correctly and using your affected arm/leg or other part of the body will have significantly more impact than just doing just doing your exercises once a day.
- > **Ask yourself whether you are sitting comfortably** – it's important if you spend most of your day sitting. Ensure you are sitting upright and have a strong core.
Having good posture is vital for your arms and legs to work efficiently.
- > **If you have an upper limb impairment** consider taking up a hobby that will promote recovery such as jigsaw puzzles, building models or even playing games like scrabble, Connect 4, and Dominos with the children/grandchildren.
- > **Try swimming to help build your cardio.**
You also don't have to swim in the pool. Exercises in the pool can include walking, squats, marching and side-stepping.
- > **It's important to strengthen your muscles.**
Consider joining a gym to access the necessary equipment, but make sure that you are guided by a healthcare professional on how to do the best exercises for your particular situation.
- > **Don't get frustrated** when you can't do things that you used to.
Remember that recovery takes time and it may be that you have to adopt new strategies to do things a bit differently.
- > **Don't give up** – stay positive and remember how far you've come rather than focusing on what you haven't achieved yet. *Set yourself small goals and focus on those wins.*
- > **Depression is very common post stroke.**
If you're feeling down and it isn't getting any better, then seek advice from your GP to discuss medication options or referrals to a counsellor to help talk through your difficulties.

For more ideas and advice, visit: www.csp.org.uk/activity