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The Exercise Guide:

Exercising after a stroke: do it yourself!

The exercise guide is a practical tool for patients to start exercising independently from day one after a stroke. The exercises are all easy to perform either lying in bed or sitting in a chair. The exercises are divided into three levels of complexity each indicated by a different colour. As much as possible everyday activities are included in the given exercises.

The benefits in using this exercise guide

According to therapists, nurses and patients, the exercise guide is a powerful and low-cost tool to intensify rehabilitation treatment for patients after stroke without the need for extra personnel.

How to purchase the e-book?

The e-book (pdf) exercise guide can be ordered from the website www.exerciseguide.info for € 5,00. For every guide that is sold, € 3,30 will go towards further development of exercises for stroke patients.



10. Picking up a mug

Aim: to strengthen the muscles of the hand and improve the use of the affected hand.

Requirements: plastic mug.



1 Place the affected arm and hand flat on the table.

1



2 Take hold of the mug. Let it go again and put your hand back on the table.

2

Repeat 5 times



3 Take hold of the mug. Lift it off the table. Keep your elbow on the table. Put the mug back on the table.

3

Repeat 5 times



VARIATION Shake hands with someone. Use the affected hand. If your left hand is affected, then shake hands with your left hand.



NB Keep your wrist as straight as possible.



VARIATION Do this exercise using other objects such as a tube or a bottle.

"Since we introduced this exercise guide I don't hear patients complain about too little therapy anymore."

J. van Dijk, rehabilitation centre nurse

"With this exercise guide patients and their family can practise together. It makes them feel less helpless."

D. Vermeer, occupational therapist

"I recommend that everybody practices using the exercise guide."

H. Saltzherr, patient

