
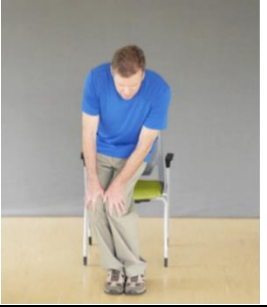








FITNESS AND MOBILITY EXERCISES (FAME) FOR STROKE




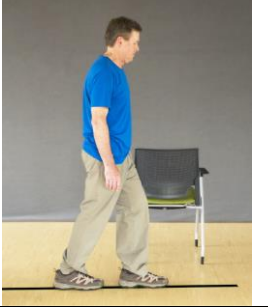
WARM-UP EXERCISES

			
SLOW MARCHING (WITH SUPPORT OR ARM SWINGS)	KNEE CIRCLES	ANKLE ROTATIONS	BUTT KICKS





FUNCTIONAL STRENGTHENING

			
HEEL / TOE RAISES	CHAIR PUSH-UPS	SIT TO STAND	WALL PUSH-UPS

BALANCE EXERCISES







			
SLOW WEIGHT SHIFT (SIDEWAYS, FRONT & BACK)	FORWARD REACH	ONE LEG STANDS	HEEL TOE STANDING / HEEL TOE WALKING

AGILITY & FITNESS





			
SIDE STEPPING	FORWARD STEPPING	FAST HIGH KNEE MARCHING	FAST & LOW STEPS

FITNESS AND MOBILITY EXERCISES (FAME) FOR STROKE





COOL DOWN STRETCHES

			
TRUNK STRETCHES	TRUNK & HEAD ROTATION	CALF MUSCLE STRETCH	THIGH STRETCH
			
BUTTOCKS STRETCH	HAMSTRING STRETCH		

UPPER EXTREMITY EXERCISES

			
BICEP CURLS	LATERAL RAISES	ARM FRONT RAISES	ARM EXTENSIONS

SEATED EXERCISES

			
SLOW MARCHING WITH HIGH KNEES	SIDE LEANS & REACHES	SCOOTING BACK & FORTH IN CHAIR	HEEL TOE TAPS