
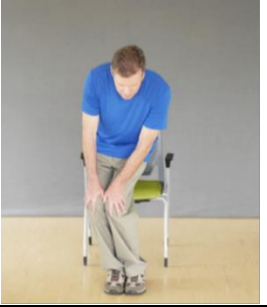








# **FITNESS AND MOBILITY EXERCISES (FAME) FOR STROKE**




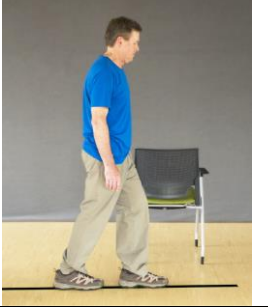
## **WARM-UP EXERCISES**

			
<b>SLOW MARCHING (WITH SUPPORT OR ARM SWINGS)</b>	<b>KNEE CIRCLES</b>	<b>ANKLE ROTATIONS</b>	<b>BUTT KICKS</b>





## **FUNCTIONAL STRENGTHENING**

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

## **BALANCE EXERCISES**







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

## **AGILITY & FITNESS**





			
<b>SIDE STEPPING</b>	<b>FORWARD STEPPING</b>	<b>FAST HIGH KNEE MARCHING</b>	<b>FAST &amp; LOW STEPS</b>

# **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