

Physiotherapy

Department of Rehabilitation

Balance, walking & stair-climbing for stroke patients

Instructions

- The patient should do the exercises regularly for 2-3 times a day, repeat each exercise 5-10 times or as advised by the physiotherapist.
- It is all right for the caregiver to wake the patient up for exercise during their hospitalisation.
- The patient should perform the exercises under supervision.
- When doing exercises while seated, the patient should sit in a steady chair, preferably with arm rests.
- When doing exercises while standing, have a chair behind the patient and a firm surface for the patient to hold on to.
- When doing exercises while standing, always ensure the patient's weaker knee does not bend backwards (hyperextend).
- Do not pull on the patient's weaker arm.
- The patient should not hold their breath while doing exercises.
- Only do the exercises as advised by the physiotherapist.
- When supervising the patient to exercise, stand on their weaker side.
- If any of the exercises causes the patient pain, **stop immediately** and consult the doctor or physiotherapist.
- Do not exercise if the patient feels unwell, e.g. feeling giddy, short of breath, chest pain or very tired.

Tips for walking with assistance



Quad stick



Walking stick



Walking frame

The patient requires a stick/ quad stick/ walking frame* to walk.

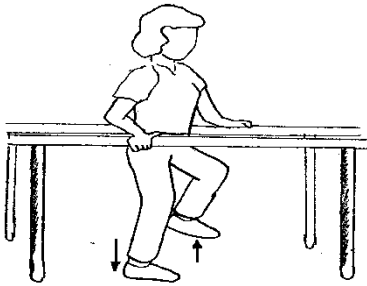
- The caregiver should stand on the patient's affected side and hold their hips.
- Avoid pushing the patient off balance.
- Avoid pulling on the patient's weaker shoulder.
- Take care that the patient's weaker knee should not bend backwards (hyperextend) or collapse while standing or walking.

*As recommended by physiotherapist

Tips for climbing the stairs with assistance

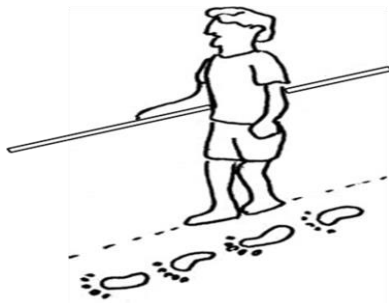
- When going up the stairs, the caregiver should be close beside the patient.
- The patient should hold on to the rail or the caregiver.
- The patient has to take one step at a time. They should go up the stairs with their _____ leg leading, and down the stairs with their _____ leg leading.

Other Balance Exercises



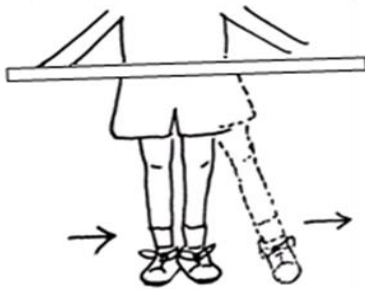
Marching on the spot

- Hold on to support if necessary.



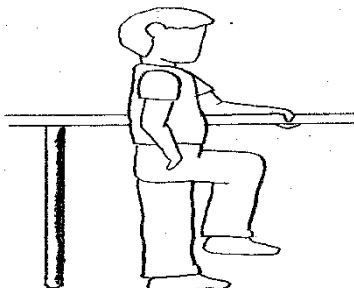
Tandem walk

- Walk in a straight line, with the heel of one foot directly in front of the other.
- Hold on to support if necessary.



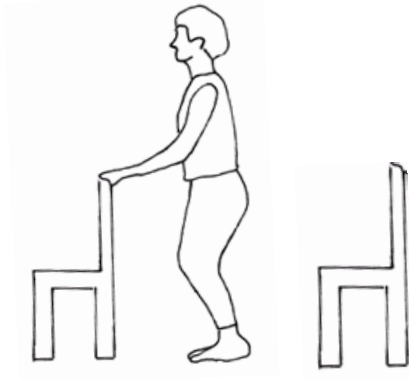
Walking sideways

- Walk sideways without crossing one leg in front of the other.
- Hold on to support if necessary.



Single leg balance

- Stand on the left/right leg for 15-30 sec.
- Hold on to support if necessary.
- Repeat with the other leg.



Mini-squats

- Hold on to support if necessary.
- Do not go beyond a half squat.
- Do not allow the knees to bend past the toes.
- Place a chair behind the patient in case they need to sit and rest.

Disclaimer:

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions