



American Stroke Association®
A division of the American Heart Association.

Together to End Stroke®

Exercise After Stroke Discussion Guide

Engaging in regular physical activity and exercise is one of the best things you can do while recovering from stroke. It will help you improve and return to the fullest possible level of function.

It's important that you and/or your caregiver have an open dialogue with your health care team to:



Determine your readiness to exercise.



Build a plan around your goals.



Understand the importance of safety.

You can use these starter questions with your health care professional:

1. Are physical activity and exercise safe after stroke?
2. Do I have any contraindicators for exercising after stroke?
3. How intense should my physical activity and exercise be?
4. What assessments do I need to evaluate my current health and ability?
5. Do you have any recommendations for programs that I could try?
6. Are there online resources that would be helpful to me?

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