Action plan

With the help of a healthcare professional list appropriate activities to help you achieve your short-term goal and plan how you are going to do them. If you have been given any specific exercises these can be referred to in this action plan. Record how you will measure progress.

PARAS Physical Activity Routines After Stroke

Physical activity	How and who with?	Things to remember	How will I measure my progress?
e.g. Sit to stand and stepping practice	Sit to stand practice in my bay by myself/ with visitors Stepping practice with the physio in the gym and during transfers on the ward.	When I stand get my feet in the right position. Make sure there is equal weight through both my legs. Try not to overuse my arms.	Record the number of times I have stood up and how many steps I have taken.
e.g. Arm activities	In the morning with the OT or nurses, with my physio in the gym, by myself during the day either in my chair or on the bed following my exercise programme.	Make sure I keep my trunk in a good position e.g. sit in the middle, sit upright. Try not to overuse my trunk when reaching and keep my wrist and fingers extended.	Record the time I spend working on my arm and the number of exercises I complete.
1.			
2.			
3.			
4.			
5.			