Welcome to PARAS ward!

The aim of this workbook is to support conversations with you and a healthcare professional about increasing your physical activity whilst on the ward.

Physical activity is any movement of the body produced by muscles that requires energy expenditure. Whilst on the ward this includes your daily activities like getting washed and dressed, transferring in and out of bed, sitting out of bed, walking to the toilet or having a meal. It also includes arm and leg exercises, balance work, stretches and exercise that makes you huff and puff.

When you have a stroke an area of your brain is damaged which can result in problems moving. By being more active you are enabling the use of different parts of your brain to aid recovery. You need to move to learn and reinforce new patterns of movement.

Research has demonstrated repetition of daily activities is important to aid recovery of function after stroke. Physical fitness (e.g. aerobic exercise, strength and balance training) and reducing the time you spend sitting can improve future health and well-being.

Your healthcare professional will guide you through the workbook and review your progress. It is a good idea to get family and friends who will support you with your recovery involved in this process.

When you are discharged from hospital there is a PARAS home and community workbook to help you progress your physical activity.

Move more and sit less

Start small and build up, supported by a healthcare professional, family and friends.

Functional task practice

Reduce sitting time

Work on strength

Increase activities that make you huff & puff

Work on balance

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