NHS
Northumbria Healthcare
NHS Foundation Trust

Physical Activity Routines After Stroke • Ward

A workbook to support you on the ward with moving more and sitting / lying down less after a stroke.

Name :

Date :

Healthcare professional's name :

Healthcare professional's contact number or email :

Health Innovation
North East and North Cumbria

Northumbria University
NEWCASTLE

Newcastle University

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

Physical Activity Routines After Stroke

PART ONE

About me and current level of activity.

In this part please complete the 'about me' page and use the Rivermead Mobility Scale and Arm Activity Measure to measure your current activity level.

This can be completed independently or with the help of a friend / family member or clinician.

About me

Letting others know a little bit about you and what is important to you can enable the recovery support we provide. Please use the space below to tell us a little bit about you either in words or pictures. This can be done by yourself or with help of a family member / friend or clinician.

Your favourite hobbies, sports teams or foods

People or places that are special to you

Memorable moments from your past or events you are looking forward to

Your faith, religion or spirituality

Overall, what you like and what makes you happy

What problems your stroke has left you with and what you feel you may need support with

This page was designed by the inpatient neurological physiotherapy team at South Tyneside and Sunderland NHS Foundation Trust.

Rivermead Mobility Index

Date :

Use this measure to capture your current level of mobility.
Please mark the answer that is applicable to you.

Items receive a score of 0 for a "No" response and 1 for a "Yes" response.	YES	NO
Turning over in bed: Do you turn over from your back to your side without help?	☐	☐
Lying to sitting: From lying in bed, do you get up to sit on the edge of the bed on your own?	☐	☐
Sitting balance: Do you sit on the edge of the bed without holding on for 10 seconds?	☐	☐
Sitting to standing: Do you stand up from any chair in less than 15 seconds and stand there for 15 seconds, using hands and/or an aid if necessary?	☐	☐
Standing unsupported: (Ask to stand) Observe standing for 10 seconds without any aid	☐	☐
Transfer: Do you manage to move from bed to chair and back without any help?	☐	☐
Walking inside: (with an aid if necessary): Do you walk 10 meters, with an aid if necessary, but with no standby help?	☐	☐
Stairs: Do you manage a flight of stairs without help?	☐	☐
Walking outside: (even ground): Do you walk around outside, on pavements, without help?	☐	☐
Picking up off floor: Do you manage to walk five meters, pick something up from the floor, and then walk back without help?	☐	☐
Walking outside: (uneven ground): Do you walk over uneven ground (grass, gravel, snow, ice etc) without help?	☐	☐
Walking inside: (with no aid): Do you walk 10 meters inside, with no caliper, splint, or other aid (including furniture or walls) without help?	☐	☐
Bathing: Do you get into/out of a bath or shower and to wash yourself unsupervised and without help?	☐	☐
Up and down four steps: Do you manage to go up and down four steps with no rail, but using an aid if necessary?	☐	☐
Running: Do you run 10 meters without limping in four seconds (fast walk, not limping, is acceptable)?	☐	☐
TOTAL SCORE OUT OF 15		

Arm Activity Measure (ArmA)

Use this measure to capture arm activity

Guidance for completion of the ArmA:

Section A asks about 'caring' for your affected arm either yourself with your unaffected arm or by a carer, or a combination of both of these.

This section **does not** ask about using your affected arm to complete any or the tasks.

Section B asks what you can do with your affected arm or using both arms.

For each of the activities listed, please indicate (circle):

1. The amount of difficulty that you or your carer experience in doing the task, based on your activity over the last 7 days. Please estimate if you do the task but have not done so in the last 7 days (e.g. for cutting finger nails).
2. If the task is never done, but this has nothing to do with your arm or is never done with your affected arm. score O = No difficulty.

If you are unable to complete the questionnaire independently, you may:

- Receive assistance from a carer or professional to act as scribe.
- Receive assistance from a carer or professional to facilitate understanding and completion question by question.
- A carer may complete the questionnaire on your behalf based on difficulty in performance of the tasks.

Arm Activity Measure (ArmA)

Date :

Arm Activity: 0 = No difficulty, 1 = Mild, 2 = Moderate, 3 = Severe, 4 = Unable to do activity					
Section A: Caring for your affected arm (not using it in tasks or activities)	**0**	**1**	**2**	**3**	**4**
1. Cleaning the palm of the hand	☐	☐	☐	☐	☐
2. Cutting finger nails	☐	☐	☐	☐	☐
3. Cleaning the armpit	☐	☐	☐	☐	☐
4. Cleaning the elbow crease	☐	☐	☐	☐	☐
5. Positioning arm on a cushion or support in sitting (If never done circle 0)	☐	☐	☐	☐	☐
6. Putting arm through a garment sleeve	☐	☐	☐	☐	☐
7. Putting on a glove (If never done circle 0)	☐	☐	☐	☐	☐
8. Putting on a splint (If never done circle 0)	☐	☐	☐	☐	☐
Section B: Independently completing tasks or activities using your affected arm	**0**	**1**	**2**	**3**	**4**
1. Difficulty with balance when walking **due to your arm**	☐	☐	☐	☐	☐
2. Hold an object still while using unaffected hand	☐	☐	☐	☐	☐
3. Open (affected hand) a previously opened jar	☐	☐	☐	☐	☐
4. Pick up a glass, bottle, or can	☐	☐	☐	☐	☐
5. Drink from a cup or mug	☐	☐	☐	☐	☐
6. Brush your teeth	☐	☐	☐	☐	☐
7. Tuck in your shirt	☐	☐	☐	☐	☐
8. Write on paper	☐	☐	☐	☐	☐
9. Eat with a knife and fork	☐	☐	☐	☐	☐
10. Dial a number on home phone	☐	☐	☐	☐	☐
11. Do up buttons on clothing	☐	☐	☐	☐	☐
12. Comb or brush your hair	☐	☐	☐	☐	☐
13. Use a key to unlock the door	☐	☐	☐	☐	☐
TOTAL SCORE	**Section A**		**Section B**		

Stephen Ashford - Kings College London and Regional Rehab Unit, Northwick Park Hospital, London.

Physical Activity Routines After Stroke

PART TWO

Goal setting and action planning.

Use this section to explore the benefits of being more active, select activities, goal set and action plan.

Benefits of moving more and sitting less

What do you think about these benefits? Do any surprise you? Are there any benefits that are of particular interest to you?

Functional benefits

Improved walking ability

Arm movement

Ability to do daily tasks

Increased physical fitness

Improved balance, posture & flexibility

Improved strength

Increased independence

Health benefits

Longer life

Keeps you out of hospital

Reduced risk of heart disease & further stroke

Reduced risk of cancer

Reduced risk of breathing problems

Reduced risk of diabetes

Pain reduction

Bone and joint health

Wellbeing

Improved thinking

Improved self esteem & mood

Improved sleep & relaxation

Getting out of the house & meeting people

Aids personal / intimate relationships

Activity choices

Here are some activities you could do on the ward either with a health care professional or by yourself. Tick the boxes beside the activities that interest you.

Everyday physical exercises

- ☐ Making a drink
- ☐ Making a meal
- ☐ Dressing
- ☐ Washing
- ☐ Self care
- ☐ Transfers
- ☐ Sitting out in chair / wheelchair

Exercise

- ☐ Bed & chair exercises
- ☐ Sit to stand
- ☐ Walking
- ☐ Arm exercises
- ☐ Balance
- ☐ Stretching
- ☐ Steps
- ☐ Aerobic exercise

Hobbies

- ☐ Computers / video games
- ☐ Thinking / craft activities
- ☐ Social groups

This page was designed with input from the inpatient stroke therapy team at Gateshead Health NHS Foundation Trust.

Personal goal setting

Date : / / /

What would you like to achieve in the next 12 months in terms of activity?

For example: 'To walk a half marathon' **OR** 'To get back to going to the theatre'.

What is your short-term goal in your own words and when would you like to achieve this by?

For example: 'To walk to the toilet and around the ward by myself in two weeks' **OR** 'To brush my hair standing up in two weeks.'

Why is this short-term goal important to you?

For example: 'I don't like asking the nurses for help' **OR** 'I find it easier to do my hair standing up and brushing my hair will make me feel better.'

What might get in the way of you achieving this goal? Is there anything you could do if this happens?

For example: 'If I have a disturbed nights sleep on the ward I will have a nap in the afternoon so I have enough energy to do my physical activity.'

On a scale of 1-10 how confident are you that you will achieve this goal? (10 being extremely confident).

Ideally you should score a seven or over and if not you need to rethink your goal.

1	2	3	4	5	6	7	8	9	10
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

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.

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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.			

Daily physical activity diary

Please use this diary to record the activities you complete each day and how you felt afterwards.
This will help to establish good habits.

Physical Activity Routines After Stroke

Activity	Example	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Leg & whole body activities	e.g. sit to stand, stepping practice, seated cycling							
Amount (time spent / repetitions / intensity**)	e.g. 30 repetitions sit to stand, moderate intensity. 10 steps							
Arm activities	e.g. washing and dressing, arm exercises							
Amount	e.g. 30 minutes washing and dressing practice, 100 reach and grasp exercises							
How I felt after the activities	e.g. slept in afternoon, pain in shoulder 2/10							

** Low intensity-very light or light activities, moderate intensity-increased breathing, able to talk but not sing, high Intensity- breathing fast unable to talk

Physical Activity Routines After Stroke

PART THREE

Review

It is important to review and reflect on your progress to plan future activity and goals

Please repeat the activity measures you completed in part 1.

This can be done when you are setting a new goal and on discharge from the ward.

When you have achieved a goal, progress and new goals can be recorded on the goal activity log at the end of the workbook.

Additional copies of any of the pages of the workbook (e.g. goal setting, action planning forms and activity diary) can be downloaded from the PARAS website.

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TOTAL SCORE	**Section A**		**Section B**		

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Goal log

It is also important to review progress towards your goals. This should be done in conversation with your healthcare professional with progress logged on the goal log below.

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Goal	Date set	Review date	Goal achieved Yes / No / Partially	Record any improvements in outcomes e.g. Rivermead Mobility Index	Thoughts about progress e.g. 'I'm very pleased with how I'm doing. My mood has improved'
1.					
2.					
3.					
4.					
5.					

This project is a collaboration between:

- Northumbria Healthcare NHS Foundation Trust
- Northumbria University
- Newcastle Univeristy
- National Institute for Health Research
- Health Education England

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Northumbria Healthcare
NHS Foundation Trust

PARAS
Physical Activity Routines After Stroke

PARAS Ward Stroke Survivor Workbook V1 - July 2025

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With thanks to participants in the PARAS implementation study for guidance on development of resources within the PARAS ward workbook.

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www.paras-strokerehab.org

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