

Post Stroke Community Based Exercise

Eight recommendations supported by tools and resources for the provision of safe and effective exercise programs to individuals living with the effects of a stroke:

1. Medical Clearance
2. Screening by Exercise Provider
3. Class Structure & Supervision
4. Exercise Program Principles
5. Program Evaluation
6. Exercise Providers
7. Facilities
8. Emergency Plan & Equipment



Photo: TIME™ Program, Abilities Centre, Whitby, ON

Participation in moderate exercise 4-7 days/week is recommended.

FACE is it drooping?
A RMS can you raise both?
S PEECH is it slurred or jumbled?
TIME to call 9-1-1 right away.

ACT **F A S T** BECAUSE THE QUICKER YOU ACT,
THE MORE OF THE PERSON YOU SAVE.

Call **911** or your local emergency number

Visit the Ontario Stroke Network website at www.ontariostrokenetwork.ca and type *Community Exercise Guidelines* in the search box to access:

- **A Guide to Choosing an Exercise Program**
An information brochure for people living with the effects of stroke which includes a checklist to determine if the exercise program is right for you
- **Post Stroke Community Based Exercise Guidelines**
Guidelines for exercise providers that include links to supporting tools and resources for providers in the community and other settings

