

Resources for Persons with Stroke, Families and Caregivers

Exercise

- The resources have been collected by the Ontario Regional Stroke Networks' Community & Long-Term Care Group to share with persons living with the effects of stroke, families/informal caregivers and health professionals
- These pages contain links to information, materials and other content that may provide support during isolation due to the pandemic
- Please note these are suggestions ONLY and have not been reviewed or endorsed and some may include a cost

Speak to a healthcare provider or your doctor before trying any of the exercise programs listed.

Topic/Name	Description	Link
Canadian Disability Participation Project	<i>Get In Motion</i> is a free, telephone-based physical activity coaching service for Canadian adults with a physical disability including stroke.	https://cdpp.ca/get-involved
FAME - Fitness and Mobility Exercise Program	A stroke recovery program that includes video instructions on how to do exercises at home.	http://fameexercise.com/famehome/
Flint Rehab	A series of exercise videos that can be done within the home.	Easy Leg Exercises: https://www.youtube.com/watch?v=-rwby0zA6Vs Hand Exercises: https://www.youtube.com/watch?v=i0JYsLyJEnE Core Exercises: https://www.youtube.com/watch?v=dGBqTLtdVuA Arm Exercises: https://www.youtube.com/watch?v=kuuGlz_ddOM
Graded Repetitive Arm Supplementary Program (GRASP)	An upper-limb rehabilitation program that includes videos, workbooks, and exercises that can be done at home.	https://neurorehab.med.ubc.ca/grasp

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Stroke Class	A 20-minute exercise video by a physiotherapist.	https://www.strokeclass.com/
Stroke Recovery Association of British Columbia	An exercise & mobility video for persons with stroke.	https://strokerecoverybc.ca/7-steps-video/exercise-mobility-video/
Together in Movement and Exercise – (TIME™ Program)	List of free online videos and resources to help people with mobility challenges stay active during COVID-19 isolation.	https://www.uhn.ca/TorontoRehab/Clinics/TIME/Documents/TIME-Exercise-Wellness-Videos-for-People-with-Mobility-Challenges.pdf
University Health Network –Toronto Rehab	Videos of adapted exercise for people with mobility challenges.	<p>It's Your Choice: Information about the videos https://www.youtube.com/watch?v=kpTHDR5k-cY</p> <p>It's Your Choice: Seated Warm-up https://www.youtube.com/watch?v=XPmUqiTBepU</p> <p>It's Your Choice: Strength, Balance and Aerobic Exercise https://www.youtube.com/watch?v=Qh94WI9Ecoc</p>
YMCA 360 Health & Fitness Videos	Health and fitness videos for active older adults.	https://ymca360.org/on-demand#/
YMCA At Home	<p>Free online programming and workouts designed for a variety of ages and levels of ability.</p> <p>Gold program: Low impact workouts for people with reduced mobility.</p>	<p>https://www.ymcahome.ca - New activities will be added daily</p> <p>https://www.ymcahome.ca/ythrive</p>