

# Stroke Rehab Home Guide

Use this guide only with advice from your physiotherapist.

1. Practice supported sitting posture for 3 to 5 minutes.
2. Perform slow ankle pumps and gentle hand opening drills.
3. Practice sit-to-stand only with a stable chair and supervision.
4. Stop if dizziness, chest pain, or unusual weakness appears.
5. Track fatigue and bring notes to your next appointment.