

Sample HEP Program and Complete Listing of MedBridge Stroke Patient Education and Exercises

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Below is a sample of exercises you can incorporate into your patient's home exercise program. The sample focuses on UE weight-bearing and weight shifting. Following the sample, you'll find the complete listing of all stroke patient education and exercises available on MedBridge. Search any of the titles or ID numbers listed below in the Patient Engagement portal on MedBridge to assign exercises to your patients.

UE Weight-Bearing

1. 9303: Cat/Cow Weight-Bearing (Hemiplegia)
2. 9300: Quadruped Weight-Bearing Activity: Reaching
3. 9298: Quadruped BUE Weight-Bearing With Furniture Sliders

Weight Shifting

1. 9332: Weight Shifting Side-to-Side (Hemiplegia)
2. 9314: Weight Shifting in Stride (Hemiplegia)
3. 9278: Standing Balance Activity: Simple Salsa

9303: Cat/Cow Weight-Bearing (Hemiplegia)



Begin on your hands and knees toward the end of a table or mat so that your feet are near or off the edge. If you have difficulty maintaining an open hand position with your affected hand, you can modify your hand position. A portion of a pool noodle is being used in this example.



Bring your belly button toward your spine. Round your back and tuck your chin. Then, slowly drop your belly button toward the mat. Arch your back and look up. Relax and repeat.



Do not do this activity if you feel light-headed or dizzy. Make sure to take your time moving through each position. Keep your hands directly under your shoulders.

9300: Quadruped Weight-Bearing Activity: Reaching



Begin on your hands and knees toward the end of a table or mat, so that your feet are near or off the edge. Align your hands directly under your shoulders.



Lift your nonaffected arm forward at shoulder height level. Hold this position for 3–4 seconds. Then, bring your arm back down to the starting position. Relax and repeat.



Do not do this activity if you feel light-headed or dizzy. Do not hang on your affected shoulder. Keep your shoulder strong and level with your back. Engage your core muscles.

9298: Quadruped BUE Weight-Bearing With Furniture Sliders



Begin on your hands and knees toward the end of a table or mat so that your feet are near or off the edge. Place a furniture slider underneath your nonaffected hand. Align your hands directly under your shoulders.

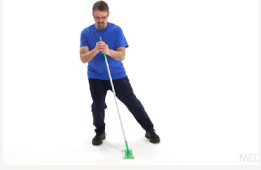


Slide your nonaffected hand forward with the furniture slider as far as possible, keeping your elbow straight. Then, slowly bring your arm back to the starting position. Relax and repeat.



Do not do this activity if you feel light-headed or dizzy. Make sure to engage your core muscles. Do not hang on your affected shoulder. Keep your shoulder strong and level with your back. If you don't have a furniture slider, you can use a paper plate or washcloth.

9332: Weight Shifting Side-to-Side (Hemiplegia)

		
Begin standing upright, holding a spray mop directly in front of you with both hands. Open your legs wider than shoulder width apart.	Shift your weight to one leg, bending your knee. Then, shift your weight through midline and toward your other leg. Repeat.	Do not do this activity if you feel light-headed or dizzy. Make sure to engage your core muscles. For an extra challenge, hold the position once your weight is shifted on each leg for 3–4 seconds.

9314: Weight Shifting in Stride (Hemiplegia)

		
Begin standing upright, holding onto a spray mop in your nonaffected hand. Take a step back with your affected leg, getting into a stride position.	Shift your weight forward onto your forward leg and spray mop, lifting your back heel up. Next, shift your weight backward, returning to the starting position. Repeat.	Do not do this activity if you feel light-headed or dizzy. Make sure to engage your core muscles throughout the exercise. If you feel unstable using the mop, hold onto a chair.

9278: Standing Balance Activity: Simple Salsa

		
Begin standing upright with a partner in front of you. Have them support your affected upper extremity by holding under your elbow and resting your forearm on theirs. Your caregiver will perform the movements with you throughout the exercise. You may need a second person behind you for added safety.	Take a step forward with one leg. Then, bring that leg back to center. Take a step backward with your opposite leg. Then, bring that leg back to center. Repeat this pattern for a few repetitions. Next, step out to the side with one leg, then bring it back to center. Take a step out to the side with your other leg, then bring it back to the center. Repeat this.	Make sure you feel balanced before you take the next step. Start with music with a slower beat, and increase the challenge with faster beats as you feel more confident.

Hemiplegia Patient Education

Videos

- Postural Transitions: Standing to Kneeling to Side Sitting
- Tips for Caregivers: Placement of Gait Belt
- How to Put On a Standard Sling
- How to Put On a Distally Based Upper Extremity Sling
- Safely Assisting With Bed Mobility Toward the Nonaffected Side: Sit to Supine
- Kinesiology Taping for Shoulder Subluxation
- Kinesiology Taping for Arm Edema
- Floor-to-Chair Transfer
- 2-Person Assist Transfer Toward the Nonaffected Side
- Tips for Caregivers: Preventing Injury of the Hemiplegic Arm During Range of Motion
- Stand Pivot With Cane Toward the Affected Side
- Squat Pivot Transfer: Both Sides
- 2-Person Assist Transfer Toward the Affected Side
- 2-Person Assist Transfer With Wheelchair
- Stand Pivot With Cane Toward the Nonaffected Side
- Safely Assisting With Bed Mobility Toward The Nonaffected Side: Supine to Sit
- Safely Assisting With Bed Mobility on the Affected Side: Supine to Sit
- Tips for Caregivers: Opening the Hemiplegic Hand
- Safely Assisting With Bed Mobility on the Nonaffected Side: Sit to Supine

Handouts

- Weight-Bearing Benefits and Modifications for the Hemiplegic Hand
- The 3 Don'ts of Using a Gait Belt
- Hemiplegia Positioning in Bed: Lying on the Affected Side
- Hemiplegia Positioning in Bed: Lying on the Nonaffected Side
- Hemiplegia Positioning in Bed: Back
- Tips for Caregivers: Managing Shoulder Subluxation and Preventing Injuries During Movement
- Postural Transitions: Standing to Kneeling to Side Sitting
- Strategies to Protect the Flaccid Arm During Transfers and Mobility

- Types of Slings for the Hemiplegic Arm
- How to Put On a Standard Sling
- How to Put On a Distally Based Upper Extremity Sling
- Floor-to-Chair Transfer
- 2-Person Assist Transfer Toward the Nonaffected Side
- Stand Pivot With Cane Toward the Affected Side
- Quadruped Positioning: Dos and Don'ts
- Base-of-Support Modifications
- Squat Pivot Transfer: Both Sides
- Squat Pivot Transfer for Hemiplegia: Safety Tips
- 3 Tips for Preventing Learned Nonuse
- Seated Balance Activity: Sitting on Armrest of Couch
- 2-Person Assist Transfer Toward the Affected Side
- 2-Person Assist Transfer With Wheelchair
- Stand Pivot With Cane Toward the Nonaffected Side
- Safe Positioning of the Hemiplegic Arm While Seated

Foundational Stroke Education

Videos

- What Is Neuroplasticity?
- What Is Spasticity?
- What Is a Stroke?
- BE FAST: Stroke Warning Signs
- The Effects of a Right-Brain Stroke
- The Effects of a Left-Brain Stroke

How to Prevent a Stroke

Handouts

- What Is Neuroplasticity?
- What Is Spasticity?
- What Is a Stroke?

- The Effects of a Right-Brain Stroke
- The Effects of a Left-Brain Stroke
- How to Prevent a Stroke
- Your Stroke Care Team
- BE FAST: Stroke Warning Signs

Hemiplegia Exercises

Balance Activities

- Seated Balance Activity: Trunk Pushing With Resistance Band 9257
- Seated Balance Activity: Throwing and Picking Up Pillow From Floor 9258
- Seated Balance Activity: Lateral Leans Elbow to Mat 9259
- Seated Balance Activity: Lateral Reaching 9260
- Seated Balance Activity: Scooting Hips Front and Back 9261
- Seated Balance Activity: Pelvis Walking 9262
- Seated Balance Activity: Fast Alternating Punches With Resistance Band With Loops 9265
- Seated Balance Activity: UE Punch Variations With Resistance Band With Loops 9264
- Seated Balance Activity: Visual Tracking With Resistance Band With Loops 9266
- Seated Balance Activity: Visual Tracking and Head Turns With Resistance Band With Loops 9267
- Seated Balance Activity: Rotating at Trunk 9271
- Seated Balance Activity: Types of Contraction 9272
- Seated Balance Activity: VOR and VOR Cancellation With Resistance Band With Loops 9315
- Seated Balanced Activity: Resisted Pushing With Dowel for Trunk Activation 9319
- Seated Balance Activity: Resisted Pushing With Dowel and Trunk Flexion for Trunk Activation 9320
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- Standing Balance Activity: Stepping Out in Transverse Plane for Hip Rotation 9280
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- Standing Balance Activity: Quick Sit-to-Stand With Arm Extension 9318

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- Seated UE Activity: Weight-Bearing on Forearms 9289
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- Standing Push-Ups (Hemiplegia) 9295
- BUE Weight-Bearing Activity Sitting to Bridging 9296
- BUE Weight-Bearing Activity With LE Side Stepping 9297
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- Weight-Bearing Through Forearms Pushing 9301
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