

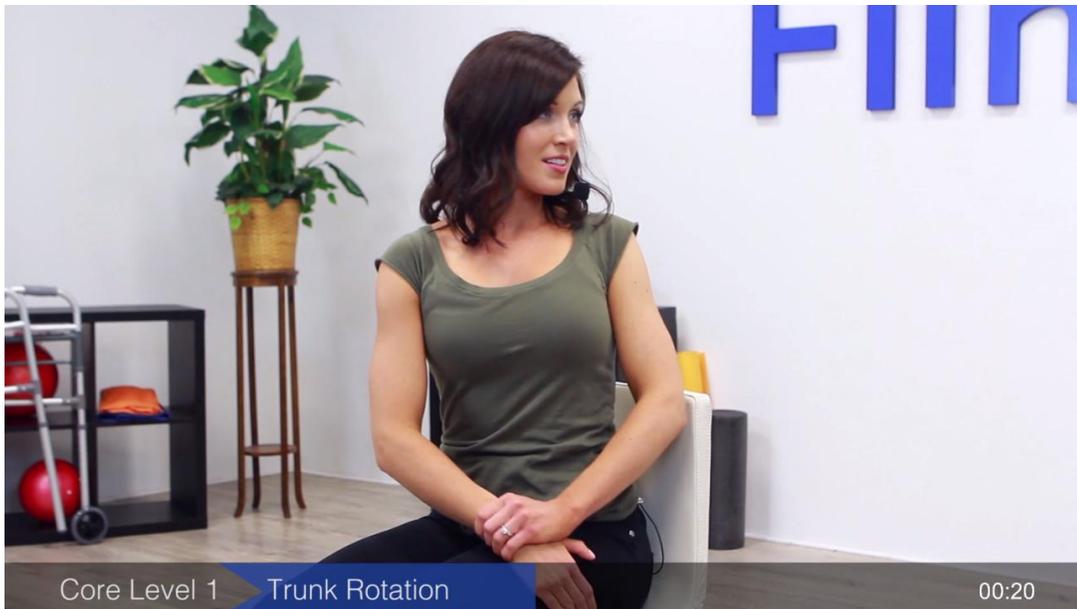
# 5 Core Exercises for Stroke Patients with Pictures

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Core exercises for stroke patients are essential for reducing your risk of falling, maintaining good balance, and stabilizing your body. The following rehab exercises are arranged from easiest to hardest. Each features a picture of Cassie, DPT.

## 5. Trunk Rotation (Twists)



From a seated position, place your right hand on the outside of your left thigh. With your back straight, use your arm to help twist your torso to the left. And if you can't move your right hand, then you can use your left hand to assist it. Be sure to keep your spine straight and don't twist to the point of pain. Aim to engage your core and get a good core exercise in.

Repeat on each side 15 times.

## 4. Lateral Trunk Flexion (Oblique Crunches)



From a seated position, dip your left shoulder down towards your left hip. Then, return to an upright position by focusing on using your core to pull yourself up. If you can't fully complete this exercise yet, then you can use your arm to push yourself back up. Repeat on each side 15 times.

### 3. Forward Punches



Clasp your hands together, then punch forward while keeping your arms parallel to the floor. Use your back muscles to come back up. You should really feel this in your core.

Repeat 10 times. But if you feel any pain in your back, stop immediately.

### 2. Knee to Chest



From a comfortable lying position, hug your knees into your chest. Then, hold on to left leg with your left arm and then extend your right leg onto the floor. This is your starting position.

From your starting position, bring your right leg back into your chest. Try not to use your leg muscles to achieve this movement. Focus specifically on engaging your core and using your core muscles to lift your leg up. Once your leg is back in your chest, give your core muscles a good squeeze, then release your leg back down.

Perform 10 repetitions with each leg.

## 1. Toe Taps



While lying on your back, lift your legs up and bend your knees at a 90 degree angle. Your shins should be parallel to the floor and your thighs should be perpendicular. Your core should be fully engaged. This is your starting position, which is also referred to as tabletop position.

From tabletop position, bring your left leg down and gently tap the floor with your left foot. Then, bring your leg back up by using your core muscles. Maintain a 90 degree bend in your knee the entire time. Repeat on the other leg, all while keeping your core as tight as possible. This completes one set.

Perform 10 sets total.

## Strengthen Your Core Faster

If you want to take things up a notch (or 20), you can look into our newest rehabilitation tool called FitMi.

FitMi is a high-tech home therapy tool that exercises your legs, core, arm, and hands. The device helps motivate you to complete the high reps needed for a faster recovery.