

Full Body Exercises for Stroke Patients

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Welcome to our complete collection of exercises for stroke patients, where we will cover every muscle group from head to toe.

We packed a lot of resources into this one little article, so if you'd like, bookmark us and let's get moving.

Leg Exercises

Let's start with our foundation.

For something convenient, try these [seated leg exercises](#) that you can do from any comfortable seated position.

For general stretching, mobility, and weight-training leg exercises, see our all-encompassing article on [leg exercises for stroke patients](#). The difficulty level within the article ranges, so there's something for everyone.

Core Exercises

A strong core is essential for [good balance](#) and [reducing your risk of falling](#). For something easy, try these [seated balance exercises](#).

Or, if you enjoy visual guidance, see these [5 core exercises for stroke patients with pictures](#). They're all guided by Cassie, DPT, from our rehab exercise videos on [FlintFit](#).

If you're more advanced, refer to our [regular balance exercises](#). Each exercise includes an option to make it more difficult when you're looking for a challenge.

Arm Exercises

For those with [hemiplegia](#) (paralysis on one side of the body), some [passive arm exercises](#) are a great place to start.

For those with [hemiparesis](#) who have some movement in their arm, try some [active arm exercises](#) that can give your affected side a good workout.

Then, when you're ready for a bigger challenge, we have some [seated arm exercises](#) that'll really get your muscles working.

Wrist, Hand, and Finger Exercises

Now we're ready to fine tune our abilities.

For your hands, we have [30+ hand therapy exercises](#) for you to try. And if you're looking for something with pictures, check out our [therapy putty exercises that includes a free downloadable PDF!](#)

We're passionate about hand therapy because our rehabilitation device, [MusicGlove](#), can help improve hand function with results in just 2 weeks! It's fast and fun, and our patients love it.

Eye Exercises

Your eyes are controlled by muscles, and sometimes those muscles are weakened by stroke. Luckily, you can regain your vision after stroke by [performing eye exercises](#).

Consistent, diligent eye exercise can help restore partial or total vision.

Videos to Accompany These Exercises

For those who prefer visual guidance over written instruction, [FlintFit](#) can be a great option. FlintFit is our new online subscription service that let's you watch affordable rehab exercise videos guided by licensed therapists.