

10 Best Stroke Recovery Tools for Home Rehabilitation

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If you're trying to improve movement after stroke, then these stroke recovery tools can help. We've listed our favorite gadgets and gizmos below, organized by muscle group.

Stroke Recovery Tools for Legs



1. Stationary Cycles

Stationary bikes are a great option for bilateral training. If one leg is weaker than the other, the stronger leg can help support your affected leg. In time, your affected leg will get stronger and stronger as you rewire your brain.

You can find cheap stationary cycles on Amazon. If you want quality, though, check out **Cycli** (<http://cycli.com>), our stationary bicycle that uses magnetic resistance for a smooth ride.

Exercises to try: Leg exercises for stroke patients (1/23/2017)

Stroke Recovery Tools for Core and Balance

2. Stability Balls



Stability balls are a great tool for improving core strength after stroke. If you're trying to improve balance, then strengthening your core is essential.

Exercises to try: 5 core exercises for stroke patients (11/14/2016)

3. Balance Boards



Balance boards are an advanced stroke recovery tool that you can use to strengthen your stabilizing muscles even more. They're dangerous, though, if you have very poor balance, so use them carefully and only when you're ready!

Stroke Recovery Tools for Arms and Shoulders

4. Dumbbells



Dumbbells are a simple tool for rebuilding upper extremity strength after stroke. Before you invest in a pair, you can start by using household items as light weights (like water bottles or soup cans) until you get strong enough to progress to heavier weights.

Exercises to try: [Arm exercises for stroke patients \(4/21/2017\)](#)

5. Resistance Bands



Resistance bands can be used for the full body, but they're particularly useful for your arms and shoulders. Use them to do bicep curls, shoulder presses, and much more.

Exercises to try: [Shoulder rehab exercises for stroke patients \(10/4/2016\)](#)

Stroke Recovery Tools for Hands and Fine Motor Skills

6. Therapy Putty



Therapy putty is a popular stroke recovery tool. It's affordable and portable, so you can take your hand therapy with you wherever you go.

Exercises to try: [8 Hand Therapy Putty Exercises \(4/28/2016\)](#)

7. MusicGlove



MusicGlove is our hand therapy device that's clinically proven to improve hand function in 2 weeks. It's more expensive than putty, but it helps you improve hand function much faster.

8. Tabletop Mirror



Mirror therapy ([9/8/2015](#)) is a great way to improve hand movement when you have paralysis or severely impaired movement. It tricks your brain into thinking that you're moving your affected hand (when you aren't), which activates neuroplasticity and helps "wake up" your affected hand!

Stroke Recovery Tools for the Full-Body

9. TENS Therapy Unit



Electrical stimulation (or TENS therapy) is a great way to boost movement improvement after stroke. The electrical stimulation helps boost neuroplasticity and rewire your brain. TENS therapy is only effective when you use it in conjunction with rehab exercise, so don't forget that essential step! (11/17/2017 article)

10. FitMi



FitMi is our full-body home therapy device that helps get your whole body moving. Our customers have experienced rapid movement improvement with FitMi. One woman saw results in just 3 days, and another man was able to move his arm for the first time ever after just 3 weeks!

Which Stroke Recovery Tools Are Right for You?

When it comes to choosing stroke recovery tools, there are a few questions that you need to ask yourself:

- Does this help me achieve high repetition?
- Can I see myself using this consistently?
- Does this make me excited to do therapy?

Repetition is important because it **activates neuroplasticity**, the mechanism that your brain uses to rewire itself. Rewiring your brain is how you will reconnect your mind to your muscles and improve movement.

Consistency is important because that's how you reinforce all the new connections that you're forming in your brain. And excitement is important because, well, consistency is difficult without it.

So what did you get the most excited about from this list?

That's the best stroke recovery tool for you!