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The Exercise Guide:

Exercising after a stroke: do it yourself!

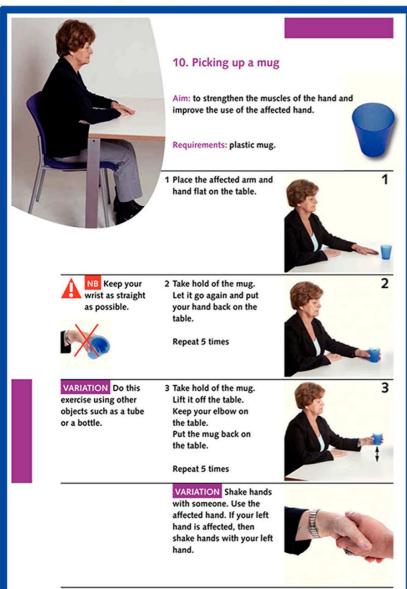
The Netherlands Sold in Since 2010 The exercise guide is a practical tool for patients to start exercising independently from day one after a stroke. The exercises are all easy to perform either lying in bed or sitting in a chair. The exercises are divided into three levels of complexity each indicated by a different colour. As much as possible everyday activities are included in the given exercises.

The benefits in using this exercise guide

According to therapists, nurses and patients, the exercise guide is a powerful and low-cost tool to intensify rehabilitation treatment for patients after stroke without the need for extra personnel.

How to purchase the e-book?

The e-book (pdf) exercise guide can be ordered from the website www.exerciseguide.info for € 5,00. For every guide that is sold, € 3,30 will go towards further development of exercises for stroke patients.



"Since we introduced this exercise quide I don't hear patients complain about too little therapy anymore."

J. van Dijk, rehablilitation centre nurse

"With this exercise guide patients and their family can practise together. It makes them feel less helpless."

D. Vermeer, occupational therapist

"I recommend that everybody practices using the exercise guide." H. Saltzherr, patient

