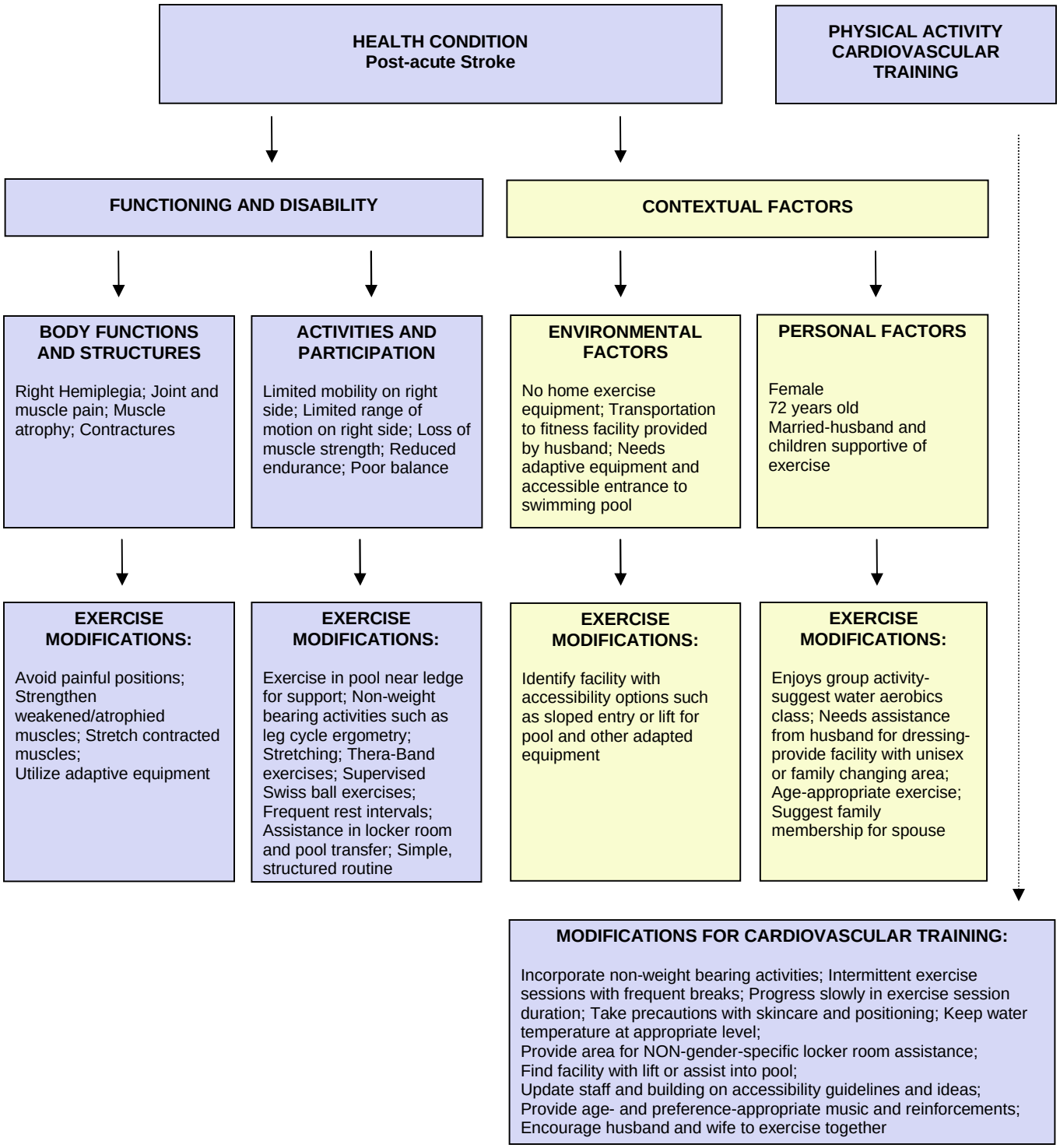
HEALTH CONDITION
Post-acute Stroke
PHYSICAL ACTIVITY CARDIOVASCULAR TRAINING
FUNCTIONING AND DISABILITY
CONTEXTUAL FACTORS
BODY FUNCTIONS AND STRUCTURES
Right Hemiplegia; Joint and muscle pain; Muscle atrophy; Contractures
ACTIVITIES AND PARTICIPATION
Limited mobility on right side; Limited range of motion on right side; Loss of muscle strength; Reduced endurance; Poor balance
ENVIRONMENTAL FACTORS
No home exercise equipment; Transportation to fitness facility provided by husband; Needs adaptive equipment and accessible entrance to swimming pool
PERSONAL FACTORS
Female
72 years old
Married-husband and children supportive of exercise
EXERCISE MODIFICATIONS:
Avoid painful positions; Strengthen weakened/atrophied muscles; Stretch contracted muscles;
Utilize adaptive equipment
EXERCISE MODIFICATIONS:
Exercise in pool near ledge for support; Non-weight bearing activities such as leg cycle ergometry; Stretching; Thera-Band exercises; Supervised Swiss ball exercises; Frequent rest intervals; Assistance in locker room and pool transfer; Simple, structured routine
EXERCISE MODIFICATIONS:
Identify facility with accessibility options such as sloped entry or lift for pool and other adapted equipment
EXERCISE MODIFICATIONS:
Enjoys group activity-suggest water aerobics class; Needs assistance from husband for dressing-provide facility with unisex or family changing area; Age-appropriate exercise; Suggest family membership for spouse
MODIFICATIONS FOR CARDIOVASCULAR TRAINING:
Incorporate non-weight bearing activities; Intermittent exercise sessions with frequent breaks; Progress slowly in exercise session duration; Take precautions with skincare and positioning; Keep water temperature at appropriate level;
Provide area for NON-gender-specific locker room assistance;
Find facility with lift or assist into pool;
Update staff and building on accessibility guidelines and ideas;
Provide age- and preference-appropriate music and reinforcements;
Encourage husband and wife to exercise together