



### Suggestions for adapting exercises for clients with stroke or other special needs

1. Change starting position (sit, stand, recline, forward lean, higher, lower)
2. Improve stability (use external support, assist manually)
3. Improve postural control (sit up straight, tighten abdominals, stand vs. sit)
4. Improve alignment (assist manually or with equipment)
5. Break task down into component parts – practice parts
6. Increase awareness of movement (cue visual attention, give resistance, touch)
7. Use targets
8. Practice functional tasks rather than just ‘exercises’, task specific training
9. Remain in pain free range (often arm below shoulder height)
10. Encourage separation of movement (arm from trunk, leg from pelvis, rotation)
11. Change speed of activity (may need to slow down or use momentum)
12. Change resistance (increased resistance makes more difficult, but increases feedback)
13. Change number of repetitions (endurance vs. strength, motor learning, awareness)
14. Encourage visualization of task if not able to complete repetitions
15. Give judicious feedback (distraction, self-correction, automatic movement)