

MOVEMENT MATTERS

Fitness and
Health

Function for
Everyday
Activities

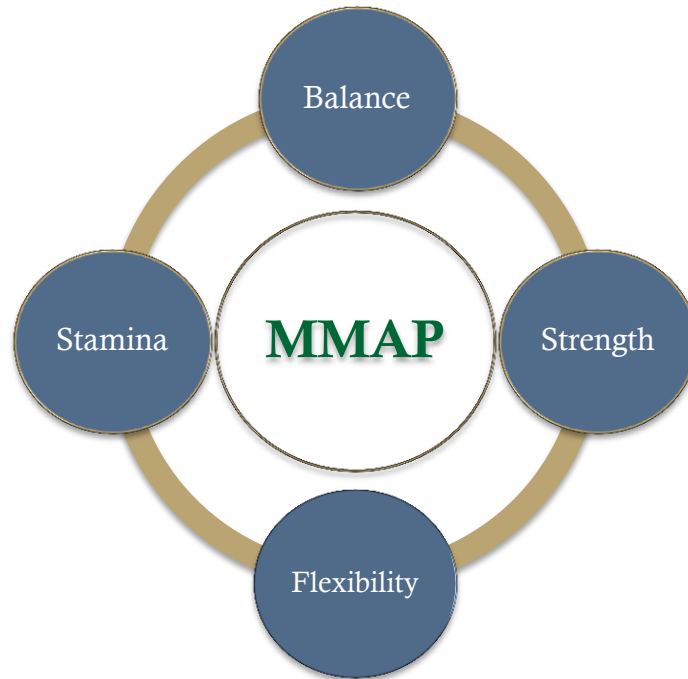
Safe Mobility
and
Independence in
your Home and
Community

- ✦ **Physical activity is the single best thing you can do to help recover your physical health and independence.**
- ✦ **No other single treatment has such a large number of benefits. It will help you:**
 - Increase your ability to move.
 - Increase your confidence to move safely.
 - Strengthen your hand and arm to perform personal hygiene and chores.
 - Reduce your risk for another stroke.

Movement Matters Activity Program (MMAP)

- ✦ **The MMAP helps you find your way by prescribing:**
 - Physical activity tailored to your abilities.
 - Health services that match your stage of recovery, abilities, and health benefits. They may include:
 - Home-based physical and occupational therapy
 - Outpatient-based physical and occupational therapy
 - Community-based physical activity and falls prevention programs

✦ **Your physical activity program will include exercises for balance, strength, flexibility, and stamina.**



✦ **To ensure that you and your provider have developed a good program, you should be able to answer “yes” to each of these questions:**

- Does my program include exercises to improve my balance?
- Does my program include exercises to strengthen my legs?
- Does my program include exercises for my hands and arms, especially for the side affected by the stroke?
- Is my program at a level I can safely do?
- Does my program include at least 10 minutes of continuous activity?
- Does my program challenge me to try a little harder each time I do the exercise?

✦ **If you answer “no” to any of the questions, discuss the specifics of your physical activity program with your provider.**