

NEUROLOGICAL REHABILITATION PLAN

Patient Name: _____
Therapist: _____

Date: _____

EXERCISE & TECHNIQUE	SETS / REPS	FREQUENCY	NOTES
Mirror Box Therapy Place affected limb inside box, move unaffected limb while watching reflection. NEUROPLASTICITY	15 Minutes	2x Daily	
Dorsiflexion (Seated) Lift toes toward ceiling while keeping heel on floor. Focus on slow release. MOTOR CONTROL	3 Sets of 10	Daily	Use strap if needed
Weight Shifting Standing with support, slowly shift weight side-to-side. Hold 5s each side. BALANCE	10 Cycles	Daily	Eyes open
Object Manipulation Move small items (coins/pegs) from a bowl to a designated target. FINE MOTOR	5 Minutes	1x Daily	Pincer grasp

Therapist Precautions: