

STROKE RECOVERY EXERCISE LOG

Week Beginning: _____

Patient Name: _____

Therapist: _____

EXERCISE & INSTRUCTIONS	TARGET (SETS/REPS)	DAILY TRACKING (M T W T F S S)
Shoulder Shrugs Lift shoulders toward ears, hold for 3 seconds, release.	3 Sets of 10	
Tabletop Glides Place hand on towel; slide arm forward and back slowly.	10 Minutes	
Grip & Release Squeeze a soft ball or sponge; hold for 5 seconds.	2 Sets of 15	
Ankle Pumps Point toes down, then pull back toward shin.	3 Sets of 20	
Seated Knee Extensions Slowly straighten leg while seated; hold briefly.	2 Sets of 10	

Therapist Notes / Weekly Progress Observations:

Consult with your medical professional before beginning any new exercise routine.