

STROKE REHABILITATION EXERCISE LOG

Week of: _____

Patient Name: _____

Therapist: _____

EXERCISE / MOVEMENT	SETS/REPS	M	T	W	T	F	S	S
Grip & Release Squeeze therapy ball	3 x 10							
Wrist Curls Support forearm on table	2 x 15							
Shoulder Flexion Lifting arm to eye level	3 x 10							
Ankle Dorsiflexion Lifting toes toward shin	2 x 20							
Seated Knee Extensions Straighten leg slowly	3 x 12							
Mirror Therapy Visualizing affected limb	10 Mins							

Daily Notes (Pain levels, fatigue, or milestones):

This chart is for tracking purposes only. Consult with your healthcare provider before beginning any new exercise routine.