

# Upper Extremity Management after Stroke:

## Resources for Persons with Stroke and their Caregivers

The resources listed below provide information and strategies that can help with challenges with arm and hand function after stroke.

The first resource is the video [Upper Extremity Management after Stroke](#) (see below). Once you have watched this video more information on this topic can be found by clicking on the links below. To access the links, click the underlined titles.

### Video

- [Upper Extremity Management after Stroke](#)

**Source:** Heart and Stroke Foundation Canadian Partnership for Stroke Recovery

### Supporting Resources

#### General Information

- [YourStrokeJourney: A Guide for People Living with Stroke](#)

This booklet provides information on stroke and its effects. It features tips and strategies to address challenges related to changes in arm and hand function. Available to download or in hardcopy format.

**Source:** Heart and Stroke Foundation of Canada

- [Physical Changes: Arms and Legs](#)

This webpage provides information about physical changes after stroke that can affect the arms and legs.

**Source:** Heart and Stroke Foundation of Canada

- [Rehabilitation and Recovery Infographic](#)

This infographic provides information about stroke rehabilitation, tips for success, and how stroke can impact the body.

**Source:** Heart and Stroke Foundation of Canada

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- [Why is Arm and Leg Weakness Associated with a Stroke?](#)

This webpage provides information about how a stroke can affect the body. It includes information about arm weakness and shoulder subluxation and links to more information about treatment strategies.

**Source:** Stroke Engine

- [Physical Effects of Stroke](#)

This webpage provides a general overview of the types of physical changes after stroke which can affect arm function such as muscle weakness, pain, spasticity, contractures, and sensation. The section on pain after stroke includes more information on shoulder pain and treatments for spasticity and contractures.

**Source:** Stroke Association-United Kingdom

- [Arm and Hand Function](#)

This webpage features several resources about arm and hand function after stroke. It includes links to fact sheets, podcasts, videos and information on treatment strategies. The webpage can be displayed in Standard English, aphasia friendly or other accessible formats.

**Source:** Stroke Foundation-Australia

## Activities of Daily Living

- [Everyday Tasks](#)

This webpage includes strategies and tips to address challenges in everyday tasks such as personal care, preparing meals, eating and drinking and household chores. The personal care page has several videos demonstrating strategies to assist with dressing.

Direct links to each section:

[Personal Care](#)

[Preparing meals and eating](#)

[Household chores](#)

**Source:** Heart and Stroke Foundation of Canada

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- [Guide for Stroke Recovery](#)

This interactive website provides tips on managing common activities and needs after stroke. The home life section includes tips for managing daily activities when arm function has been affected such as brushing teeth, getting dressed and taking a shower.

**Source:** Toronto Stroke Networks

- [Handwashing with a Weak/Flaccid Arm](#)

This webpage provides an overview of how perception can be affected by a stroke and some strategies for dealing with those effects.

**Source:** Heart and Stroke Foundation of Canada

## Arm and Shoulder Pain

- [Avoid or Reduce Shoulder Pain](#)

This short video produced by Lakeridge Health (Oshawa) provides an overview of shoulder pain after stroke and prevention strategies for the early phases after stroke.

**Source:** Lakeridge Health

- [Pain after Stroke](#)

This webpage includes information on shoulder pain and central post stroke pain, and treatments for spasticity and contractures.

**Source:** Stroke Association-United Kingdom

## Arm and Hand Exercise Program

- [Graded Repetitive Arm Supplementary Program \(GRASP\)](#)

GRASP is an arm and hand exercise program. It is designed to be completed at home, with weekly check-ins with a therapist. Program includes a manual and short videos. GRASP has been shown to improve arm function in some persons recovering from stroke.

**Disclaimer:** before starting this program you must consult with your rehabilitation team to see if this is program is suitable for you.

**Source:** University of British Columbia

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## Mirror Therapy Resources

- [Mirror Therapy - Patient/Family Information](#) **Source:** Stroke Engine
- [MirrorBox Therapy Exercises](#) **Source:** Abilitylab
- [Make Your Own Mirror Box for Therapy](#) **Source:** Mirrortherapy.com
- [Mirror Box Therapy Exercises for Stroke Recovery](#) **Source:** Saebot

## Additional Upper Extremity Interventions

Patient and family information on specific therapy interventions for the upper extremity.

- [Acupuncture](#)
- [Constraint Induced Movement Therapy](#)
- [Functional Electrical Stimulation-Hemiplegic Shoulder](#)
- [Functional Electrical Stimulation-Upper Extremity](#)
- [Motor Imagery/Mental Practice](#)
- [Task Oriented Training – Upper Extremity](#)
- [Video Game Training](#)
- [Virtual Reality](#)

**Source:** Stroke Engine

## Caregiver Resources

- [A Caregiver's Guide to Stroke Recovery](#)

This webpage provides information about how a stroke can affect the body. It includes information about arm weakness and shoulder subluxation and links to more information about treatment strategies. This guide is also available in [French](#).

**Source:** March of Dimes Canada

- [Stroke4Carers: Stroke Cause and Effects](#)

This e-learning website is designed for caregivers but can be helpful to persons living with stroke. Learning topics relevant to arm function include stroke cause and effects and practical advice and tips modules.

**Source:** Stroke4Carers, National Health Service-Scotland

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## Local Resources

Search [www.thehealthline.ca](http://www.thehealthline.ca) or **Call 211** to find local programs, services and equipment to challenges with arm and hand function after stroke. Suggested search terms-Rehabilitative Care, Physiotherapy, Occupational Therapy, Medical Equipment and Supplies.

### NOTES:

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## Acknowledgement

This information was compiled by the Ontario Regional Stroke Networks' Community and Long-Term Care Group. It is based on the Stroke Self-Management Video Series Resource Worksheet: Upper Extremity Management after Stroke, which was developed by the Calgary Stroke Program's Early Supported Discharge Program/Alberta Health Services, Heart and Stroke Foundation of Canada, and Heart and Stroke Foundation Canadian Partnership for Stroke Recovery. Modifications have been made with permission.

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