

Criteria for accessing Exercise after stroke service

- ✓ Able to walk 10 metres with or without walking aid independently or supervised
- ✓ Functionally able to get on and off chairs independently
- ✓ Able to sit in any seat independently
- ✓ Able to complete standing balance test (administered by physiotherapist)
- ✓ If aphasia is present, strategies are in place to allow participation (e.g. presence of carer)
- ✓ Able to understand visual demonstrations
- ✓ Absence of medical contraindications to exercise training (e.g. resting heart rate maximum of 100 bpm, BP 180/100)
- ✓ Independently ambulatory