



TASK Program

Exercise booklet

Beginner

Developed by Department of Health Professions, Macquarie University



Welcome to the TASK program, a post-stroke exercise program designed to keep you moving.

This booklet has been designed to guide you through the exercises. However, before we start we would like to quickly go over some safety tips.

Firstly, it is important to note that the booklet is simply a guide to the exercises. We encourage you to seek advice before starting and go at your own pace. Just like all exercises, completing the exercise correctly is more important than completing it quickly.

During all exercises it is encouraged to place a chair near you just in case you need to take a little break or are feeling unwell.

If any unusual symptoms occur, such as dizziness, breathlessness or if you are not feeling steady on your feet, it is important that you take a break immediately, and you can always continue the exercises when you are feeling better.

The equipment that will be used within this program includes

- The TASK mat
- Table
- Chair
- Plastic cups
- Step

You will notice that this **beginner version** of the booklet, this is based on the difficulty of the exercises.

It is important to ensure that you are following your therapist' instructions and only completing the difficulty they have instructed you to complete.

If you feel the exercises may be too difficult or too easy for you, consult with your therapist and they can modify the program to make it more challenging or simpler for you.

Sit and Reach

Equipment

TASK placemat, Table, Chair, Cup

Setup

Set up your chair about 30cm (ruler length) away from the edge of the table

Place the TASK placemat on the table with GREEN and YELLOW circles furthest away from you

Place your cup on the RED marker



Instruction

- With your GOOD arm, reach to the RED marker. Pick up the cup and move it to the ORANGE marker. Bring your arm back to rest on your leg.
- Continue to move the cup to the next colour in the arc. After each movement of the cup bring your arm back to rest.
- Now move the cup back the other way and repeat
- Continue the exercise for a total of 5 minutes.

Stand and Reach

Equipment

TASK Mat, Chair

Setup

Set your TASK mat on the floor near a wall in your home. Position it so that the wall is further than arms-length away.

You will be standing on the FEET marker of the mat and facing the wall

For safety, set up a chair behind or next to you



Instruction

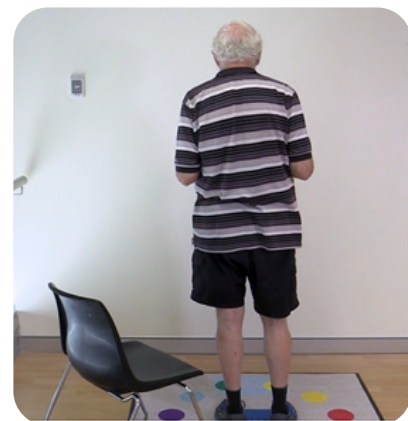
PART ONE

- With your GOOD arm, reach and touch the wall in front of you shifting your weight forwards onto your toes
- Now shift your weight back on the heels of your feet
- Again, with your GOOD arm, reach and touch the wall in front of you, and then back
- Try and keep equal weight through both of your legs
- Continue for 3 minutes. Ensure that you can feel your weight shifting



PART TWO

- Now, you will move side-to-side in standing
- Lean slightly to the RIGHT, shifting all, if not most of your weight on your RIGHT foot
- Now shift your weight back into the MIDDLE
- Now, lean slightly to the LEFT, shifting all, if not most of your weight onto your LEFT foot.



Step Tap

Equipment

TASK Mat, Step, Chair

Setup

Place your step on the STEP outline of the TASK mat

Stand on the FEET marker of the mat

For safety, have a chair set up behind you and position your TASK mat near a wall



Instruction

- Starting with your RIGHT leg, raise it and place your foot on the step
- Now place your RIGHT foot back within the “feet outline” of the Task mat and repeat
- Repeat this for 2 minutes
- After this, try the same exercise with your left leg
- Raise your LEFT leg and place your foot on the step
- Place your LEFT foot back on the “feet outline” of the Task mat and repeat for 2 minutes



TIP: Try to touch the step as quietly as possible throughout this exercise!

Stepping

Equipment

TASK Mat, Chair

Setup

Stand on the FEET marker of the mat

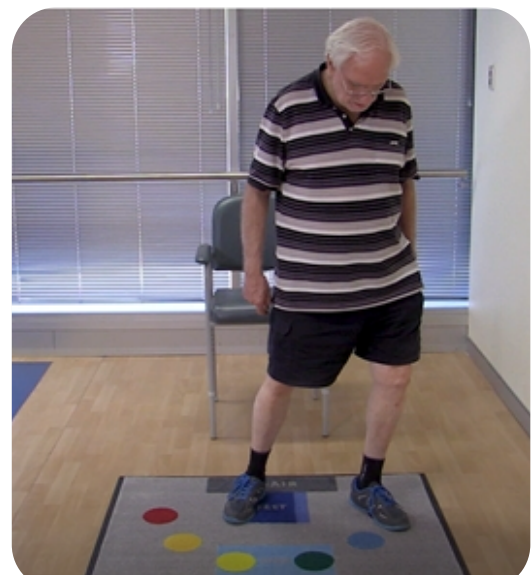
For safety, have a chair set up behind you and position your TASK mat near a wall



Instruction

- Lift your **right foot** and touch the YELLOW circle
- Slowly bring your leg back to rest
- Now touch the ORANGE marker, then back to rest
- Then to RED, and back to rest
- Continue to move your right foot between these 3 colours
- Repeat for a total of 2 minutes

- Lift your **left foot** and touch the GREEN marker, and back to rest
- Then to BLUE, and back to rest
- Then to PURPLE, and back to rest
- Continue to move your left foot between these 3 colours
- Repeat for a total of 2 minutes



Sit to Stand

Equipment

TASK Mat, Chair

Setup

Place your chair touching the CHAIR marker on the TASK mat

Sit in the chair with feet on the FEET marker

Make sure your back is not touching the back rest of the chair and your knees are pointing forward



Instruction

- Move your upper body forwards and push with your legs to stand up from the chair
- Stand upright, with your chest and head up
- Slowly lower yourself back into the chair
- Continue to stand up and sit back in the chair for 2 minutes
- Take a short 1-minute rest if needed
- Then repeat for another 2 minutes



TIPS:

- ★ Use a chair that is not too low or too high. It should be manageable to perform the exercise for 5 minutes
- ★ Try not to use your hands for support (unless you need to for safety).
- ★ If you find the exercise too easy, set a timer and see how many repetitions you can do in 5 minutes. Track your improvements each day you perform the exercise.