

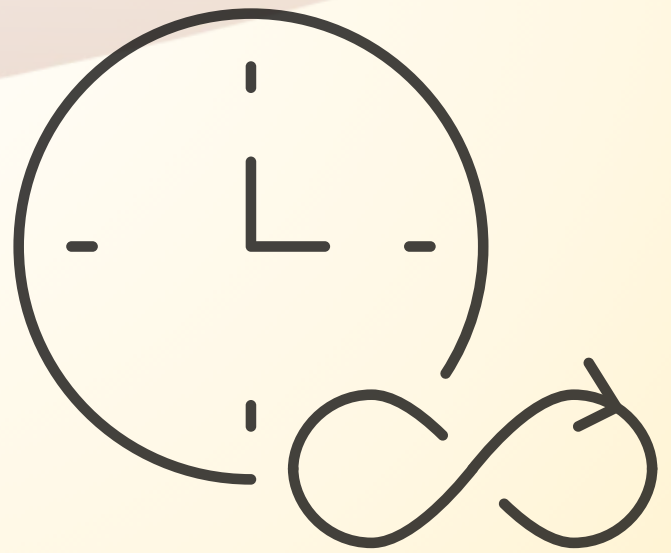
How Far Should You Push a Stroke Survivor?

The answer isn't always "more."

Swipe to know more

As caregivers, we constantly wonder...

- Should I encourage one more step?
- One more exercise?
- One more repetition?



We don't want them to give up.
But we also don't want to push too far.

Swipe to know more

The goal isn't to push harder.

The goal is to help them make steady progress.

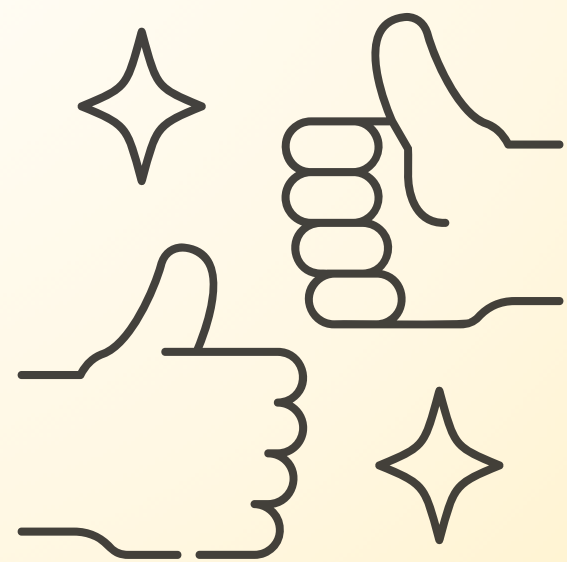


Recovery is a marathon, not a sprint.

Swipe to know more

It's usually a good sign to encourage them when they're:

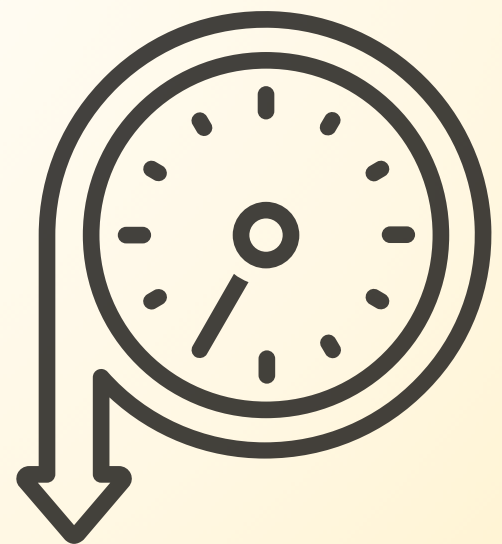
- Focused
- Motivated
- Just a little tired
- Following their therapist's plan
- Proud after finishing



Swipe to know more

It's time to slow down if they're experiencing:

- Sharp or increasing pain
- Extreme exhaustion
- Dizziness
- New weakness
- Frustration that's making movement unsafe



Listen to their body—not just the clock.

Swipe to know more

Remember:

- Being uncomfortable while learning a new movement can be normal.
- But pain and unsafe fatigue are different.

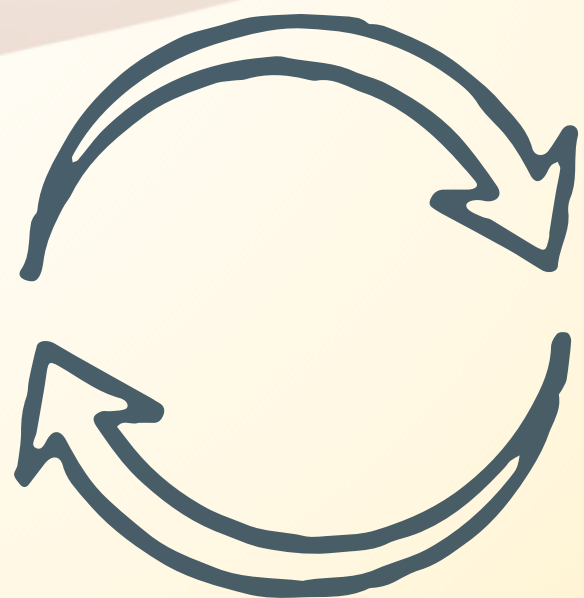


If you're unsure, check with their physiotherapist or rehabilitation team.

Swipe to know more

One extra repetition won't change recovery.

But showing up every day will.



Consistency beats intensity.

Swipe to know more

Sometimes the best encouragement is simply saying:

"Let's try one more together."



Not because you expect perfection.
Because you believe in progress.

Swipe to know more

Every stroke recovery journey is different.

How do you know when to encourage your loved one—and when to let them rest?

Swipe to know more