

## What are the benefits of the Stroke Exercise Program?

Below is a brief look at some of the benefits of joining an exercise program after your Stroke or TIA

- Reduces your risk of a second stroke or TIA
- Improves balance through specific activities
- Improves confidence in movement patterns and activities
- Improved strength and flexibility
- Improved quality of life through socialization and support of your stroke exercise group

## Pillars of Chronic Disease Management Program Design

### Exercise

- Community based supervised exercise and rehabilitation programs providing personalized exercise prescription
- Education sessions
- Group and social support

### Disease-Specific Management

- Multi-disciplinary team working closely with the patient, their Family Physician and Specialist.
- Evidence-based optimal care delivery.

### Self-Management

- Individualized plan of action for patients
- Peer-led support classes through the Live Well with Chronic Conditions Program
- Enhances self-management skills

### Saskatoon and area locations

- Royal University Hospital
- Saskatoon City Hospital
- St. Paul's Hospital
- Saskatoon Field House
- Confederation Mall
- Humboldt
- Cosmo Civic Centre
- West Winds Primary Health Centre
- White Buffalo Youth Lodge

For More Information about the Stroke Exercise Program or to receive and application call:  
**655-LIVE (655-5483)**

### Please return completed applications to:

Saskatoon Field House  
2020 College Drive  
Saskatoon, SK  
S7N 2W4  
Or Fax: 655-4596



Optimizing Chronic Disease Management

## **What is the Stroke Exercise Program?**

It is an exercise program offered as a partnership between the Saskatoon Health Region and the City of Saskatoon.

Our aim is to assist persons with a mild to moderate impairment begin an exercise program and improve quality of life.

## **What is the Stroke Exercise Program designed to do?**

Offers Stroke patients and their support systems an opportunity to exercise in a structured environment twice a week monitored by a physical therapist and exercise therapists



## **How do you join the Stroke Exercise Program?**

In order for you to participate in the Stroke Exercise program we require you to complete an application form that includes information regarding your health history.

Applications can be picked up at the Saskatoon Field House or call 655-4595 to have one mailed to you.

Once the application has been returned to the Saskatoon Field House you will be contacted to set up an intake assessment.

Interested applicants can join at the start of a new program season or at anytime during the season at a pro-rated fee.

## **When are the Stroke Exercise Program classes offered?**

- Tuesday and Thursday  
1:15 - 2:15pm
- Classes are located at the Saskatoon Field House
- Classes run seasonally from  
January-March  
April- June  
September- December

## **What happens at the Stroke Exercise Program?**

Prior to beginning the exercise program all participants will be assessed by a Physical Therapist to determine the appropriate group for exercise.

The exercise program will consist of stretching, strengthening, posture and balance activities and an aerobic activity such as walking or bicycling. Most of the activities will take place in groups but you will only do the amount of exercise that is right for you.

## **What about Support Systems?**

Each participant is recommended to bring a support person to assist him/her.

We also encourage participants to bring their wheelchair or walkers if they occasionally or routinely use one.

