

## Stroke self-management video series

### Upper Extremity Management After Stroke

*Once you have watched the video on Upper Extremity Management after Stroke, please check out these useful websites and resource documents.*

#### Client & Caregiver Resources

- ▶ Strategies for managing personal care with one hand
  - <https://www.neurorehabdirectory.com/great-one-handed-strategies-functional-tasks/>
  - Handwashing with a weak/flaccid arm
    - <https://www.youtube.com/watch?v=EOj0L03eDPs&feature=youtu.be>
- ▶ Graded Repetitive Arm Supplementary Program (GRASP)  
<https://neurorehab.med.ubc.ca/grasp/>
- ▶ Canadian Stroke Best Practice Guidelines  
<https://www.strokebestpractices.ca/>
- ▶ Your Stroke Journey: A Guide for People Living with Stroke  
<https://www.heartandstroke.ca/-/media/pdf->

[files/canada/your-stroke-journey/en-your-stroke-journey-v20.ashx](https://www.files/canada/your-stroke-journey/en-your-stroke-journey-v20.ashx)

▶ Stroke Recovery and Support

<https://www.heartandstroke.ca/stroke/recovery-and-support>

▶ Stroke Engine

[https://www.stroking.ca/en/int\\_domain/upper-extremity-activity/](https://www.stroking.ca/en/int_domain/upper-extremity-activity/)

▶ Saebo

<https://www.saebo.com/>

The Stroke Self-Management video series was produced as a collaboration among the following partners:



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