

PATIENT COPY

PREP

Predicting REcovery Potential

Predicting recovery potential for the arm and hand

(see <http://prepforstroke rehab.wikispaces.com> for more information)

Patient Sticker

The assessment you completed for PREP indicate that you have the potential to make a full, or nearly full, recovery of upper limb function within 12 weeks.

You will be given a home programme by your therapist to help improve arm and hand function. This programme can be carried out unsupervised, it has progressions, and is challenging. You should continue to complete your programme on a daily basis for 2 – 4 weeks.

90%
/60

By doing your home practice you have a 90% chance of making a full, or nearly full, recovery. Without this practice, your chances drop to only 60%.

You will be asked to fill in a practice log sheet with the date, number of minutes of exercise completed and include any further notes. This information may be of use to rehabilitation teams involved in your ongoing rehabilitation.