

PATIENT COPY

PREP

Predicting REcovery Potential

Predicting recovery potential for the arm and hand

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

Patient Sticker

The assessments you completed for PREP indicate that you have the potential to be using your arm and hand in most day to day activities within 12 weeks.

Your arm and hand rehabilitation should focus on improving function by increasing strength, coordination and fine control. Repetitive practice of movement and everyday tasks should help. You should use your affected arm and hand for safe daily activities and try to minimise compensation with the stronger arm and hand.