

PREP

Predicting REcovery Potential

Predicting recovery potential for the arm and hand

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

Patient Sticker

Upper Limb Rehabilitation Focus: PROMOTE NORMAL USE

This patient has the potential to make a full, or nearly full, recovery of upper limb function within 12 weeks.

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

90%
/ 60%

By doing their home practice this patient has a 90% chance of making a full, or nearly full, recovery.

Without this practice, their chances drop to only 60%.

The patient could 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 the patients ongoing rehabilitation.