

After a stroke, changes to arm movement and function are common.

For example, changes to:

- Strength and movement
- Awareness and attention towards your limb
- Sensation/feeling

You, and anyone supporting you like family or carers, can help to look after your arm effectively by considering the following:



Positioning – ensure that your arm is well supported in the bed and/or in the chair. Using pillows is often helpful. A splint may also be provided by the therapy team to support with positioning. If this has been provided it will be written on the information board in your room.



Attention – Visitors can spend time sitting on your affected/weaker side when visiting. This can help to increase awareness and attention to that side. Encouraging you to look at your arm can also be helpful.



Sensory input – you can give sensory input to your arm in a number of ways, using your non-affected arm to help. This can include washing your affected arm, use different textures to touch it, or apply lotion to your hand and arm. Visitors and carers are also encouraged to support you with these tasks.



Family or carers may be able to support you with moving your arm, but please speak to the physiotherapists and occupational therapists on the ward prior to doing this, so that they can be shown the best way to do this.



If you have any questions, please ask the physiotherapists or occupational therapists on the ward who can give further advice and guidance. Relatives or carers can leave a message & phone number with ward staff if needed on evenings/weekends.

**“This document is available in Welsh /
Mae’r ddogfen hon ar gael yn Gymraeg”.**