

Swimming after a Stroke

Have you had a stroke?
Would you like to swim?
You can get information
here.

This guide is about swimming after a stroke



A stroke can make it **hard** to read.

If you **need help** reading this guide:

- **Ask** someone to **read with you**.
- **Ask** someone to **talk** with you about the **information**.

Images provided by the **Stroke Association** and **Good Boost**.

We support

Stroke
Association


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Introduction



- People with stroke may be **disabled**.



- People with stroke may have **pain** and **tiredness**.



- People with stroke may have **memory problems**.



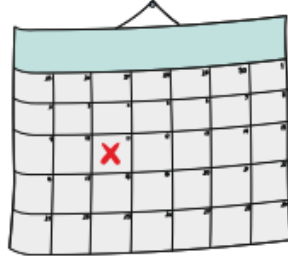
Swimming is a very **good form of activity**.

- Getting active after stroke helps **improve** your **health**.
- Getting active after stroke can **ease symptoms**.
- Getting active after stroke can **reduce** your **risk** of another stroke.



- Being in water may make it **easier** for you to **move**.
- Being in water may help your **balance** and **strength**.
- Swimming after stroke can help your **independence**.

Before your swim



- **Plan** when you go swimming.



- Do you need **help** to get in the water?
- **Contact** your **local pool** to ask about **help**.



- Do you need **help** to undress and dress?
- **Ask** about changing rooms.



- Take a **friend** or **relative** for **support**.



- **Mark your locker** to make it easy to find.



- Do you use a **stick** or **walking frame**?
- Be **careful** on **wet floors** around the pool.



- A stroke can make it **hard to control** when to go to the **toilet**.
- **Special swimwear** is available.

During your swim



- **Warm up** before you swim.
- A good warm up exercise is **marching on the spot** in the water.
- You can **hold the edge of the pool** when you warm up.



- You can use **floats** to make you feel more **confident**.
- Do not get so **breathless** that you **can't talk**.



- Every bit of **exercise** is **helpful**.



Do what feels right for you

- Try to do some **exercise** that **increases** your **heart rate**.



- Try **balance** exercises like **standing on one leg**.

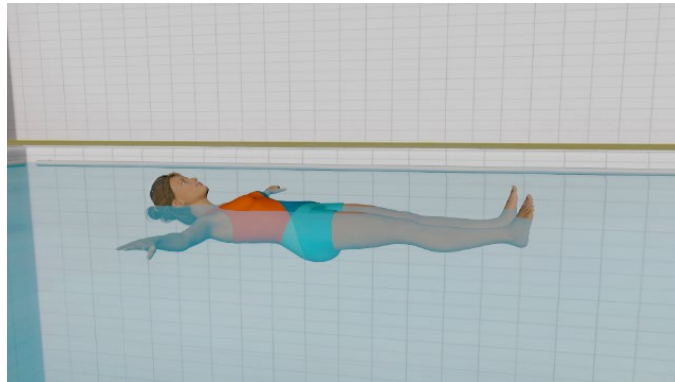


- Try **strength** exercises like **squats** or **lunges**.

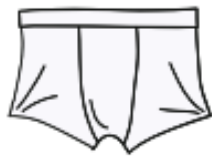


- Gradually **increase** your **time** in the water.

After you swim



Cool down with gentle activity like **floating**.



- **Save energy** for showering and dressing.

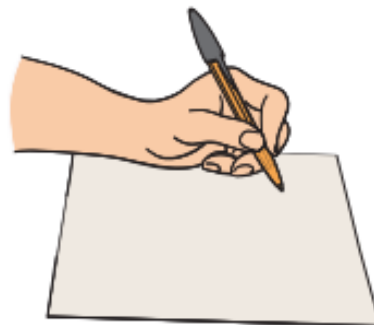


- Have a **drink of water**.

Tips for swimming after a stroke



Talk to your **doctor** before you start swimming.



- **Plan** your exercise carefully so you don't get too tired.



- **Stop** if you feel **dizzy** or **breathless**.



- **Stop** if you feel **pain** or **tightness** in your **chest**.



- **Ask** if there are **swim sessions** for **disabled people**.

More advice



- **Stroke Association Factsheet – Exercise and Stroke –**
http://www.stroke.org.uk/sites/default/files/exercise_and_stroke.pdf
- **Moving Medicine Information Finder – Stroke**
- <https://movingmedicine.ac.uk/consultation-guides/patient-info-finder/?p=adult&c=stroke>
- **Swim England Poolfinder –**
<https://www.swimming.org/poolfinder/>

Developed with support from:

We support



**University of
Nottingham**
UK | CHINA | MALAYSIA

