

# 5-Minute Recovery Roadmap

*A simple guide to understanding  
your stage and moving forward.*



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# How Stroke Recovery Works

Stroke recovery works through neuroplasticity – the brain’s ability to rewire communication with the body.

That rewiring doesn’t happen randomly. It happens through consistent practice, and it follows predictable stages as the brain reconnects with the body.

Each stage responds best to a different kind of practice, which is why doing the right things at the right time matters more than doing more.

This guide isn’t a diagnosis. It’s a way to find your starting point so your practice actually supports recovery.

## ***Recovery Feels So Confusing Because Most Survivors:***

- Try exercises that don’t match their current abilities
- Do too many different things at once
- Aren’t sure what to focus on first

*This makes progress feel random — even when it isn’t.*

“

## **Remember this:**

*“Progress comes from the right practice, done consistently.”*

Not perfect practice.  
Not every exercise.  
Just the right focus for right now.

”

## **Next, you’ll identify your current starting point so you know:**

- What to focus on
- What to ignore for now
- Where to start practicing



# Find Your Starting Point

*Use this page while watching video #2.*

## Waking Up

- I'm Stage 1 if:**
  - *My arm or leg is completely limp with **no** stiffness*
  - *There is **no** reflexive movement when I sneeze or yawn*
- I'm Stage 2 if:**
  - *My arm or leg is starting to feel slightly stiff*
  - *Movement may happen **mainly** through reflexes, such as when yawning, sneezing, or coughing*

## Getting Unstuck

- I'm Stage 3 if:**
  - *Stiffness or spasticity is strong*
  - *Movement mostly happens in **one** direction  
(for example, the whole arm bends or the whole leg straightens)*
- I'm Stage 4 if:**
  - *I'm starting to break out of those movement patterns*
  - *I can do some movements separately, like lifting my toes or straightening my elbow*

## Refining Movement

- I'm Stage 5 if:**
  - *I can move my arm or leg in more than one direction*
  - *I can raise my arm overhead, put my hand behind my back, or bend my knee more easily*
- I'm Stage 6 if:**
  - *My arm or leg moves close to normally*
  - *Coordination, speed, or precision are still off*
  - *I may use compensatory movements without realizing it*