



CANADIAN STROKE BEST PRACTICE RECOMMENDATIONS

**Rehabilitation, Recovery and Community Participation
Following Stroke**

**Part Three: Optimizing Activity and Community Participation
following Stroke
7th Edition, 2025**

Box 2: Examples of Specific Energy Conservation Strategies

*Salbach N, Yao J (Writing Group Co-Chairs)
Nelson M, Shi J (Section One Co-Leads)
on behalf of the Canadian Stroke Best Practice Recommendations
Stroke Rehabilitation and Recovery Writing Group*

© 2025 Heart and Stroke Foundation of Canada

Box 2: Examples of Specific Energy Conservation Strategies

The following list includes energy conservation strategies described across a broad literature base. These are provided as helpful information and guidance in counseling individuals who have experienced a stroke; they should not be regarded as evidence-based recommendations.

1. Keep an agenda of energy levels and daily activities and prioritize tasks to be completed when energy level is optimal.
2. Structure the day to include a balance of activities with high and low energy output and scheduled periods of rest; to anticipate energy requirements for each task and for completion of high priority activities.
3. Organize the physical environment to minimize efforts or the need to move around (e.g., use elevator instead of stairs, and have ready access to the most frequently used items) to maximize movement efficiency.
4. Break up tasks into smaller chunks (e.g. throughout the week, do a little bit each day).
5. Place chairs in strategic locations to permit sitting during activities (such as dressing, putting on or removing shoes).
6. Sit rather than stand when possible while doing household activities (such as preparing food or folding laundry).
7. Use appropriate body mechanics, posture, and set up of activities to optimize task efficiency.
8. Establish good sleep hygiene habits with regular sleep patterns and avoiding naps late in the day.
9. Avoid unnecessary sedating drugs (with guidance from health professionals) and excessive alcohol intake (in accordance with Canada's Low Risk Drinking Guidelines).
10. Use energy saving devices, equipment and technology (e.g., electric can opener, grocery delivery) to reduce physical efforts.
11. Engage in enjoyable vocational and leisure activities that are planned ahead to ensure the individual with stroke is well rested prior to activities.
12. Delegate activities that can be done by someone else, such as family members and friends.
13. Develop a plan for eating a healthy balanced diet to help maintain energy levels.
14. Talk to someone about how you are feeling and how well your strategies may be working to address sleep and post-stroke fatigue.