

How my stroke is affecting me physically:

Take time to talk with your health care team about the specific physical effects you're having now. Also watch for those that may come up later. Make notes of things the team tells you that you'll want to remember:

(Circle "L" for left side or "R" for right side)

	FACE	LIPS	TONGUE	ARM	HAND	LEG	FOOT
<input type="checkbox"/> PARALYSIS	L R	L R	L R	L R	L R	L R	L R
<input type="checkbox"/> WEAKNESS	L R	L R	L R	L R	L R	L R	L R

Fatigue

Incontinence

Seizure

Foot drop

Spasticity (might arise later)

Swallowing difficulty (dysphagia)

Trouble with balance

One-side neglect

Pain (might arise later)

Trouble with vision
