



Recovery definitions and examples of feasible rehabilitation goals

Recovery	Definition	Goal
Complete	The patient has the potential to return to normal or near-normal hand and arm function within 12 weeks.	Rehabilitation could focus on task-specific therapy in order to facilitate a return to full or near-full use of the hand and arm in activities of daily living.
Notable	The patient has the potential to be using their affected hand and arm in most activities of daily living within 12 weeks, though normal function is unlikely.	Rehabilitation could focus on strength, coordination and fine motor control, in order to maximize recovery of function and minimize compensation with the other hand.

Limited	The patient has the potential to have some movement in their affected hand and arm within 12 weeks, but it is unlikely to be used functionally for activities of daily living.	Rehabilitation could focus on reducing impairment by strengthening the paretic upper limb and improving active range of motion, in order to promote adaptation and incorporation of the affected upper limb in daily activities wherever possible.
None	The patient can expect to have minimal movement in their affected hand and arm, with little improvement at 12 weeks.	Rehabilitation could focus on prevention of secondary complications, such as spasticity and shoulder instability, and reducing disability by learning to complete activities of daily living with the unaffected hand and arm.
