

Appendix 1 - Menu of exercises - lower limb

Lower Limb Exercise Chart

Participant ID No: _____

Physio Initials: _____



What they want to do most: _____

Activity	Visit No:					Date:					Ph Call No:					Date:				
	Time:	Reps:	Sets:	Speed:	BOS:	Time	Reps	Sets:	Speed:	BOS:	Time:	Reps:	Sets:	Speed:	BOS:	Time:	Reps:	Sets:	Speed:	BOS:
A. 2 Leg Stand																				
B. Sit - Stand																				
C. Stepping Task																				
D. Step Up																				
E. Moving Objects																				
F. Walking																				
G. Turning																				
H. Heel Raises																				
I. Stair Climb																				
J. 1 Leg Stand																				



Examples of altering complexity:

- Eyes closed
- Accuracy
- Holding an object
- Distance
- Change surface

Not a recommended parameter, however use if required.