

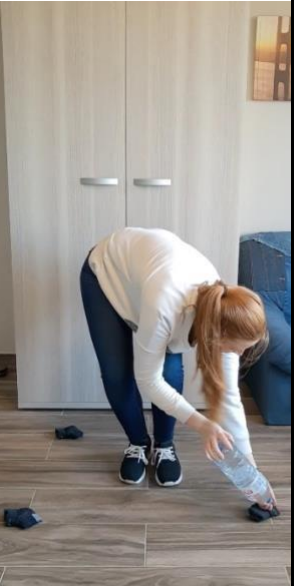







Appendix 1. Exercise instructions

Picture	Description	Levels of difficulty (pictures below)	Link
<p data-bbox="177 394 464 465"><b>1. Sliding objects on the floor in 4 directions</b></p> 	<p data-bbox="486 394 774 555">With your affected arm, push 4 objects around you as far away as possible and slide them back</p>	<p data-bbox="798 394 1082 999">Feet together Tandem stance Unipedal with the back leg as support Unipedal Tandem stance on a towel roll On the toes Unipedal on a towel roll Unipedal on the toes Tandem stance on the toes on a towel roll Tandem stance on a brush handle</p>	<p data-bbox="1106 394 1358 421"><a href="https://youtu.be/vDLdYN">https://youtu.be/vDLdYN</a></p> 

<p data-bbox="177 1140 464 1200"><b>2. Reaching with bottle in 4 directions</b></p> 	<p data-bbox="486 1140 774 1290">Tap 4 objects around you with alternately one side and the other side of a half-filled bottle of water</p>	<p data-bbox="798 1140 1082 1738">Feet together Tandem stance Unipedal with the back leg as support Unipedal Tandem stance on a towel roll On the toes Unipedal on a towel roll Unipedal on the toes Tandem stance on the toes on a towel roll Tandem stance on a brush handle</p>	<p data-bbox="1106 1140 1342 1200"><a href="https://youtu.be/FsT0oAVVSwM">https://youtu.be/FsT0oAVVSwM</a></p> 
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<p><b>3. Reaching to the wall hands together</b></p> 	<p>Tap the wall in a square behind you with both hands together</p>	<p>Feet together  Tandem stance  Unipedal with the back leg as support  Unipedal  Tandem stance on a towel roll  On the toes  Unipedal on a towel roll  Unipedal on the toes  Tandem stance on the toes on a towel roll  Tandem stance on a brush handle</p> <p>+ take an extra step forward away from the wall</p>	<p><a href="https://youtu.be/SxbbEfVJvRA">https://youtu.be/SxbbEfVJvRA</a></p> 
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<p><b>4. Reaching to the wall with bottle</b></p> 	<p>Tap the wall behind you in a square with alternately one side and the other side of a half-filled bottle of water</p>	<p>Feet together  Tandem stance  Unipedal with the back leg as support  Unipedal  Tandem stance on a towel roll  On the toes  Unipedal on a towel roll  Unipedal on the toes  Tandem stance on the toes on a towel roll  Tandem stance on a brush handle</p> <p>+ take an extra step forward away from the wall</p>	<p><a href="https://youtu.be/e8RyWsCRwQ8">https://youtu.be/e8RyWsCRwQ8</a></p> 
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<p><b>5. Toe touching while walking on 1 line</b></p> 	<p>Walk on a straight line and tap the ground with your affected arm after each step</p>	<p>Big step  Tandem stance  Unipedal with the back leg as support  Unipedal  Tandem stance on a towel roll  On the toes  Unipedal on a towel roll  Unipedal on the toes  Tandem stance on the toes on a towel roll  Tandem stance on a brush handle</p>	<p><a href="https://youtu.be/52C40T9Ta8o">https://youtu.be/52C40T9Ta8o</a></p> 
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Levels of difficulty for the exercises 1-4

	1. Feet together
	2. Tandem stance
	3. Unipedal with the back leg as support
	4. Unipedal
	5. Tandem stance on a towel roll



6. On the toes



7. Unipedal on a towel roll



8. Unipedal on the toes













9. Tandem stance on the toes on a towel roll



10. Tandem stance on a brush handle

Levels of difficulty for exercise 5

		1. Big step
		2. Tandem stance
		3. Unipedal with the back leg as support
		4. Unipedal
		5. Tandem stance on a towel roll



6. On the toes



7. Unipedal on a towel roll



8. Unipedal on the toes



9. Tandem stance on the toes on a towel roll



10. Tandem stance on a brush handle

## Pain monitoring model

# MONITORING PAIN AND LOAD RESPONSE

Pain during exercise

0 = no pain 10 = worse pain imaginable



Adapted from Thommeé (1997) and Silbernagel (2007)

Monitor symptom response for 24-48 hours post exercise  
Pain should settle quickly post exercise with no increase in  
symptoms or EMS the next day

- 0/10 means no pain at all and 10/10 is the worst pain you can imagine.
- Exercises NEVER aim to cause more pain. You will not progress if you bite through the pain.
- There may be some pain during an exercise that should decrease the more you do the exercise.
- The pain should not increase as you do more repetitions.
- If there is a slight pain (max 5/10) after the exercises, it should disappear soon.
- When you get up the next morning, you should not experience more pain than you experienced before you started exercising.
- Pain can fluctuate strongly, but keep in mind that the pain should not increase day after day and should not get worse week after week.
- If you are uncertain about exercises that hurt, contact the therapist and do NOT continue practicing until discussed with your therapist.