

Patient Name:						First Name:					Age:	Therapist name:				
<p>All exercises are not to be performed: target some exercises that could lead to a progression. If possible an exercise in each category. The chosen exercises will be performed and quantified in each rehabilitation session to promote reentrainment, but the chart will be filled at the beginning of the rehabilitation then about every 15 day</p>																
Displacements and walking						CHANGING POSITIONS					Holding a POSITION					
RATING the distance in meters (1 to 1000 meters or more)						RATING in number of repetitions					RATING from 1 to 120 seconds (or more)					
						You must arrange the practical conditions in order to perform the exercise without the help of a another person 1: without assistance of the therapist, one execution 2: without assistance of the therapist, 2 executions, and so Each execution is counted For important exercises as "sit-stand" in wheelchair patients we can go up 50 rehearsals (or more)										
date 1 date 2 date 3 date 4 date 5						date 1 date 2 date 3 date 4 date 5					date 1 date 2 date 3 date 4 date 5					
Wheelchair displacements						1: without assistance of the therapist, one execution 2: without assistance of the therapist, 2 executions, and so Each execution is counted For important exercises as "sit-stand" in wheelchair patients we can go up 50 rehearsals (or more)					Supine position					
Distance in wheelchair											Lift the pelvis (bridge)					
Walking by holding parallel bars, or furnitures or walls											triple flexion of L. limbs					
Walking holding stable supports											Sitting position, without chairback and without help of Upper Limbs (UL)					
Other walking exercises											With feet on the ground					
Walking with walker											Without feet on the ground					
Walker + ankles ballasted											Leaning back, with flexion of Lower Limbs					
With 2 walking sticks or crutches											Standing position, feet apart, with Open Eyes (OE) or Closed Eyes (CE)					
with 1 walking stick or crutch											OE + support on both hands					
without walking stick or crutch											OE and support on 1 hand					
Walking + ankles ballasted						OE without hand support										
Running						CE feet apart										
Walking time (in minutes)						OE feet apart 15 cm										
Walking perimeter estimated by the patient before the exercise						OE feet apart 10 cm										
Walk on treadmill at a slow speed, + hold with hands: may replace walking with a walker The treadmill without holding may replace walking without a cane. Running on treadmill can be used in mild pathology						Supine position, flex the knee and return in extention, on one side and then the other with start position described below										
						Legs in flexion										
						Legs extension										
						Sitting on the bed - lying position - and sitting again with accessories: bed pole with a grip...										
						with accessories										
						without acces.										
						without hands										
						Sitting - standing - sitting again, with knees resting on big cushions and hands on a stable object (gymnastic ladder...)										
						Raised seat										
						Normal seat										
Stairs with a manual support on the ramp Climbing upstairs + 2 hands climbing upstairs + 1 hand Going downstairs + 2 hands Going downstairs + 1 hand Stairs without hand support (do not touch the rail, or the wall, or the floor) Climb + 2 feet on each stair Climb + 1 foot on each stair down stairs + 2 feet in Each stair down stairs + 1 foot in Each stair						Sitting - standing - sitting again, with hands on a stable object										
						with help of hands										
						without hands										
						Standing position - put one foot on a step (alternating r and left)										
						help of hands										
						without hands										
						Standing position - put one foot on a chair (alternating r and left)										
						help of hands										
						without hands										
						Standing - sitting on the floor - and standing position again with assistance: stable chair or armchair or gymnastic ladder										
with assistance																
without assistance																
Assistance from the ground is not regarded as help																
STAIRS RATING in number of stair steps crossed (from 1 to 60 steps or more) date 1 date 2 date 3 date 4 date 5 Stairs with a manual support on the ramp Climbing upstairs + 2 hands climbing upstairs + 1 hand Going downstairs + 2 hands Going downstairs + 1 hand Stairs without hand support (do not touch the rail, or the wall, or the floor) Climb + 2 feet on each stair Climb + 1 foot on each stair down stairs + 2 feet in Each stair down stairs + 1 foot in Each stair						Unipodal balance, on the Lower Limb (LL) left										
						Open Eyes (OE)										
						Closed Eyes (CE)										
						OE right LL triple flexion										
						Unipodal balance, on the Lower Limb (LL) right										
						Open Eyes (OE)										
						Closed Eyes (CE)										
						OE left LL triple flexion										
						Note: training on computerized gaming platform (adapting the distance between the feet and the difficulty of the exercises to the distance between the feet and the difficulty of the exercises to the										
						Written exercises in bold and blue characters help to strengthen the muscle tone in flexion, if weak flexor muscles or in case of extension spasticity of lower limb										
Conversely, the other exercises help to strengthen the muscle tone of the extensor muscles, in case of extensor weakness																
<p>Fatigue Management: between each exercise, rest time is equal to or greater than the working Time = especially important for patients with multiple sclerosis</p>																
<p>Comments or amendments to the exercises:</p>																
<p>For all exercises, we underline the scoring whenever the patient can perform the exercise single and safe. This precision encourages the therapist to move away from the patient as soon as possible, to enable him to gain confidence in his own possibilities and thus increase its autonomy</p>																
<p>If the exercises that the patient must practice are not on this record, it is possible to change the description of the exercises. Example, the therapist can write "stairs with a cane and ramp"</p>																