

Appendix

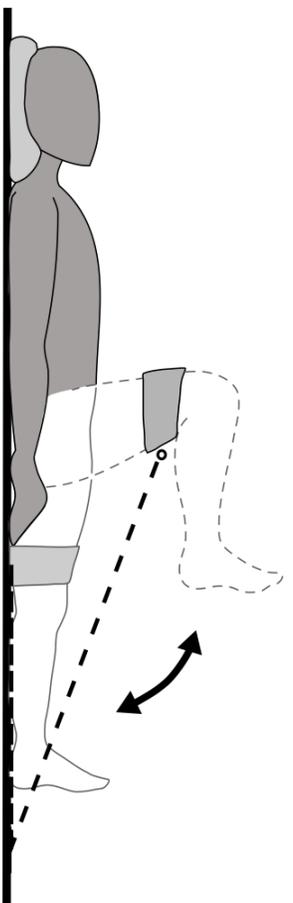
Title: *Adapted resistance training improves strength in 8-weeks in individuals with Multiple Sclerosis*

SAMPLE WEEKLY LOG

Name: _____ Goal: ___ Repetitions at ___ effort; Week # ___

Band Length:

Count from _____ where bands are anchored.



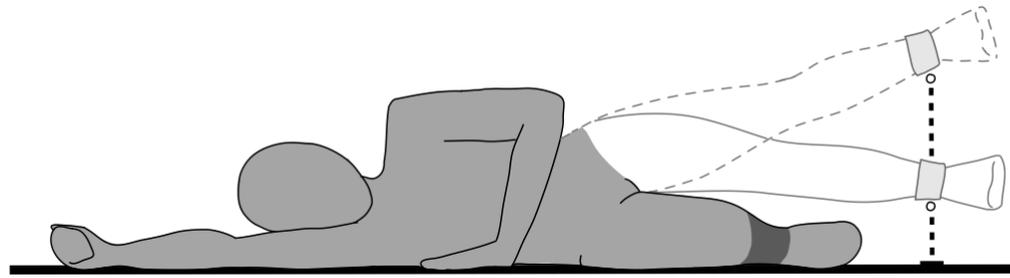
Use: THIGH strap
Hook Location:
 BEHIND the thigh,
 2" from knee

1 Hip Flexion

Date	Monday		Tuesday		Thursday	
	Left	Right	Left	Right	Left	Right
Repetitions						
Effort (0-10)						
Band Color						
Band Length						
Goal for Tomorrow						

Band Length:

Count from where bands are anchored.



Use: ANKLE strap

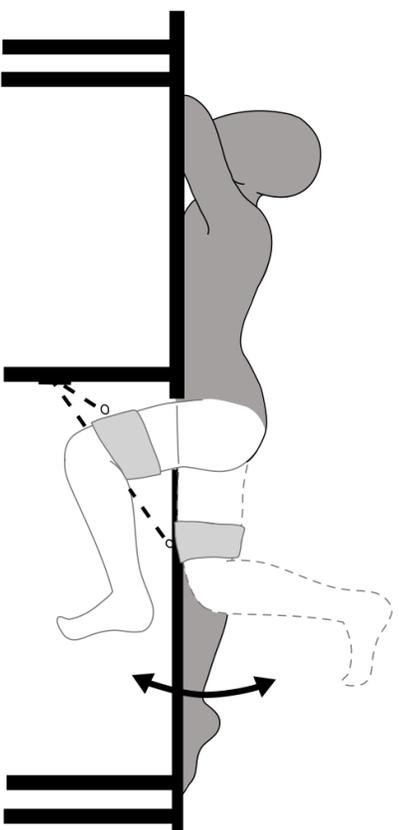
Hook Location: INSIDE of the ankle

2

Hip Abduction

Date	Monday		Tuesday		Thursday	
	Left	Right	Left	Right	Left	Right
Repetitions						
Effort (0-10)						
Band Color						
Band Length						
Goal for Tomorrow						

Band Length:
Count from
loose end.

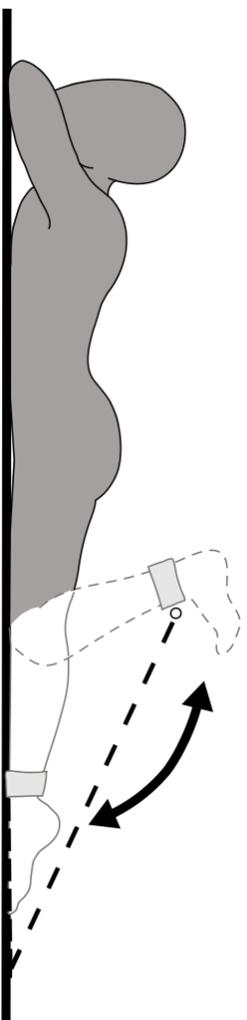


3 Hip Extension

Use: THIGH
strap
Hook Location:
IN FRONT of the
thigh, as close to
knee as possible

Date	Monday		Tuesday		Thursday	
	Left	Right	Left	Right	Left	Right
Repetitions						
Effort (0-10)						
Band Color						
Band Length						
Goal for Tomorrow						

Band Length:
Count from
where bands
are anchored.

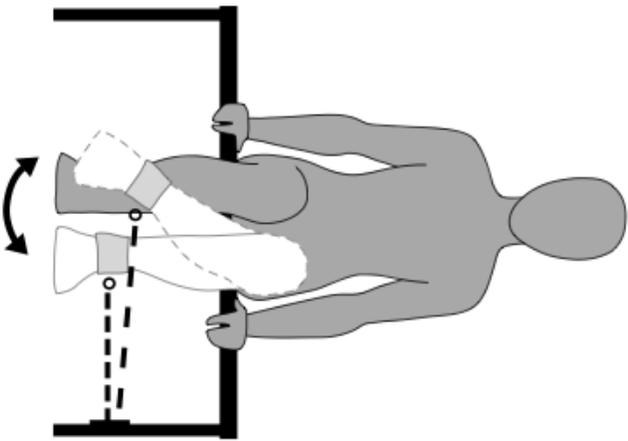


4 Knee Flexion

Use: ANKLE
strap
Hook
Location:
IN FRONT of
the ankle

Date	Monday		Tuesday		Thursday	
	Left	Right	Left	Right	Left	Right
Repetitions						
Effort (0-10)						
Band Color						
Band Length						
Goal for Tomorrow						

Band Length:
Count from where
bands are anchored.



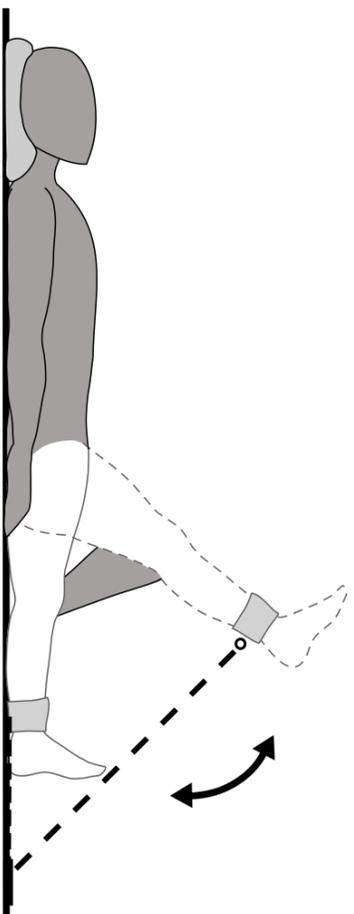
Use: ANKLE strap

Hook Location:
OUTSIDE of the ankle

5 HIP EXTERNAL
ROTATION

Date	Monday		Tuesday		Thursday	
	Left	Right	Left	Right	Left	Right
Reps						
Effort (0-10)						
Band Color						
Band Length						
Goal for Tomorro w						
Notes						

Band Length:
Count from
where bands
are anchored.



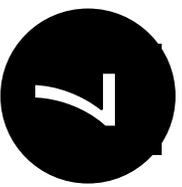
Use: ANKLE strap
Hook Location:
BEHIND the ankle

6

Knee Extension

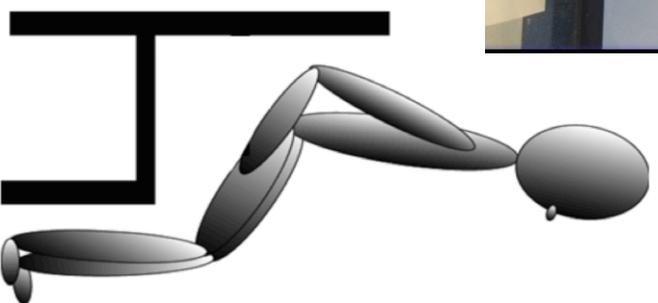
Date	Monday		Tuesday		Thursday	
	Left	Right	Left	Right	Left	Right
Repetitions						
Effort (0-10)						
Band Color						
Band Length						
Goal for Tomorrow						

**Functional
Exercise**



	Monday	Tuesday	Thursday
Date			
Exercise Name			
Repetitions			
Effort (0-10)			
Notes			

SAMPLE WEEKEND EXERCISES LOG

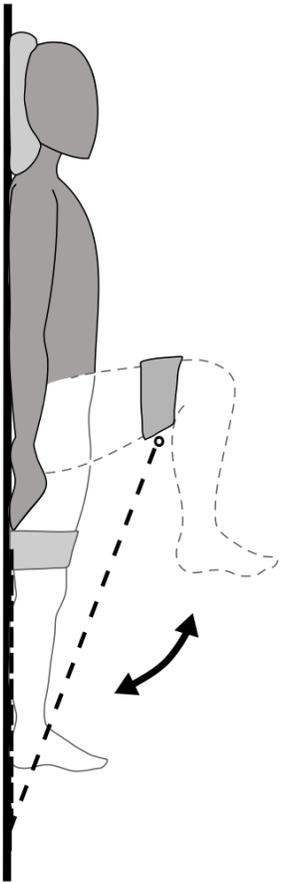


Sit to Stand

Please do as many as you can for 3 Minutes

Weekend Exercises (page 1/2)

Date	Saturday		Sunday	
	Left	Right	Left	Right
Marching	Left	Right	Left	Right
Time length or Repetitions				
Effort (0-10)				
Sit to Stand	Left	Right	Left	Right
Time length or Repetitions				
Effort (0-10)				
Notes				



Please do 2 sets of _____ repetitions for each leg.

	Saturday		Sunday	
Date				
Hip Flexion	Left	Right	Left	Right
Time length or Repetitions				
Effort (0-10)				

[Redacted Content]

Notes

Example of Resistance Band Set-up

Zip ties are tied in every 5 inches

Ankle strap is attached via a carabiner to the zip ties.

Resistance levels can be modified by attaching different colored (or multiple) bands, at different lengths, to the carabiner

