



Appendix 5

BALANCE TRAINING INTENSITY SCALES

OMNI Perceived Exertion Scale

Please choose from 0-10 corresponding to your perceived difficulty of each exercise

0	Extremely easy
1	
2	Easy
3	
4	Somewhat easy
5	
6	Somewhat hard
7	
8	Hard
9	
10	Extremely hard

From Robertson et al., *Med Sci Sports Exerc*, 2003;35(2):333-341



OMNI Perceived Exertion Scale (aphasia friendly)

Please choose from 0-10 corresponding to your perceived difficulty of each exercise

0	Extremely easy	
1		
2	Easy	
3		
4	Somewhat easy	
5		
6	Somewhat hard	
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8	Hard	
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10	Extremely hard	

Modified from Robertson et al., *Med Sci Sports Exerc*, 2003;35(2):333-341



Rate of Perceived Stability

Completely stable <i>Standing/sitting undisturbed on solid ground</i>	1
Steady <i>Balance does not feel challenged but may have some body movements</i>	2
	3
Unsteady <i>Feels like work to keep balanced, but still do not need to step or reach</i>	4
	5
Mildly unbalanced <i>Feels like I might take a step or reach for support to maintain balance</i>	6
Moderately unbalanced	7
Unbalanced <i>Feels that even the smallest or sudden movements will cause a fall</i>	8
Very unbalanced	9
About to fall <i>Extremely challenged, have to step and/or grab support to keep balance</i>	10

From <http://csumotionanalysislab.blogspot.com/p/rate-of-perceived-stability.html>

**Balance Intensity Scale – Exerciser**

How hard did you have to work to keep your balance during this task?





No effort at all	1
A little effort	2
Some effort	3
A lot of effort	4
Maximal effort	5

From Farlie et al., *Phys Ther*, 2019;99(10):1394-1404



Balance Intensity Scale – Exerciser (aphasia friendly)

How hard did you have to work to keep your balance during this task?

No effort at all		1
A little effort		2
Some effort		3
A lot of effort		4
Maximal effort		5

Modified from Farlie et al., *Phys Ther*, 2019;99(10):1394-1404