

Appendix 4 REACTIVE BALANCE TRAINING LOG

Client: _____

Does heart rate (HR) and/or blood pressure (BP) need to be monitored throughout the session? Y N

Harness size: _____ Client equipment: Ankle-foot orthosis Ankle brace Arm Sling Other

Client rehabilitation goal(s):

Highlights of assessment findings:	Score
Berg balance scale	
Mini-Balance Evaluation Systems Test	
Reactive sub-score	
Other tests	

Comments: _____

SESSION #: _____

Date (DD/MMM/YY): _____

Initial - HR ¹ :	BP ² :	Repeat 1 - HR:	BP:	Repeat 2 - HR:	BP:
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Goal of today's session: _____

Task	Modification	Perturbations	Outcome (0= $\leq$ 2 steps, 1=multi step, X='fall')	Intensity rating	Time	# Rests	Rest after task (Y/N)

¹ Heart rate

² Blood pressure

Task	Modification	Perturbations	Outcome (0= $\leq$ 2 steps, 1=multi step, X='fall')	Intensity rating	Time	# Rests	Rest after task (Y/N)

End of session - HR: BP:

Total repetitions with $\leq$ 2 steps (sum 0s in 'Outcome' column)	Total repetitions with multi-steps (sum 1s in 'Outcome' column)	Total repetitions with 'falls' (sum Xs in 'Outcome' column)	Average intensity rating	Total time	Total # rests

Overall comments for the session: _____

How to use this training log

- Complete Page 1 once for each client.
- Complete Pages 2-3 for each individual training session. Create copies of these two pages as necessary.
- Document heart rate (HR) and blood pressure (BP) at the start of each training session, if required. If HR and/or BP are outside of the normal limits, consider allowing the client to rest for a few minutes and re-measure.
- In the 'task' column, document the task that the client is completing (e.g., standing still, stepping up, walking).
- In the 'modification' column, document any modifications to increase or decrease the difficulty of the task (e.g., standing still, low-height step, walking quickly).
- In the 'perturbations' column, document the types (e.g., internal, push/pull/trip) and directions of perturbations. You can complete several perturbations during each task.
- In the 'outcome' column, document the outcomes of the perturbation. We recommend using '0' for successful balance recovery in 2 steps or less, '1' for balance recovery in >2 steps, and X for a fall (e.g., caught by the safety harness or therapist).
- In the 'intensity rating' column, document the client's perceived intensity using your preferred scale (see Appendix 5; ask the client to rate at the end of the task).
- In the 'Time' column, document the time spent on this task.
- In the '# Rests' column, document the number of rests taken during the task.
- In the 'Rest after task' column, document if the client needed to rest after the task (Y=yes, N=no).
- Re-measure and document HR and BP at the end of the session, if required.

Example of the completed training log

Task	Modification	Perturbations	Outcome (0= $\leq$ 2 steps, 1=multi step, X=loss of balance)	Intensity rating	Time	# Rests	Rest after task (Y/N)
Walking	Step over obstacles	2 x pull left, 3 x push right	0 1 1 0 x	3/5	4 mins	0	Y

- You can calculate the average (intensity rating) and totals (outcome, time, rests) for each column at the end of the session.
- Document any comments for the session in at the end of Page 3; e.g., client feedback, or training goals for the subsequent session.