

**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  |  |
| 7  |                |                                                                                       |
| 8  | Hard           |                                                                                       |
| 9  |                |  |
| 10 | Extremely hard |                                                                                       |

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

## Rate of Perceived Stability

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

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