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Exercise Therapy Diary	Session	Date:	Week:	Next appointment:

Exercise Programme Record

Strengthening Exercises: Planned Programme			Completed Activity - <u>Tick if completed as planned</u> , otherwis box actual exercise taken i.e.; the number of repetitions(reps) and								
Exercise set	Exercise	Reps	Sets	Days per week	Day/Date						
Chin tuck											
Scapula retraction											
Shoulder elevation											
Trunk extension											
Four point kneel											
Sit to stand											
Step ups											



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Date:

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Walking R	Walking Record: Planned Programme		Completed Activity - <u>Tick if completed as planned</u> , otherwise state in box actual walking ti stretches completed.								
	Target walking time	Planned number of days per week	Day/Date	Day/Date	Day/Date	Day/Date	Day/Date	Day/Date	Day/Date		
Walking											
Stretches	Exercise Exercise		Hip Hamstring	Hip Hamstring	Hip Hamstring	Hip Hamstring	Hip Hamstring	Hip Hamstring	Hip Hamstring		
	Exercise		Calf	Calf	Calf	Calf	Calf	Calf	Calf		

Balance Exercises: Planned Programme									, otherwise st (reps) and se		
Exercise set	Exercise	Reps	Sets	Days	Day/Date	Day/Date	Day/Date	Day/Date	Day/Date	Day/Date	Day/Date
				per							
				week							
Walking											
balance											
Tandem											
balance											
One leg											
standing											

PROVe: Physiotherapy Rehabilitation for Osteoporotic Vertebral fracture.

Exercise Therapy Diary: Exercise Programme Record Appendix 14.3 version1 May2013 ISTRN49117867. REC 12/SC/0411



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Exercise Therapy Diary

Session ____

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