

Participant Initials]						
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Manual Therapy Diary

Home Programme Confidence Rating Scale

Confidence in participation

Please show on a scale of 0 to 10 how confident you feel to continue your home programme independently (where 0 is no confidence and 10 is the most confident you could be).

Least confidence Most confidence

0	1	2	3	4	5	6	7	8	9	10	