

MONITORING YOUR CURRENT & FUTURE EXERCISE/MOBILITY LEVELS

As part of Shapemaster's home exercise video series, we are also recommending a series of 3 simple tests that can be done in the comfort of your own home. These will help measure baseline fitness/activity levels and improvements as you take part in various home exercises (the home exercise videos). For best results we recommend regular activity throughout the week, however simply taking part 2-3 times every week should provide results and improvements in weekly scores. Not to mention improvements in other areas such as mood, daily activities and mobility.

HOME EXERCISE – TEST 1: REPEATED 'SIT TO STAND'

This test measures leg strength and endurance. It is suitable for anyone with pain related symptoms or mobility restrictions.

Equipment:

- Chair (height approx. 45-50cm)
- Stopwatch or similar

Instructions:

To take this test you should repeatedly sit to stand as many times as possible during a timed 30 second period. Your arms should be folded across your chest to avoid using the upper limbs to propel upward. You should ensure you achieve full standing and return to a complete seated position between each repetition.



HOME EXERCISE – TEST 2: 'TIMED UP AND GO'

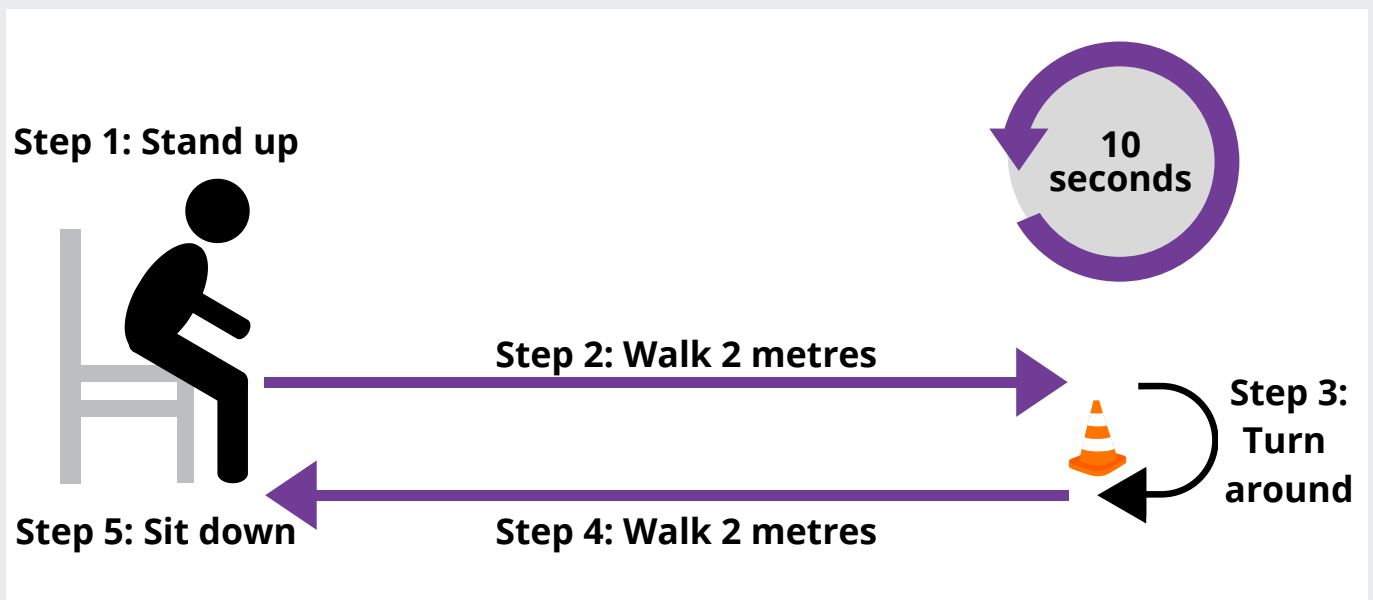
A measure of balance and baseline mobility and will help you monitor improvements in both.

Equipment:

- Chair (approx. 45-50cm high)
- Tape measure
- Cone or a home object that you can walk around
- Stopwatch or similar

Instructions:

Stand up from your chair, walk around a cone/object placed on the floor and return to sit in your chair as quickly as you can.



HOME EXERCISE – TEST 3: '10 METRE WALK'

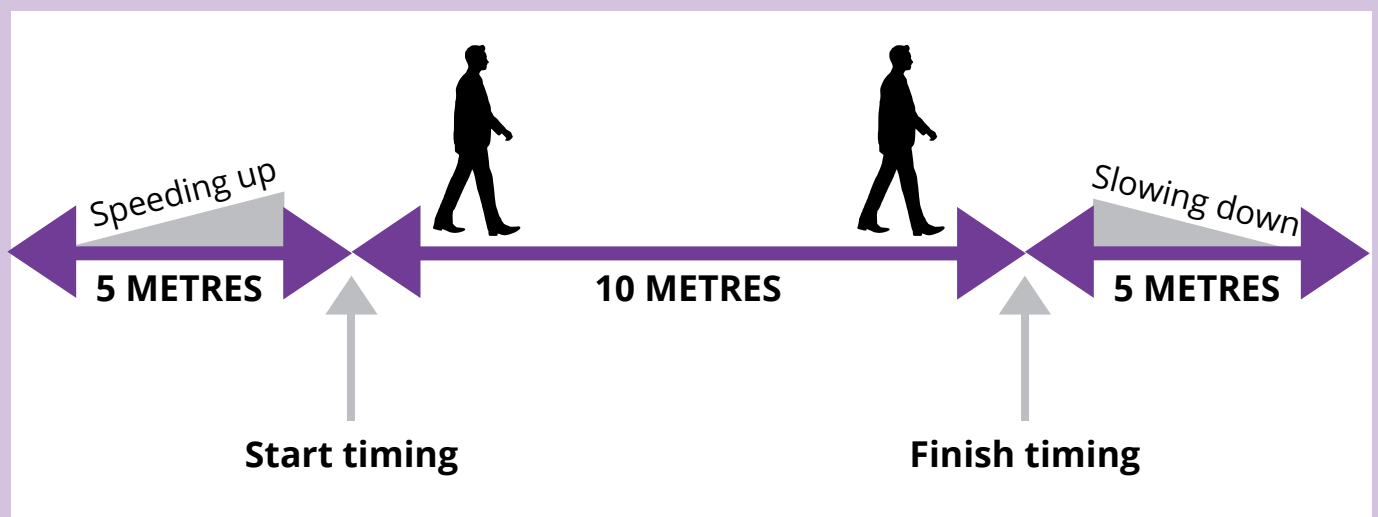
This test measures self-selected gait speed and is an indication of your mobility.

Equipment:

- 20 metre walkway
- Tape measure
- Cones or a home objects that you can walk around
- Stopwatch

Instructions:

You should walk a total length of 20 metres as quickly as you feel is safe to do so. The central 10 metres should be marked out by the cones/object as you record your speed during the central 10 metres.



HOME EXERCISE – TEST RECORD

TEST / EXERCISE	WEEK 1	WEEK 2	WEEK 3
Rep Sit to Stand	Date:	Date:	Date:
	Repetitions:	Repetitions:	Repetitions:
	WEEK 4	WEEK 5	WEEK 6
	Date:	Date:	Date:
	Repetitions:	Repetitions:	Repetitions:
	Timed Up & Go	WEEK 1	WEEK 2
Date:		Date:	Date:
Secs:		Secs:	Secs:
WEEK 4		WEEK 5	WEEK 6
Date:		Date:	Date:
Secs:		Secs:	Secs:
10 Metre Walk	WEEK 1	WEEK 2	WEEK 3
	Date:	Date:	Date:
	Secs:	Secs:	Secs:
	WEEK 4	WEEK 5	WEEK 6
	Date:	Date:	Date:
	Secs:	Secs:	Secs: