

FUNCTIONAL INDEX 2

Muscle group	Metronome beats / min	Repetitions 0-60	% / max 60 repetitions	Muscle exertion Borg CR-10
1. Shoulder flexion (1 kg weight cuff)	40			
	40			
2. Shoulder abduction	40			
	40			
3. Head lift	40			
4. Hip flexion	40			
	40			
5. Step test	40			
	40			

Muscle group	Metronome beats / min	Repetitions 0-120	% / max 120 repetitions	Muscle exertion Borg CR-10
6. Heel lift	80			
7. Toe lift	80			

Short manual

Instruction to patient:

- Perform as many repetitions of each muscle group task as you can, or stop when reaching maximal number of repetitions. However, you decide when to stop due to muscle fatigue, pain or general fatigue.

Instructions to observer:

- Numbers of correct performed repetitions following five learning repetitions are registered for each task.
- If passive ROM is normal, but active ROM is limited the score is 0. Do not perform the task. If passive ROM equals active ROM perform the task within actual ROM.
- Each task is stopped if: a) the patient can not keep up the given pace and is unable to correct within three repetitions, b) the patient starts to compensate and is unable to correct within three repetitions. After completing each task, the patient is instructed to rate perceived muscular exertion on the Borg CR-10 scale from 0-10 (0=no exertion, 10=maximal exertion).
- A metronome is used to standardize the movement pace of each task. A pace of 40 beats / minute results in 20 repetitions / minute and a pace of 80 beats / minute results in 40 repetitions / minute giving a maximal of three minutes per task to reach maximal number of repetitions.