

1. To reduce pain	<input type="checkbox"/>	3. To improve muscle activity/function	<input type="checkbox"/>	5. To improve gross mobility	<input type="checkbox"/>
2. To improve sensory awareness	<input type="checkbox"/>	4. To improve postural control	<input type="checkbox"/>	6. To improve endurance	<input type="checkbox"/>

Gross position of patient during activities used

1. Supine lying	<input type="checkbox"/>	4. non-paretic side lying	<input type="checkbox"/>	7. 4 pt kneeling	<input type="checkbox"/>	10. Standing	<input type="checkbox"/>
2. Crook lying	<input type="checkbox"/>	5. Sitting - 90 ⁰	<input type="checkbox"/>	8. 2 pt kneeling	<input type="checkbox"/>	11. Walking	<input type="checkbox"/>
3. Paretic side lying	<input type="checkbox"/>	6. Sitting – perch	<input type="checkbox"/>	9. ½ kneeling	<input type="checkbox"/>	12. Other	<input type="checkbox"/>

Equipment used

1. High hold/surface	<input type="checkbox"/>	4. Perching stool	<input type="checkbox"/>	7. Walking aid	<input type="checkbox"/>	10. Other	<input type="checkbox"/>
2. Low hold/surface	<input type="checkbox"/>	5. Rolled up towel	<input type="checkbox"/>	8. Tilt table	<input type="checkbox"/>		<input type="checkbox"/>
3. Hip high hold/surface	<input type="checkbox"/>	6. Gym ball	<input type="checkbox"/>	9. Standing frame			

Specific Physical Therapy interventions

1. Soft tissue mobilisation

1.1 Specific soft tissue mobilisation	<input type="checkbox"/>
1.2 Passive movement	<input type="checkbox"/>
1.3 Muscle stretching	<input type="checkbox"/>

2. Facilitation of activity in specific muscles

2.1 Imagery of specific muscle activity	<input type="checkbox"/>
2.2 Specific muscle activation	<input type="checkbox"/>
2.3 Activation of muscle activity during function	<input type="checkbox"/>

3. Facilitation of isolated (selective) joint movement

3.1 Imagery specific joint movement	<input type="checkbox"/>
3.2 Active assisted isolated joint movement	<input type="checkbox"/>
3.3 Facilitate specific joint movement during function	<input type="checkbox"/>

4. Facilitation of co-ordinated (combined) movement

4.1. Imagery of co-ordinated patterns of movement	<input type="checkbox"/>
4.2 Active assisted co-ordinated patterns of movement	<input type="checkbox"/>
4.3 Facilitate co-ordinated movement during function	<input type="checkbox"/>
4.4 Facilitate leg/foot activity from another body part	<input type="checkbox"/>

5. Resistive exercise

5.1 Resistance from therapist	<input type="checkbox"/>
5.2 Resistance from patient’s bodyweight	<input type="checkbox"/>
5.3 Resistance from equipment	<input type="checkbox"/>

6. Specific sensory (tactile & proprioceptive) input

6.1 “Hands-on” techniques	<input type="checkbox"/>
6.2 Provision of environmental surface	<input type="checkbox"/>

7. Splinting techniques

7.1 Strapping	<input type="checkbox"/>
7.2 Splinting	<input type="checkbox"/>

8. Function – in lying towards sitting

8.1 PT “hands-on” techniques to re-ed posture	<input type="checkbox"/>
8.2 Re-ed of funct act through specific mvmt patterns	<input type="checkbox"/>
8.3 Rolling – functional activity training	<input type="checkbox"/>
8.4. Bridging - functional activity training	<input type="checkbox"/>
8.5 Lying to sitting – functional activity training	<input type="checkbox"/>
8.6 Sitting to lying - functional activity training	<input type="checkbox"/>
8.7 Static sitting balance training	<input type="checkbox"/>

9. Function – In sitting towards standing

9.1 PT “hands-on” techniques to re-ed posture	<input type="checkbox"/>
9.2 Re-ed of funct act through specific mvmt patterns	<input type="checkbox"/>
9.3 Dynamic sitting balance training	<input type="checkbox"/>
9.4 Transfers training	<input type="checkbox"/>
9.5 Sit to standing – functional activity training	<input type="checkbox"/>
9.6 Stand to sit – functional activity training	<input type="checkbox"/>

10. Function – In standing towards walking

10.1 PT “hands-on” techniques to re-ed posture	<input type="checkbox"/>
10.2 Re-ed of funct act through specific mvmt patterns	<input type="checkbox"/>
10.3 Static standing balance training	<input type="checkbox"/>
10.4 Dynamic standing balance training	<input type="checkbox"/>
10.5 One leg stand activities – functional training	<input type="checkbox"/>

11. Function – Walking and onwards

11.1 PT “hands-on” techniques to re-ed posture	<input type="checkbox"/>
11.2 Re-ed of funct act through specific mvmt patterns	<input type="checkbox"/>
11.3 Overground indoor walking training	<input type="checkbox"/>
11.4 Overground outdoor walking training	<input type="checkbox"/>
11.5 Treadmill walking/bicycle training	<input type="checkbox"/>
11.6 Obstacle negotiation training	<input type="checkbox"/>
11.7 Ascending/descending stair training	<input type="checkbox"/>

Instructions for completion of recording form

1. ONE FORM FOR EACH TREATMENT SESSION
Please complete one form for each treatment session given to patients included as subjects in the Functional Strength Training lower limb clinical trial
2. TO COMPLETE THE AIMS SECTION
Please place a tick in the box which best describes the aims relevant to the particular treatment session being recorded
3. TO COMPLETE THE GROSS POSITION SECTION
Please place a tick in the box for every gross position used to deliver physiotherapy treatment during the treatment session being recorded
4. TO COMPLETE THE EQUIPMENT SECTION
Please place a tick in the boxes which best describes the equipment used during the particular treatment session being recorded
5. TO COMPLETE THE SECTION “SPECIFIC PHYSICAL THERAPY INTERVENTIONS”
Please place a tick in the boxes which best describe the treatment that was given to the patient during the particular treatment session being recorded.
6. FOR FURTHER DESCRIPTION OF ITEMS ON RECORDING FORM OVERLEAF
Please refer to the accompanying document “Description of Lower Limb Treatment for Patients in FST Trial”
7. COMPLETED FORMS GIVEN TO RESEARCH TEAM
When forms are complete please pass to a member of the research team

Abbreviations for and glossary of terms used in recording form

Act	Activity/activities
Environmental surface	A surface to enhance sensory input during functional activity e.g. sitting on a block of foam, walking on an exercise mat, walking on uneven ground
Facilitation	The application of an appropriate mode and dose (frequency, duration and intensity) of sensory stimulus provided by the therapist to access a desired active response from the patient
Funct	Function/functional
High hold/surface	A surface level with at least the mid-thoracic point of the patient to provide a hold and/or security during physical therapy intervention
Imagery	Mental rehearsal of a motor act that occurs in the absence of overt motor output
Low hold/surface	A surface level between the hip and mid-thoracic point of the patient to provide a hold and/or security during physical therapy intervention
Mvmnt	Movement
Physiotherapist	Person with professional Physiotherapy qualification
PT	Physical Therapy
Re-ed	Re-education
Rehabilitation Assistant	Person assisting the physiotherapist but who is not a qualified physiotherapist (e.g. student, nurse, technician, carer)