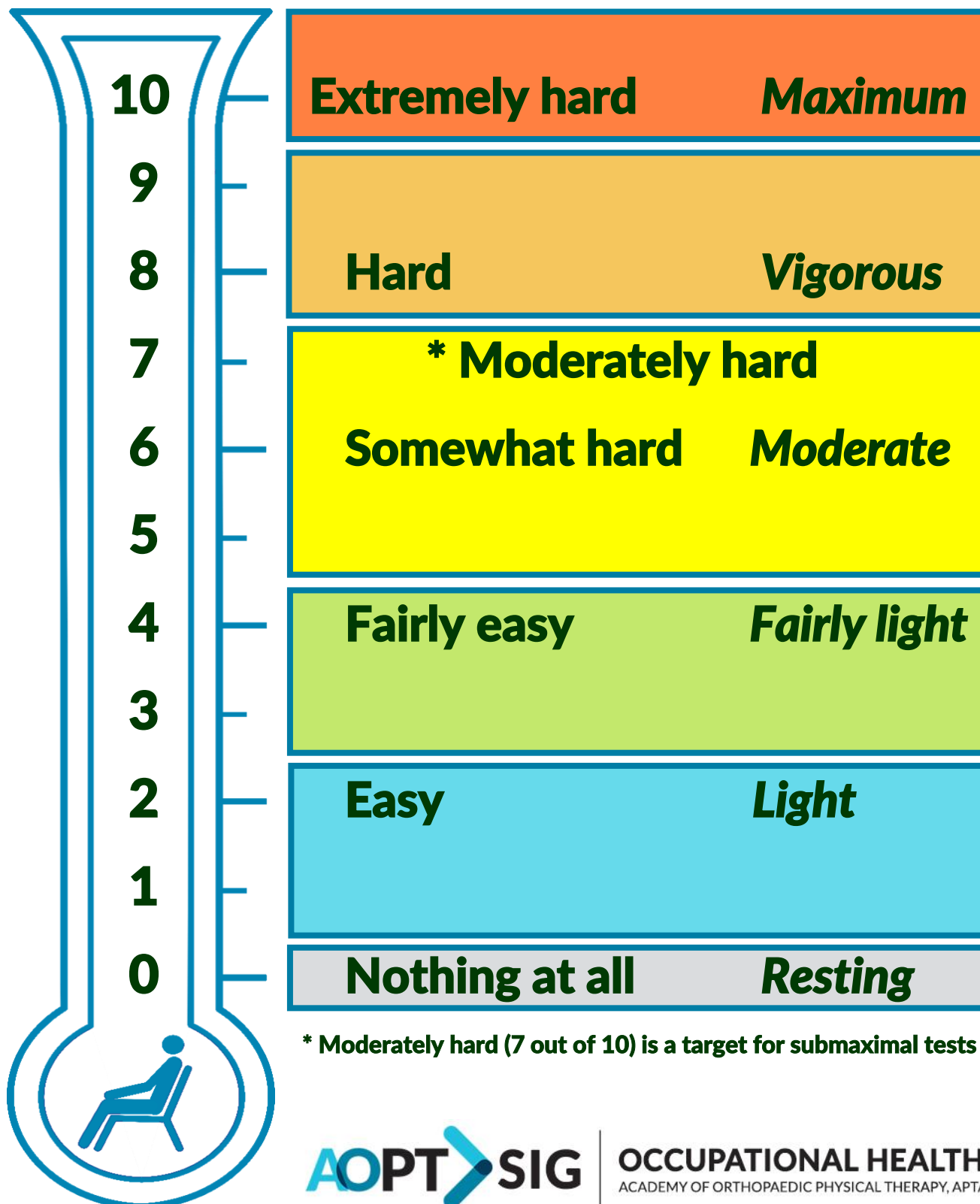


OMNI Exertion Scale



Instructions for OMNI EXERTION SCALE

Anchoring instructions when first introducing OMNI Exertion Scale:

You will use this OMNI Exertion Scale to rate the level of exertion you feel for each activity. Pick a number on this scale to indicate how intense the activity feels based on your overall feeling of physical exertion, strain, or fatigue.

The number zero at the bottom indicates your exertion while sitting at rest.

The number ten at the top indicates an *extremely hard* exertion that represents the maximum exertion for the activity you could possibly do.

For example, a rating of *6 or somewhat hard* indicates that you felt a moderate degree of physical exertion, strain, or fatigue, but still feel OK to continue at a higher level of activity.

There are no right or wrong answers. Consider the words on the scale when selecting a number to indicate how intense the exertion feels.

Introducing OMNI Exertion Scale with a graded submaximal step test:

For the next task, you will step up and down in time with the metronome beat. At the end of each step rate progression, I will ask you to rate how intense the exertion feels and check your heart rate. You may change your lead leg any time.

The step pace will gradually increase until your heart rate reaches about 80 percent of its maximum, or you rate the exertion above 7 out of 10, which is considered *MODERATELY HARD*. You should stop stepping to recover at any time that you feel overly tired, dizzy, breathless or unacceptable strain.

Introducing the OMNI Exertion Scale with lift/carry tests:

For the next series of tests, you will lift or carry a box with progressive weights. You will start with your arms at your side. When I say 'Begin,' Pick-up the box and perform the task that is indicated.

After you handle each load, I will ask you to rate how intense the exertion felt. We will gradually add weights to the box until you reach an objective endpoint for the task or you reach your highest acceptable load. You should stop to recover at any time that you feel overly tired, dizzy, breathless or unacceptable strain.