

Load Selection Procedure – Borg Scale

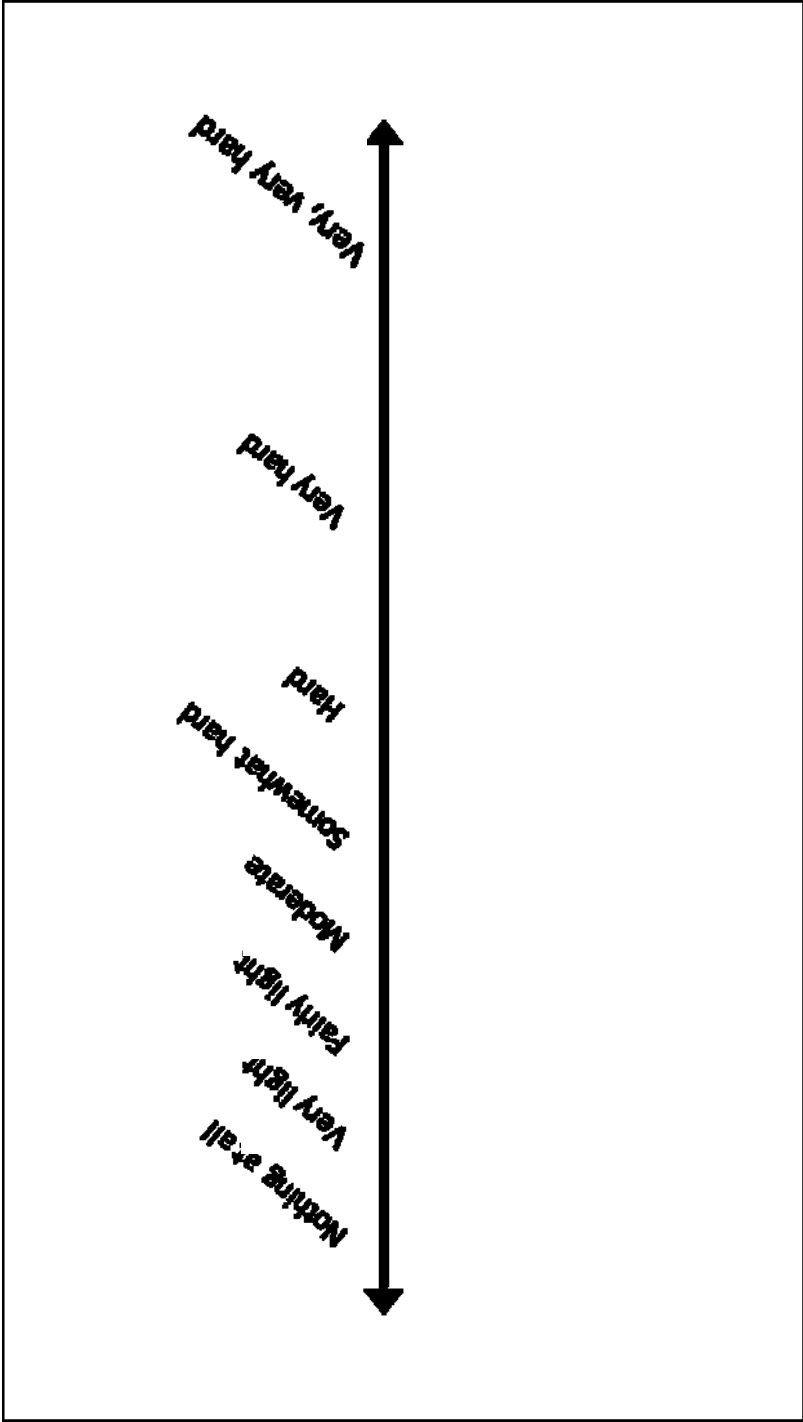
Ti nye Ife I choro- Borgu scalu

1. cho kolor I chie na onye o ria ga e me
2. Gwa onye oria ,ya me ife ito n’soro
3. Gwa onye o ria ,ya nye ofu lumnber na oyibo na ife siri ike o melue...
4. Ji ri ajuju a de a ria ife onye o ria nae me na egwuruegwu
5. Ji ri aka nke ozo ti nye re nka eji ma e
 - If the exercise involves exercising different fingers, base the load on the first-finger strength.
- O buru na egwuru egwu a ji ife di rinne, nwelu ike nke mnkpisi aka izi zi
- 6 Gwa onye oria , ya mezuu ife iri foo ro na mnkpisi aka na abu o
7. De tu o ife o bun a akwukwo e ji e de tu o oria .

NB: for initial session, select a load that the patients rates as between 3 and 4 (‘moderate’ to ‘somewhat strong’).
For subsequent progression refer to section 8.3.2 of the Therapist Manual.

0	O nwe ru o
1	Very light Ife di felifeli
2	ife di tu felifeli
3	Ife di tu ike
4	Ife situ u ikee
5	Ife si ike
6	
7	O si ka

8	
9	
10	O si ike rinne



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