eAppendix 1.
Exercise Instruction Sheet for the Strengthening and Optimal Movements for Painful Shoulders (STOMPS) Trial in Chronic Spinal Cord Injury

Instructions:

- Exercises are to be performed 3 times per week.
- Allow one rest day between each exercise day.
- You may divide the exercises into groups and perform them at different times. For example, in the morning perform ½ the exercises and in the afternoon perform the other ½ OR one day perform 2 groups of exercises (all the sets and repetitions for 2 exercises) and the next day perform the other 2 groups.
- Mark the calendar to show that you have done the exercises. Use the comment section to write out any problems or changes you experienced. Contact the research staff if you have questions or problems.

Terms:

Warm-up phase = before exercising, perform the warm-up stretching activity as described. This activity is designed to prepare your muscles and joints for the exercises.

Sets = the completion of one consecutive grouping of repetitions of an exercise.

Repetitions = the number of times the movement or exercise is repeated without resting within one set

Rest period = A rest period is specified between each set. The rest time ranges from 30–60 seconds to 60–90 seconds. Resume the exercise as soon as this time has passed. You may perform the active movements without resistance during the rest period. Do not resume the exercise before the minimum time has passed to avoid fatigue.

Example: 3 sets of 15 repetitions = perform the exercise 15 times. Rest 60–90 seconds after the 15 repetitions. Repeat for a total of 3 sets.