

## The OK exercise quadrant

Once an exercise has been selected it can be placed into the OK quadrant. It can then be reviewed further to explore ways of modifying the exercise so that it can be placed in Box 1. Always consider whether the risks outweigh the benefits. If they do, leave out the exercise or modify it.

<b>BOX 1 Safe and effective</b>  OK to perform.  Correct/appropriate exercise position, intensity and difficulty for the individual.	<b>BOX 2 Safe and ineffective.</b>  Exercises that are too easy would be placed into this box. Ways should be sought to progress the exercise to increase effectiveness. Those with higher levels of ability should explore more challenging options to work effectively. Some variations and progressions offered for specific exercises.
<b>BOX 3 Unsafe and effective</b>  Check individual factors as some exercises may be OK for some people and not OK for others.  Can the exercise be modified* to raise safety and move to Box 1 - Safe and Effective?	<b>BOX 4 Unsafe and ineffective</b>  Some exercises and exercise equipment are considered ineffective (that is, they do not bring about the benefits they claim). In addition, some exercises/equipment may have numerous risks attached.  Exercises in this quadrant could be considered contraindicated - that is, the risk of performing them would outweigh the benefits.

*\* modifications can include using: lever length; speed; start position; repetitions; resistance; gravity; stability; range of movement; equipment*