

Materials List for:

Adapted Resistance Training Improves Strength in Eight Weeks in Individuals with Multiple Sclerosis

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Materials

Name	Company	Catalog Number	Comments
microFET2	Hoggan Scientific, LLC		Digital hand held muscle tester
REP Bands (all colors)	Power Systems	5600-011	Resistance bands for the exercise program
TheraBand Latex-Free Exercise Bands (all colors)	TheraBand	11726-11730	Resistance bands for the exercise program
8" Cable Ties	Lowes Home Improvement	76329	Tied into the resistance bands to provide places for the carabiner to clip onto
Door Anchor	GoFit		Anchors the REP bands to doors
Hollow-Braid Poly Rope	Home Depot	140538	Anchors REP bands to table legs/ other fixtures
Zinc-Plated Steel Hang All	Home Depot	550768	Thigh straps for the hip exercises
Neoprene Ankle Strap	TKO	106 BK	Ankle strap for leg exercises
Positron Carabiner	Black Diamond	BD2102610000ALL1	Carabiners to link ankle/thigh strap to REP bands
Fitness Gear 3mm Mat	Dick's Sporting Goods	41857546	Yoga mat for exercises on the ground
1/2 inch, 2 by 2 Exercise Tiles	FoamTiles		Gym matting for exercises on the ground
Spirit LT Portable Massage Table	EarthLite		Table for hip extension and other exercises that required a raised platform
Performa Treatment Table	Sammons Preston	553736	Heavy treatment table for testing/ anchoring REP bands
STATA SE 11	STATA		Software for statistical analysis
STATISTICA	Dell Software		Software for statistical analysis