

# Cuffpressure Algometry

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Record ID \_\_\_\_\_

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The [session\_1\_initiali\_arm\_1][leg\_dominance:checked] knee is defined as the TEST knee

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## INSTRUCTION

These two inflatable cuffs on your calves will inflate in different patterns and intensities. I will explain to you exactly how before each test.

You also have a pain rating scale, at the bottom is 0, which means no pain at all - at the top is 10, which means the worst pain you can imagine. There is also this red button, which is a safety switch, that will make the cuffs deflate immediately. You can always press this button to stop if you cannot tolerate any more pain. I will instruct you on how to use the scale for each of the tests.

## **CUFF ALGOMETRY - RAMP 1 on the participants' [session\_1\_initiali\_arm\_1][leg\_dominance:checked] leg.**

### INSTRUCTION

**Now, the cuff on your [session\_1\_initiali\_arm\_1][leg\_dominance:checked] leg will inflate slowly. At first, you will just feel pressure, and at some point, the pressure will become painful. The first time it feels like pain, I want you to start sliding the dial upwards. Then you must keep sliding up to indicate your current level of pain, as the pressure increases. When you reach a point, where you cannot tolerate any more pain, you can press the red button to make the cuffs deflate.**

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cPDT \_\_\_\_\_

(in kPa) \_\_\_\_\_

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cPTT \_\_\_\_\_

(in kPa) \_\_\_\_\_

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cPTL \_\_\_\_\_

(0-10) \_\_\_\_\_

**REPEATED TSP - 1s ON: 1s OFF on the participants'  
[session\_1\_initiali\_arm\_1][leg\_dominance:checked] leg.**

**INSTRUCTION**

**The cuff on your [session\_1\_initiali\_arm\_1][leg\_dominance:checked] will now inflate quickly. It will hold the pressure for one second and then deflate. This will be repeated ten times. When the first inflation happens, slide the dial upwards to indicate your level of pain. Do not return the dial to 0 when the cuff deflates. At the following inflation, I want you to adjust the dial corresponding to the level of pain.**

VAS 1

(0-10)

VAS 2

(0-10)

VAS 3

(0-10)

VAS 4

(0-10)

VAS 5

(0-10)

VAS 6

(0-10)

VAS 7

(0-10)

VAS 8

(0-10)

VAS 9

(0-10)

VAS 10

(0-10)

## CUFF ALGOMETRY - RAMP 2 on the participants' [session\_1\_initiali\_arm\_1][leg\_dominance:unchecked] leg.

### INSTRUKTION

**Now, the cuff on your [session\_1\_initiali\_arm\_1][leg\_dominance:unchecked] will inflate slowly. At first, you will just feel pressure, and at some point, the pressure will become painful. The first time it feels like pain, I want you to start sliding the dial upwards. Then you must keep sliding up to indicate your current level of pain, as the pressure increases. When you reach a point, where you cannot tolerate any more pain, you can press the red button to make the cuffs deflate.**

cPDT

\_\_\_\_\_  
(in kPa)

cPTT

\_\_\_\_\_  
(in kPa)

cPTL

\_\_\_\_\_  
(0-10)

### CPM

**RAMP on the participants' [session\_1\_initiali\_arm\_1][leg\_dominance:checked] leg  
CONDITIONING on the participants [session\_1\_initiali\_arm\_1][leg\_dominance:unchecked] leg**

### INSTRUCTION

This time, both cuffs will inflate. First, the cuff on your [session\_1\_initiali\_arm\_1][leg\_dominance:unchecked] leg will inflate quickly, and then stay at a constant pressure. This is intended to be painful, but not unbearable. When the cuff inflates, I will ask you for a verbal rating from 0-10 of the pain on your [session\_1\_initiali\_arm\_1][leg\_dominance:unchecked] leg. Then, the cuff on your [session\_1\_initiali\_arm\_1][leg\_dominance:checked] leg will start to inflate slowly, and this you will have to rate on the dial, just as you did in the first test. That means, when the pressure on your [session\_1\_initiali\_arm\_1][leg\_dominance:checked] leg starts to get painful, you begin sliding the dial upwards and continue sliding it corresponding to your current level of pain. When you cannot tolerate any more pain on your [session\_1\_initiali\_arm\_1][leg\_dominance:checked] leg, you press the red button.

kPa conditioning

\_\_\_\_\_  
(in kPa)

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NRS conditioning

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(0-10)

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cPDT

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(in kPa)

---

cPTT

---

(in kPa)

---

cPTL

---

(0-10)

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Repeat RAMP 2 due to either no pain (NRS=0) or intolerable pain (NRS=10).

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cPDT (Repeated RAMP 2)

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(in kPa)

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cPTT (Repeated RAMP 2)

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(in kPa)

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cPTL (Repeated RAMP 2)

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(0-10)

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Repeat CPM after obtaining new RAMP 2 data.

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kPa conditioning (Repeated CPM)

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(in kPa)

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NRS conditioning (Repeated CPM)

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(0-10)

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cPDT (Repeated CPM)

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(in kPa)

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cPTT (Repeated CPM)

---

(in kPa)

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cPTL (Repeated CPM)

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(0-10)