

The Cross-Education Effect

Worksheet

Use the space in the boxes below to write down your responses to the questions

What is the cross-education effect?



Can you think of a specific patient / patient group where You would have had the opportunity to implement a 4-8 week cross-education intervention?



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Can you think how you might incorporate cross-education in to your current practice?



How would you design the intervention to maximise its effect?

Notes:

Module 1: Mastering Strength

Notes