

Table SI. Methods of strength and balance exercise

Strength and balance exercise	Position	Resistance	Progression	
			Week 1	Week 8
Knee extension ^a	Sitting	Cuff weight	No weight	5 lbs
Wall sit	Standing	No	10 s	60 s
Step up/down slowly ^b	Standing	Weight	Hold support	No support, hand with weight
Hip abduction	Standing	Thera-band	Yellow band	Blue band
Hip adduction	Standing	Thera-band	Yellow band	Blue band
Sit to stand from chair ^c	Sitting	Waist weight	No weight	10 lb
Forward and backward straight-line-walking	Standing	No	Hold support	No support
One-leg standing ^d	Standing	No	Hold support, 30 s	To stand on a cushion, 30 s
Squatting ^e	Standing	Weight	Both hands to bar	Hands with weight
Step on stool ^f	Standing	Cuff weight at shank	Both hands to bar	Hands with weight
Balloon volleyball ^g	Standing	No	On floor	On foam pillow

5–10 repetitions, for each exercise, 5 times a week.

^aKnee extension exercise will progress from no weight, 1, 2, 3, 3, 4 to 5 lb weight. At end of each action, hold 1–3 s.

^bStep up/ down will progress from hold support, hold support with 1 hand, no support to no support and hand with weight your therapist chose for you (5 lb).

^cSit to stand from chair will progress from no weight, 2, 4, 6, 8 to 10 lb weight. One set only for this exercise.

^dStanding balance exercise will progress from hold support, no support, stand with hands on hips, stand with hands raised parallel with shoulders, to stand on a cushion. Each action hold 30 s.

^eProgress from both hands holding bars, 1 hand holding bars, no hand holding bars, to hand with weight your therapist chose for you during exercises.

^fStools: at 1", 2", 4" and 6" high level.

^gProgress from assisted standing playing on floor to playing on foam independently or with supervision.

Progress to next level in strength and balance exercises when subjects can complete Three sets of 5–10 good quality repetitions slowly without signs of fatigue or pain on 5 consecutive days. Once reaching the highest level, the subjects remain on this level to practice.