

Week	Task	Surface	Imposed constraint
1	<p>Single goal task: weight-shifting in seated or standing position within broad parallel lines (Note: all participants were able to perform the task in standing position):</p> <p>Task self paced with 100% visual feedback.</p> <p>Weight shifting modes</p> <ul style="list-style-type: none"> • Anterior-posterior (1 Min) • Medio-lateral (1 Min) • Left & right diagonal (1 Min) <p>LOS training (5 Min)</p> <p>LOS Test</p>	<p>Broad standing position; Stable surface for weight shifting exercise; unstable surface for LOS training & test.</p>	<p>No external constraints imposed</p>
2	<p>Single goal task: weight-shifting in seated or standing position within broad parallel lines:</p> <p>Task self paced with 100% visual feedback.</p> <p>Weight shifting modes</p>	<p>Broad standing position; Stable surface for weight shifting exercise; unstable surface for LOS training & test.</p>	<p>During training of weight shifting tasks the parallel lines will be smaller (this in contrast to the test condition where the degree of difficulty was kept constant for the 5-week study time)</p>

	<ul style="list-style-type: none"> • Anterior-posterior (1 Min) • Medio-lateral (1 Min) • Left & right diagonal (1 Min) <p>LOS training (5 Min)</p> <p>LOS Test</p>		
3	<p>Single goal task: weight-shifting in standing position within broad parallel lines:</p> <p>Task self paced with 100% visual feedback during test condition.</p> <p>Weight shifting modes</p> <ul style="list-style-type: none"> • Anterior-posterior (1 Min) • Medio-lateral (1 Min) • Left & right diagonal (1 Min) <p>LOS training (5 Min)</p> <p>LOS Test</p>	<p>Variable standing positions; Stable surface for weight shifting exercise; unstable surface for LOS training & test.</p>	<p>Manipulate stance positions[†] (base of support); ask performer to halve the broad standing position</p> <p>Impose time constraint during weight shifting exercises.</p>
4	<p>Single goal task: weight-shifting in standing position within various parallel lines:</p> <p>Task self paced with 100% visual</p>	<p>Unstable surface conditions</p>	<p>Manipulate stance positions (base of support); ask performer to either halve the broad standing position or to take a semi-tandem position</p>

	<p>feedback during test condition.</p> <p>Weight shifting modes</p> <ul style="list-style-type: none"> • Anterior-posterior (1 Min) • Medio-lateral (1 Min) • Left & right diagonal (1 Min) <p>LOS training (5 Min)</p> <p>LOS Test</p>		<p>Impose time constraint during weight shifting exercises.</p> <p>Manipulate sensory information (standing on foam during training).</p>
5	<p>Single goal task: weight-shifting in standing position within broad parallel lines:</p> <p>Task self paced with 100% visual feedback during test condition.</p> <p>Weight shifting modes</p> <ul style="list-style-type: none"> • Anterior-posterior (1 Min) • Medio-lateral (1 Min) • Left & right diagonal (1 Min) <p>LOS training (5 Min)</p> <p>LOS Test</p>	Unstable surface conditions	<p>Manipulate stance positions (base of support); ask performer to either halve the broad standing position or to take a semi-tandem position.</p> <p>Impose time constraint during weight shifting exercises.</p> <p>Manipulate sensory information (standing on foam during training).</p>



[†] Manipulation of the stance position. Subjects started with a hip wide foot standing position and progressively narrow their base of support through side-by-side standing(middle) and/or semi-tandem standing position (right). All subjects were able to progress to all stages.
