

Appendix 1: Modified home-based functional walking (FW) program

Exercise	Purpose	Target muscle / joint	Examples of equipment	Position
1. Chin to chest	Range of motion	Cervical spine	None	Seated
2. Chin to shoulder	Range of motion	Cervical spine	None	Seated
3. Shoulder shrugs	Range of motion	Shoulder joint	None	Seated
4. Arm swing	Range of motion	Shoulder joint	None	Seated
5. Rowing	Range of motion	Shoulder and elbow joints	None	Seated
6. Forward hugs	Range of motion	Lower back and upper arms	None	Seated
7. Up and down leg march	Range of motion	Hip joint	None	Seated or standing
8. Out and in leg march	Range of motion	Hip joint	None	Seated or standing
9. Foot forward and backward	Range of motion	Knee joint	None	Seated or standing
10. Toe point/flex and Wrist flex/extend	Range of motion	Ankle and wrist joints	None	Seated
11. Ball squeeze	Resistance training Grip strength	Wrist and forearm muscles	Thera-band [®] hand exercisers	Seated
12. Chest press	Resistance training	Pectoralis major, triceps and deltoids	Thera-bands [®]	Seated
13. Rowing	Resistance training	Latissimus dorsi, trapezius, biceps and deltoids	Thera-bands [®]	Seated
14. Biceps curl	Resistance training	Biceps	Neoprene dumbbells	Seated
15. Triceps curl	Resistance training	Triceps	Thera-bands [®] or neoprene dumbbells	Seated
16. Sit to stand	Resistance training	Quadriceps, hamstrings and gluteals	None	Seated and standing
17. Knee flexion	Resistance training	Hamstrings	Ankle cuff weights	Seated or standing
18. Toe raises	Balance retraining	Tibialis anterior	None	Standing
19. Heel raises	Balance retraining	Gastrocnemius and soleus	None	Standing
20. Swan	Stretching	Pectoralis major, deltoids and biceps	None	Seated
21. Zipper stretch	Stretching Flexibility	Latissimus dorsi and triceps	Thera-bands [®]	Seated or standing
22. Tibia touch	Stretching Flexibility	Hamstrings and spinal erectors	None	Seated
23. Outer thigh stretch	Stretching	Hip abductors	None	Seated
24. Quadriceps stretch	Stretching	Quadriceps and tibialis anterior	None	Seated or standing
25. Calf stretch	Stretching	Gastrocnemius and soleus	None	Seated or standing