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

|              | Exercise                             | Purpose                   | Target muscle /<br>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                |
| 2.<br>3.     | Shoulder shrugs                      | Range of motion           | Shoulder joint                           | None                     | Seated                |
|              |                                      | Range of motion           | Shoulder joint                           | None                     | Seated                |
| 4.           | Arm swing                            | Range of motion           | Shoulder and elbow                       | None                     | Seated                |
| 5.           | Rowing                               | Kange of motion           | joints                                   |                          |                       |
| 6.           | Forward hugs                         | Range of motion           | Lower back and<br>upper arms             | None                     | Seated                |
| 7.           | Up and down leg<br>march             | Range of motion           | Hip joint                                | None                     | Seated or<br>standing |
| •            | ******                               | Dance of motion           | Uin inint                                | None                     | Seated or             |
| 8.           | Out and in leg                       | Range of motion           | Hip joint                                | Mone                     | standing              |
|              | march                                | 5 - C                     | Maria Ialan                              | N1                       |                       |
| 9.           | Foot forward and                     | Range of motion           | Knee joint                               | None                     | Seated or             |
|              | backward                             |                           |                                          | 20.                      | standing              |
| 10.          | Toe point/flex and Wrist flex/extend | Range of motion           | Ankle and wrist joints                   | None                     | Seated                |
| 11.          | Ball squeeze                         | Resistance                | Wrist and forearm                        | Thera-band* hand         | Seated                |
|              |                                      | training<br>Grip strength | muscles                                  | exercisers               |                       |
| 12.          | Chest press                          | Resistance                | Pectoralis major,                        | Thera-bands®             | Seated                |
| 12.          | Cites (press                         | training                  | triceps and deltoids                     | Titela-bailes            | Sound                 |
| 13.          | Rowing                               | Resistance                | Latissimus dorsi,                        | Thera-bands <sup>2</sup> | Seated                |
|              | •                                    | training                  | trapezius, biceps<br>and deltoids        |                          |                       |
| 14.          | Biceps curl                          | Resistance                | Biceps                                   | Neoprene                 | Seated                |
|              | Disapo dall                          | training                  | шиоро                                    | dumbbells                |                       |
| 15.          | Triceps curl                         | Resistance                | Triceps                                  | Thera-bands or           | Seated                |
|              | triocps carr                         | training                  | Песро                                    | neoprene                 | Jouned                |
|              |                                      | nammg                     |                                          | dumbbells                |                       |
| 16.          | Sit to stand                         | Resistance                | Quadriceps,                              | None                     | Seated and            |
|              | SILW SIGNU                           | training                  | hamstrings and gluteals                  | 14016                    | standing              |
| 17.          | Knee flexion                         | Resistance                | Hamstrings                               | Ankle cuff               | Seated or             |
| 17.          | Price Devion                         | training                  | 1 mustings                               | weights                  |                       |
|              | Toposios                             |                           | Tibialis anterior                        | _                        | standing              |
| 18.          | Toe raises                           | Balance retraining        |                                          | None                     | Standing              |
| l <b>9</b> . | Heel raises                          | Balance retraining        | Gastrocnemius and soleus                 | None                     | Standing              |
| 20.          | Swan                                 | Stretching                | Pectoralis major,<br>deltoids and biceps | None                     | Seated                |
| 21.          | Zipper stretch                       | Stretch ing               | Latissimus dorsi                         | Thera-bands®             | Seated or             |
|              |                                      | Flexibility               | and triceps                              | <del></del>              | standing              |
| 22.          | Tibia touch                          | Stretching                | Hamstrings and                           | None                     | Seated                |
|              | erin munit                           | Flexibility               | spinal erectors                          | , 19119                  |                       |
| 23.          | Outer thigh stretch                  | Stretching                | Hip abductors                            | None                     | Scated                |
| 23.<br>24.   | Quadriceps stretch                   | Stretching                | Quadriceps and                           | None                     | Seated or             |
| <b>47.</b>   | Anam wehs snewn                      | Suewing                   | tibialis anterior                        | 140116                   |                       |
| 25.          | Calf stretch                         | Ctratal inc               | Gastrochemius and                        | None                     | standing              |
|              | Call Stretch                         | Stretching                |                                          | None                     | Seated or             |
|              |                                      |                           | soleus                                   |                          | standing              |