

Appendix 2: Guidelines for the modified home-based functional walking (FW) program

Program Components	General Guidelines
1. Muscle strengthening	<p>Whole body resistance training with special emphasis on lower body muscle strengthening for transferring, standing, walking and prevention of falls</p> <p>Balanced resistance training of opposing muscle groups:</p> <ul style="list-style-type: none">- Chest/back muscles- Biceps/triceps- Quadriceps/hamstrings- Tibialis anterior/gastrocnemius and soleus <p>Maintenance of proper technique, breathing and positioning on range of motion prior to use of resistance equipment</p>
2. Balance retraining	<p>Whole body balance training with special emphasis on ankle dorsiflexors and plantar flexors for recovery of balance</p> <p>Maintenance of posture and balance using body weight alone prior to adding resistance equipment</p>
3. Intensity	<p>Goal of low to moderate intensity measured using Borg's ratings of perceived exertion (RPE) (0-10)</p>
4. Resistance	<p>Progression by:</p> <ul style="list-style-type: none">• Supported to unsupported positions• Range of motion or body weight to addition of resistance equipment• Start with the lightest resistance equipment and upwards• Increasing number of sets/repetitions prior to progression of resistance level <p>Reduce workload if:</p> <ul style="list-style-type: none">• Increased pain, fatigue or shortness of breath post exercise• Muscle pain or soreness > 48 hours <p>Terminate session if:</p> <ul style="list-style-type: none">• Excessive pain, fatigue or shortness of breath post exercise
5. Sets	<p>Progression by:</p> <ul style="list-style-type: none">• Start with one set of 8 repetitions per exercise• RPE \leq 3 consistent for \geq 2 sessions prior to increasing number of repetitions by 2 until maximum of 15 repetitions per set• Once one set of 15 repetitions achieved, advanced to two sets of 8 repetitions
6. Frequency	<p>3 days per week, on non-consecutive days</p>