

## Appendix 1

### Example on exercises and its progression

	Position	Exercise	Progression
<b>Core stability</b>	Lie on your back with knees bent up, feet flat on the floor.	Slow movements of the arms.	Heel on the ground, slow movements of the arms.
	Lie on your back with knees bent up, feet flat on the floor.	Lift one foot off the floor and bring the knee over the hip so that the hip and knee are flexed to 90 degrees.	Slowly lift the second knee to 90 degrees, to the tabletop position.
	4-point kneeling	Slide one foot in a straight line away from the body, then slide foot back to start position.	When the leg is straight lift the leg slowly off the floor, then lower and slide back to start position.
	Sitting position on a bobath-ball	Extend one leg.	Extend one leg while arms across the chest.
<b>Dual Task, maintaining core stability</b>	Sitting position	Move an item from one side to the other.	Move an item from one side to the other without support from the feet.
	From a sitting to a standing position	Rising up carrying a tray.	Rising up carrying a tray, with less support base.
<b>Sensory strategies, maintaining core stability</b>	Sitting position	Sitting on a soft ground.	Sitting on a soft ground with eyes closed.
	Standing	Standing on a moving surface.	Standing on a moving surface while juggle with a balloon.