

## SUPPLEMENTARY TABLES

**Table S1: Balance and mobility measures, change over time.** Values presented are the differences from pre-training with 95% confidence intervals in brackets. A positive difference value indicates an improvement for all variables except the TUG, where a negative value indicates an improvement (i.e., faster TUG time compared to baseline).

	<b>PBT</b>	<b>Control</b>
<b>Post-training</b>		
N	39	38
ABC (%)	5.2 [0.7, 9.8]	6.6 [1.5, 11.6]
BBS (score)	1.8 [0.7, 2.9]	1.9 [1.0, 2.9]
Mini-BEST (score)	2.6 [1.8, 3.4]	2.2 [1.5, 3.0]
BEST-anticipatory (score)	0.5 [0.2, 0.8]	0.5 [0.2, 0.8]
BEST-reactive (score)	1.5 [0.9, 2.1]	0.8 [0.3, 1.2]
BEST-sensory (score)	0 [-0.2, 0.2]	0.3 [0.0, 0.5]
BEST-gait (score)	0.6 [0.1, 1.0]	0.7 [0.3, 1.1]
TUG (s)	-1.0 [-2.9, 0.8]	-1.1 [-2.8, 0.5]
<b>6-month follow-up</b>		
N	30*	30*
ABC (%)	3.5 [-2.3, 9.2]	0.6 [-5.2, 6.3]
BBS (score)	0.3 [-0.8, 1.4]	1.3 [0.2, 2.4]
Mini-BEST (score)	1.6 [0.6, 2.6]	0.8 [-0.1, 1.7]
BEST-anticipatory (score)	0.3 [-0.1, 0.6]	0.3 [-0.1, 0.7]
BEST-reactive (score)	1.2 [0.5, 1.8]	0.0 [-0.5, 0.5]
BEST-sensory (score)	0.1 [-0.2, 0.3]	0.2 [-0.1, 0.5]
BEST-gait (score)	0.1 [-0.6, 0.8]	0.3 [-0.1, 0.8]
TUG (s)	1.0 [-1.0, 2.9]	-0.5 [-1.4, 0.5]
<b>12-month follow-up</b>		
N	27 <sup>†</sup>	29 <sup>†</sup>
ABC (%)	3.5 [-3.1, 10.2]	3.8 [-2.7, 10.3]
BBS (score)	0.6 [-0.7, 1.8]	0.8 [-0.3, 2.0]
Mini-BEST (score)	2.2 [0.9, 3.4]	0.1 [-1.1, 1.4]
BEST-anticipatory (score)	0.2 [-0.1, 0.5]	0.2 [-0.2, 0.7]
BEST-reactive (score)	1.4 [0.5, 2.3]	-0.4 [-1.0, 0.2]
BEST-sensory (score)	0.1 [-0.2, 0.4]	0.1 [-0.1, 0.4]
BEST-gait (score)	0.4 [-0.3, 1.2]	0.2 [-0.4, 0.8]
TUG (s)	0.1 [-1.0, 1.2]	1.6 [-0.4, 3.6]

ABC=activities-specific balance confidence scale; BBS=Berg balance scale; BEST=balance evaluation systems test.

\*N=32 PBT and 31 control for the ABC at 6-month follow-up. <sup>†</sup>N=31 PBT and 31 control for the ABC at 12-month follow-up.

**Table S2: Physical activity and social integration, change over time.** Values presented are the difference from pre-training with 95% confidence intervals in brackets. A positive difference value indicates an improvement.

	<b>PBT</b>	<b>Control</b>
<b>Post-training</b>		
N	39	38
PASIPD (score)	1.1 [-2.0, 4.2]	-1.0 [-3.1, 1.0]
SIPSO (score)	0.5 [-1.4, 2.5]	1.8 [0.0, 3.7]
<b>2-month follow-up</b>		
N	38	31
PASIPD (score)	-2.1 [-5.1, 0.8]	-2.8 [-5.8, 0.3]
SIPSO (score)	-0.1 [-1.7, 1.6]	1.5 [-0.4, 3.4]
<b>4-month follow-up</b>		
N	33	34
PASIPD (score)	-1.7 [-4.2, 0.8]	-4.1 [-6.6, -1.5]
SIPSO (score)	0.5 [-1.2, 2.2]	0.7 [-1.3, 2.7]
<b>6-month follow-up</b>		
N	32	31*
PASIPD (score)	0.4 [-5.3, 6.2]	-2.2 [-5.6, 1.1]
SIPSO (score)	0.3 [-1.0, 1.7]	2.5 [0.8, 4.2]
<b>8-month follow-up</b>		
N	31	26
PASIPD (score)	-4.5 [-7.3, -1.6]	-5.7 [-9.7, -1.6]
SIPSO (score)	0.2 [-1.1, 1.5]	1.8 [0.4, 3.3]
<b>10-month follow-up</b>		
N	32	32
PASIPD (score)	-4.1 [-6.6, -1.7]	-3.5 [-6.7, -0.4]
SIPSO (score)	-0.3 [-1.6, 1.0]	2.2 [0.4, 3.9]
<b>12-month follow-up</b>		
N	31	31
PASIPD (score)	0.4 [-4.6, 5.4]	-2.9 [-6.0, 0.2]
SIPSO (score)	0.8 [-0.7, 2.3]	2.7 [0.9, 4.4]

PASIPD=physical activity scale for individuals with physical disabilities; SIPSO=subjective index of physical and social outcome

\*N=30 control for the SIPSO