

Supplementary material 6. Falls summary data and incidence of falls per person years.

	Usual care (n=27)	Exercise (n=24)
Number of Falls	11	5
Number (% of group) of non-fallers	19 (70)	20 (83)
Number (% of group) fallers (≥ 1 fall)	8 (30)	4 (17)
Number (% of group) frequent fallers (≥ 2 falls)	3 (11)	1 (4)
Person years	40.5	36
Incidence rate	0.27	0.14