

**SUPPLEMENTAL DIGITAL CONTENT 3: EXAMPLES OF STANDARD PHYSICAL THERAPY**

<b>Activity</b>	<b>Initial Intervention</b>	<b>Progression of Intervention</b>
<b>Bed Mobility</b>	Rolling, scooting, supine<->sit	Reduced assistance provided
<b>Transfers</b>	Sit<->stand Bed/mat <-> wheelchair/chair	Reduced assistance provided; addition of floor<->stand and stoop<->stand
<b>Gait Training</b>	Level surfaces	Reduced assistance provided; addition of uneven surfaces (grass/gravel/inclines) and variable surfaces (tile to carpet)
<b>Stair Climbing</b>	Bilateral handrails, non- reciprocal	Reduced assistance, one handrail, reciprocal
<b>Balance</b>	Static standing, narrowed base- of support and quick turning/ stopping	Obstacle courses to challenge dynamic balance, single-leg activities, backward walking
<b>Orientation</b>	Single-task during rest breaks or prior to start of therapy session; simple orientation questions	Single-task; more complex or challenging questions