**Appendix. Experimental and Control group exercise protocols**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  | | |  |  | | | | | |
| **Phase** |  | | | **Types of intervention** | | |  | | **Time per week (min)** | |
| The experimental group | | | | | | |  | |  | |
| Indoor | |  | | 1. Postural re-education in standing | | |  | | 10 | |
| 1-4 week | |  | | 1. Flexibility exercise | | |  | | 20 | |
|  | |  | | 1. Strength and functional training | | |  | | 30 | |
|  | |  | | 1. Music-based Balance Dance | | |  | | 40 | |
|  | |  | | 1. Modified Wing Chun | | |  | | 40 | |
|  | |  | | 1. Square stepping exercise | | |  | | 40 | |
|  | |  | |  | | |  | |  | |
|  | |  | |  | | |  | |  | |
| Outdoor | |  | | 1. Flexibility exercise | | |  | | 20 | |
| 5-8 week | |  | | 1. Strength and functional training | | |  | | 20 | |
|  | |  | | 1. Music-based Balance Dance | | |  | | 30 | |
|  | |  | | 1. Modified Wing Chun | | |  | | 30 | |
|  | |  | | 1. Dual-task walking practice | | |  | | 40 | |
|  | |  | | 1. Advanced balance and gait training | | |  | | 40 | |
|  | |  | |  | | |  | |  | |
|  | |  | |  | | |  | |  | |
| Home exercise | |  | | 1. Postural re-education in standing | | |  | | 10 | |
|  | |  | | 1. Flexibility exercise | | |  | | 20 | |
|  | |  | | 1. Strength and functional training | | |  | | 20 | |
|  | |  | | 1. Music-based Balance Dance | | |  | | 20 | |
|  | |  | | 1. Modified Wing Chun | | |  | | 20 | |
|  | |  | | 1. Square stepping exercise | | |  | | 20 | |
|  | |  | | 1. Dual-task walking practice | | |  | | 40 | |
|  | |  | | 1. Advanced balance and gait training | | |  | | 30 | |
|  | |  |  | | | | |  | |  | | |
|  |  |  | | |  |  | | | | | |

**Appendix** (Continued)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  | | |  |  | | |
| **Phase** | | |  | **Types of intervention** | | |  | **Time per week (min)** |
| The control group | | | | | | |  |  |
| 1-4week | | |  | 1. Postural re-education in sitting | | |  | 20 |
|  | | |  | 2. Flexibility exercise | | |  | 30 |
|  | | |  | 3. Strength training | | |  | 40 |
|  | | |  | 4. Dexterity exercises | | |  | 30 |
|  | | |  | 5. Chinese calligraphy | | |  | 60 |
|  | | |  |  | | |  |  |
|  | | |  |  | | |  |  |
| 5-8week | | |  | 1. Postural re-education in sitting | | |  | 20 |
|  | | |  | 2. Flexibility exercise | | |  | 30 |
|  | | |  | 3. Strength training | | |  | 40 |
|  | | |  | 4. Dexterity exercises | | |  | 30 |
|  | | |  | 5. Knot tying | | |  | 60 |
|  | | |  |  | | |  |  |
|  | | |  |  | | |  |  |
| Home exercise | | |  | 1. Postural re-education in sitting | | |  | 10 |
|  | | |  | 2. Flexibility exercise | | |  | 20 |
|  | | |  | 3. Strength training | | |  | 30 |
|  | | |  | 4. Dexterity exercises | | |  | 30 |
|  | | |  | 5. Chinese calligraphy | | |  | 45 |
|  | | |  | 6. Knot tying | | |  | 45 |
|  | | |  |  | | |  |  |
|  |  |  | | |  |  | | |