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

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|  |  |  |  |  |
| **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 |
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|  |  |  |  |  |

**Appendix** (Continued)

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|  |  |  |  |  |
| **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 |
| 　 | 　 | 　 | 　 | 　 |
|  |  |  |  |  |