







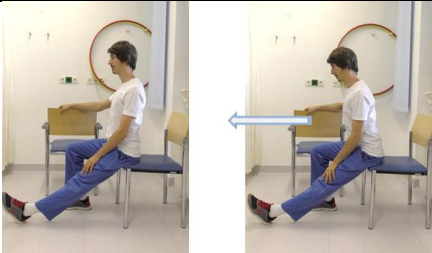



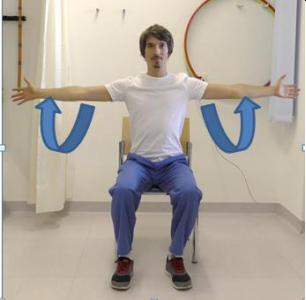

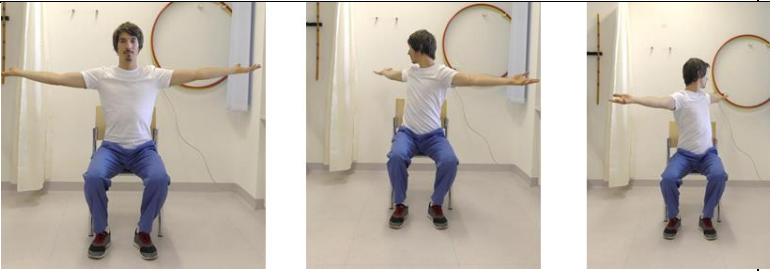
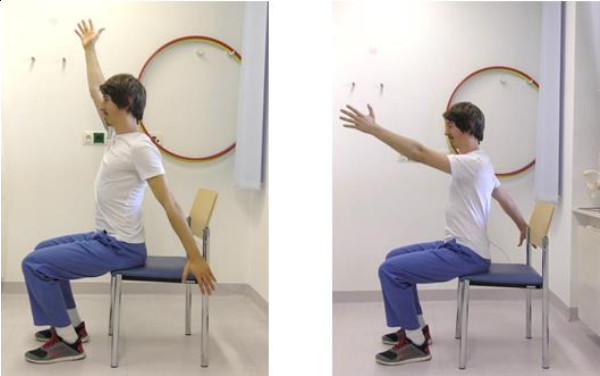
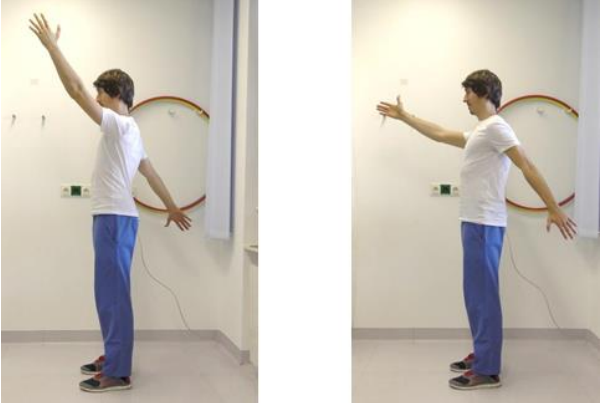

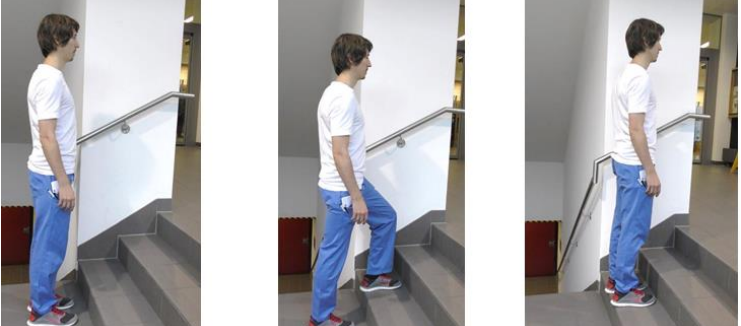

















Strength/Transfers




Task 1: rising from a chair			Level	Variations
			1	<p>Instruction/Starting position: Sitting on a chair with feet at shoulder-width- rising up – sitting down again</p> <p>Variations:</p> <ul style="list-style-type: none"> • Speed changes • Number of repetitions • Number of sets • Chair height • Movement amplitude • Flooring types • Level of support
			2	
			3	
Task 2: standing on tiptoes			Level	Variations
			1	<p>Instruction/Starting position: Standing with feet at shoulder-width - rising on the tiptoes – lowering heels- bending knees and upper body –standing position</p> <p>Variations: as above</p> <ul style="list-style-type: none"> • change speed • number of repetitions • number of sets • arm position • Movement amplitude • floor conditions • change support
			2	
			3	




Task 3: changing from one chair to another chair		Level	Variations
		1	Instruction/Starting position: Standing in front of a chair with feet at shoulder-width - two chairs in a 90 degree position. Standing up- performing two big steps- sitting down
		2	Variations: as above <ul style="list-style-type: none"> • change speed • number of repetitions • number of sets • arm position • Movement amplitude • floor conditions • change support
		3	
Posture/Mobility			
Task 4: thigh stretching (hamstrings)		Level	
		1-3	Instruction/Starting position: Sitting position – extending one leg –leaning forward with the upper body- maintaining the stretching for 10 seconds- returning to starting position
Task 5: straighten up the upper body		Level	Variation
		1	Instruction/Starting position: Sitting on a chair – bending forward – straighten up the upper body (upper extremities)
		2	Variations: as above incl. arms and amplitudes <ul style="list-style-type: none"> • change speed • number of repetitions • number of sets • floor conditions • height of the chair
		3	

Task 6: arm circles		Level	Variation
		1	<p>Instruction/Starting position: Sitting on a chair with feet at shoulder-width – clockwise and counter-clockwise arm circles</p> <p>Variations: as above</p> <ul style="list-style-type: none"> • change speed • number of repetitions • number of sets • Shoulder position
		2-3	
Task 7: trunk rotation		Level	Variation
		1-3	<p>Instruction/Starting position: Sitting on a chair- arms extended parallel to the floor - maximum rotation of the upper body and head</p> <p>Variation:</p> <ul style="list-style-type: none"> • number of repetitions • number of sets • Shoulder position
Task 8: arm swings		Level	Variation
		1	<p>Instruction/Starting position: Sitting on a chair (level 1) or standing (level 2-3) both with feet at shoulder-width- alternating arm swing</p> <p>Variations: as above</p> <ul style="list-style-type: none"> • number of repetitions • number of sets • change speed • adding knee bend
		2-3	

Balance			
Task 9: stair climb		Level	Variation
		1	<p>Instruction/Starting position: Standing in front of a staircase, stepping up and down- alternating the starting leg</p> <p>Variations: as above</p> <ul style="list-style-type: none"> • number of repetitions • number of sets • stair height • change speed • Side of handrail • no handrail
		2-3	
Task 10: forward steps		Level	Variation
		1	<p>Instruction/Starting position: Standing- holding on to a handrail/support, performing a big step forward- returning to the starting position</p> <p>Variations: as above</p> <ul style="list-style-type: none"> • Step size • number of repetitions • number of sets • Arm movement amplitude • change speed • Side of handrail • no handrail
		2	
		3	

Task 11: side steps		Level	Variation
		1	Instruction/Starting position: Standing- holding on to a handrail/chair with both hands, performing a big step to the side - returning to the starting position Variations: as above <ul style="list-style-type: none"> • size of the step • number of repetitions • number of sets • Arm movement amplitude • change speed • no handrail
		2	
		3	
Task 12: backward steps		Level	Intervention
		1	Instruction/Starting position: Standing- holding on to a handrail/chair, performing big step backwards- returning to the starting position Variations: as above <ul style="list-style-type: none"> • size of the step • number of repetitions • number of sets • Arm and hand position • Movement amplitude • trunk position • change speed • no handrail
		2	
		3	

Task 13: arm swings with weight shift	Level	Variation
	1	<p>Instruction/Starting position: Standing- holding on to a handrail/chair- shifting the bodyweight forward and backward, accompanied by large arm swings</p> <p>Variations: as above</p> <ul style="list-style-type: none"> • size of the step • number of repetitions • number of sets • hand position • Movement amplitude • Degree of displacement • change speed • no handrail
	2-3	
Walking		
Task 14: walking with large arm- and leg-movements	Level	Variation
	1-3	<p>Instruction/Starting position: Standing in stepping-position – taking extra-large steps and performing extra-large arm-swings</p> <p>Variations: as above</p> <ul style="list-style-type: none"> • step length • Step width • number of steps • number of sets • Speed interval training (e.g., 5 steps slow, 5 steps quick etc.) • walking backwards • dual tasking (motor and cognitive demands)
Task 15: turning around	Level	Variation
	1-3	<p>Instruction/Starting position: Standing position - taking extra-large steps, walking around an obstacle on the ground</p> <p>Variations: as above</p> <ul style="list-style-type: none"> • size of the steps

		<ul style="list-style-type: none"> • number of steps • number of sets • walking backwards • change speed • change direction • number and size of obstacles
<p>Task 16: walking on a line</p>	<p>Level</p>	<p>Variation</p>
	<p>1-3</p>	<p>Instruction/Starting position: Walking on a line by placing one foot in front of the other</p> <p>Variations: as above</p> <ul style="list-style-type: none"> • number of sets • change speed • dual tasking (counting, speaking...) • Arm position
<p>Task 17: walking combined with a coordination task</p>	<p>Level</p>	<p>Variation</p>
	<p>1-3</p>	<p>Instruction/Starting position: Walking with large arm-swings and alternating head rotation</p> <p>Variations: as above</p> <ul style="list-style-type: none"> • number of sets • Step size • change speed • velocity