

SUPPLEMENTARY MATERIALS

Table S1. Characteristics of the Otago Exercise Program

Exercise	Objective	Level 1	Level 2	Level 3	Level 4
Strength exercise	Knee flexors, knee extensors, hip abductors	10 repetitions of each exercise with ankle cuff weights to provide muscle resistance.			
	Ankle dorsiflexion (back on heels)	-	-	10 x2 repetitions, hold support	10 x2 repetitions, no support
	Ankle plantarflexion (up on toes)	-	-	10 x2 repetitions, hold support	10 x2 repetitions, no support
Balance exercise	Knee bends	10 repetitions, hold support	10 repetitions, no support, Or 10 x2 repetitions, hold support	10 x2 repetitions, no support	10 x3 repetitions, no support, repeat
	Backward walking	-	10 steps, 4 times, hold support	-	10 steps, 4 times, no support
	Walking and turning around	-	Walk and turn around (make a figure of 8), twice, use walking aid	Walk and turn around (make a figure of 8) twice, no support	-
	Sideways walking	-	10 steps, 4 times, hold support	10 steps, 4 times, no support	-
	Tandem stance (heel-toe stand)	10 seconds, hold support	10 seconds, no support	-	-
	Tandem walk (heel-toe walk)	-	-	10 steps x2, hold support	10 steps x2, no support
	One-leg stand	-	10 seconds, hold support	10 seconds, no support	30 seconds, no support
	Heel walking	-	-	10 steps, 4 times, hold support	10 steps, 4 times, no support
	Toe walking	-	-	10 steps, 4 times, hold support	10 steps, 4 times, no support
	Heel-toe walking backwards	-	-	-	10 steps x2, no support
Sit to stand	5 stands, both hands for support	5 stands, one hands or 10 stands, two hands for support	10 stands, no support, or 10 stands x2, one hand for support,	10 stands x2, no support	
Stair walking	Go up and down 10 steps, hold hand-rail	Go up and down 10 steps, hold hand-rail	Go up and down 10 steps, hold hand-rail	Go up and down 10 x 2 steps, hold hand-rail	