# Supplementary Table 1.Description of the simple home-based exercise program (SHEP) and the control exercise

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| SHEP (Strength exercise) | Control exercise (Flexibility exercise) |
| 1. Sit-to-stand (quadriceps /hip extension strength training)  2. One-leg stance (hip muscles strength training plus static balance training)  3. Pull Backs against elastic resistance (seated position)  4. External shoulder rotation against elastic resistance (seated position)  5. Steps | 1. Hip and knee mobility (seated position)  2. Hip mobility (standing position)  3. Trunk and chest mobility (seated position)  4. Shoulder mobility (seated position)  5. Ankle mobility (standing position) |