

Appendix 1: Protocol of Cawthorne - Cooksey Exercise

Month -Week		Performed exercises	Frequency	Duration
First month	First week	A) Eye and head movement, sitting down- first slowly, then faster: 1) Look up and down; 2) Look to the right and to the left; 3) Bring your fingers closer and farther, looking at it; 4) Move your head to the right and to the left, with open eyes; 5) Move your head up and down, with open eyes; 6) Repeat 4 and 5 with closed eyes.	Ten repetitions slowly and ten repetitions faster	Perform the exercises slowly for 30 minutes-15 minutes rest- Perform the exercises faster for 30 minutes.
	Second week	B) Head and body movement, sitting down- first slowly, then faster: 1) Place an object on the floor. Take it and bring it above your head and place it on the floor again (look at the object the whole time); 2) Shrink your shoulders and make circular movements; 3) Bend forward and take an object through the back and the front of your knees.	Ten repetitions slowly and ten repetitions faster	Perform the exercises slowly for 30 minutes-15 minutes rest- Perform the exercises faster for 30 minutes.
	Third week	C) Standing up exercises- first slowly, then faster: 1) Sit down and stand up, sit down and stand up again with open eyes; 2) Sit down and stand up; Sit down and stand up again with closed eyes; 3) Stand up, but turn to the right while standing; 4) Stand up, but turn to the left while standing; 5) Throw a small ball from one hand to the other (above the horizon level); 6) Throw a small ball from one hand to the other under your knees and alternatively.	Five repetitions slowly and five repetitions faster	Perform the exercises slowly for 30 minutes-15 minutes rest- Perform the exercises faster for 30 minutes.
	Fourth week	Doing all stages above first slowly, then faster	Three repetitions slowly and three repetitions faster	Perform the exercises slowly for 30 minutes-15 minutes rest- Perform the exercises faster for 30 minutes.
Second month	The second four weeks	Doing all stages above first slowly, then faster	Six repetitions slowly and six repetitions faster	Perform the exercises slowly for 30 minutes-15 minutes rest- Perform the exercises faster for 30 minutes.
Third month	The third four weeks	Doing all stages above first slowly, then faster	Ten repetitions slowly and ten repetitions faster	Perform the exercises slowly for 30 minutes-15 minutes rest- Perform the exercises faster for 30 minutes.

Appendix 2: Frenkel's fundamental exercise

Month -Week		Performed exercises	Frequency	Duration
First month	First week	<p>A) Exercises While Lying Down</p> <ol style="list-style-type: none"> 1. Bend one leg at the hip and knee, sliding your heel along the bed. Straighten the hip and knee to return to the sitting position. Repeat with the other leg. 2. Bend one leg at the hip and knee. Then slide leg out to the side, leaving heel on the bed. Slide leg back to the center and straighten the hip and knee to return to the starting position. Repeat with the other leg. 3. Bend one leg at the hip and knee with the heel raised from the bed. Straighten leg to return to the starting position. Repeat with the other leg. 4. Bend and straighten one leg at the hip and knee sliding your heel along the bed, stopping at any point of the command. Repeat with the other leg. 5. Bend the hip and knee of one leg and place that heel on the opposite knee. Then slide heel down the shin to the ankle and back up to knee. Return to the starting position and repeat with the other leg. 6. Bend both hips and knees sliding heels on the bed, keeping ankles together. Straighten both legs to return to starting position. 7. Bend one leg at the hip and knee while straightening the other in a bicycling motion. 	Ten repetitions	Perform the exercises in two 30-minutes time with 15 minutes rest.
	Second week	<p>B) Exercises While Sitting</p> <ol style="list-style-type: none"> 1. Mark time, raising just the heel. Then progress to alternately lifting the entire foot and placing the foot firmly on the floor upon a traced foot print. 2. Make two cross marks on the floor with chalk. Alternately glide the foot over the marked cross: forward, backward, left and right. 3. Learn to rise from the chair, at two, bend the trunk forward; at three, rise by straightening the hips and knees and then the trunk. Reverse the procedure to sit down. 	Ten repetitions	Perform the exercises in two 30-minutes time with 15 minutes rest.
	Third week	<p>C) Exercises While Standing</p> <ol style="list-style-type: none"> 1. Walk sideways beginning with half steps to the right. Perform this exercise to a counted cadence: At one, shift the weight to the left foot, at two, place the right foot 12 inches to the right; at three, shift the weight to the right foot; at four, bring the left foot over to the right. Repeat exercise with half steps to the left. The size of the step taken to right or left may be varied. 2. Walk forward between two parallel lines 14 inches apart placing the right foot just inside the right line, and the left foot just inside the left line. Emphasize correct placement. 3. Walk forward, placing each foot on a footprint traced on the floor. Footprints should be parallel and 2 inches from a center line. Practice with quarter steps, half steps, three-quarter steps, and full steps. 4. Turn to the right. At one, raise the right toe and rotate the right foot outward, pivoting on the heel; at two, raise the left heel and pivot the left leg inward on the toes; at three, completing the full turn, and then repeat to the left. 5. Walk up and down the stairs one step at a time. Place the right foot on one step and bring the left up beside it. Later practice walking up the stairs, placing one foot on each step. At first use the railing, then as balance improves, dispense with the railing. 	Five repetitions	Perform the exercises in two 30-minutes time with 15 minutes rest.
	Fourth week	Doing all stages above	Three repetitions	Perform the exercises in two 30-minutes time with 15 minutes rest.
Second month	The second four weeks	Doing all stages above	Five repetitions	Perform the exercises in two 30-minutes time with 15 minutes rest..
Third month	The third four weeks	Doing all stages above	Ten repetitions	Perform the exercises in two 30-minutes time with 15 minutes rest.