

Appendix1. Balance stations.

Taken from: Treacy D, Howard K, Hayes A, Hassett L, Schurr K, Sherrington C (2018) Two weeks of additional standing balance circuit classes during inpatient rehabilitation are cost saving and effective: an economic evaluation. *Journal of Physiotherapy* 64: 41–47.
<https://www.ncbi.nlm.nih.gov/pubmed/29289583>

Station	Exercise	Progression	Counting/recording	
<p>Catching and passing</p>	<p>Patient to catch and pass a ball with the therapist or another patient.</p>	<p>To increase the difficulty of this task the ball can be passed to a distance further than arm’s reach.</p> <p>The task difficulty may also be increased by the patient decreasing their centre of balance by standing with their feet closer together or standing on an unstable surface such as thick foam rubber.</p>	<p>Each attempted catch to be recorded as one repetition.</p>	

<p>Stepping forward</p>	<p>Patient to step forward with one leg then step back, continuing with the alternate leg.</p>	<p>To increase the difficulty of the task a block can be used to step up onto.</p>	<p>Every step forward and back to be recorded as one repetition.</p>	
<p>Sideways stepping</p>	<p>Patient to step sideways.</p>	<p>To increase difficulty of the task the patient can increase their step length or step over an object.</p>	<p>Each step sideways to be recorded as one repetition.</p>	

<p>Stepping grid</p>	<p>Patient to step to targets on a board. There should be four targets (one to the right side, one to the left side, one in front of the right foot and one in front of the left foot).</p>	<p>To increase difficulty of the task the targets can be moved to a distance further away from the patient. Additional targets may also be placed behind the patient to increase the difficulty.</p>	<p>Each step is recorded as one repetition.</p>	
<p>Weight shift forwards and backwards</p>	<p>Patient to shift weight forwards and backwards using a sway meter.²² Technology such as the Wii platform may be used instead of the sway meter.</p>	<p>To increase the difficulty of the task the patient can follow a shape in various directions.</p>	<p>Each full movement is recorded as one repetition.</p>	

<p>Heel raises</p>	<p>Patient to stand on toes, then lower self down until the feet are flat.</p>	<p>To increase the difficulty of the task the patient can perform the heel raises on the edge of a block or on one leg.</p>	<p>Each heel raise is recorded as one repetition.</p>	
<p>Reaching and moving objects</p>	<p>Patient to reach for an object on one side of their body then move the object to the other side using the same arm.</p>	<p>To increase the difficulty of the task the patient may decrease their centre of balance by standing with their feet closer together or stand on an unstable surface.</p>	<p>Each movement of the object is recorded as one repetition.</p>	