**SUPPLEMENTAL DIGITAL CONTENT 3: EXAMPLES OF STANDARD PHYSICAL THERAPY**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Initial Intervention</th>
<th>Progression of Intervention</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bed Mobility</td>
<td>Rolling, scooting, supine&lt;-&gt;sit</td>
<td>Reduced assistance provided</td>
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</tbody>
</table>
| Transfers      | Sit<->stand  
                 Bed/mat <-> wheelchair/chair                              | Reduced assistance provided;  
                 addition of floor<->stand and  
                 stoop<->stand                                                                |
| Gait Training  | Level surfaces                                         | Reduced assistance provided;  
                 addition of uneven surfaces (grass/gravel/inclines) and  
                 variable surfaces (tile to carpet)                                     |
| Stair Climbing | Bilateral handrails, non-reciprocal                     | Reduced assistance, one handrail, reciprocal                                                |
| Balance        | Static standing, narrowed base-of support and quick turning/  
                 stopping                                                          | Obstacle courses to challenge dynamic balance, single-leg activities, backward walking |
| Orientation    | Single-task during rest breaks or prior to start of therapy session;  
                 simple orientation questions                                      | Single-task; more complex or challenging questions                                       |