

Respiratory Training (Macpherson & Bassile., 2016)		
Exercise	Frequency	Intensity
Inspiratory Muscle Training (IMT) – Threshold IMT Device (Paiva et al., 2015)	- 2 sets x 10 reps - 3x / week	70% Maximal Inspiratory Pressure
Diaphragmatic Breathing Training	- 10 mins / day (Cleveland Clinic., 2018) - 3x / day (Cleveland Clinic., 2018)	

Balance Training (Mansfield et al., 2015)		
Exercise	Frequency	Intensity
External Perturbation training	- 2 sets x 5 reps (each direction) - 3x / week	- Reaching to shift center of gravity outside base of support in standing - L/R, A/P, diagonal
Internal Perturbation training	- 2 sets x 5 reps (each direction) - 3x / week	- Small external taps in standing - L/R, A/P, diagonal

Upper Extremity AROM Training (Lui & Byl., 2009)		
Exercise	Frequency	Intensity
Shoulder Flexion	- 1 set x 12 reps - 1x / day	- Against gravity
Shoulder Extension	- 1 set x 12 reps - 1x / day	- Against gravity
Shoulder Abduction	- 1 set x 12 reps - 1x / day	- Against gravity

Lower Extremity Training – Kitchen Counter Exercises (Lui & Byl., 2009)		
Exercise	Frequency	Intensity
Hip Flexion - Marching	- 1 set x 12 reps - 1x / day	- Against gravity
Hip Extension - Kickback	- 1 set x 12 reps - 1x / day	- Against gravity
Hip Abduction	- 1 set x 12 reps - 1x / day	- Against gravity
Knee Flexion + Extension – Butt Kicks	- 1 set x 12 reps - 1x / day	- Against gravity
Ankle Plantar Flexion – Calf Raises	- 1 set x 12 reps - 1x / day	- Against gravity
Assisted Squats	- 1 set x 12 reps - 1x / day	- Against gravity

Gait Training (Majmudar et al., 2014)		
Exercise	Frequency	Intensity
Walking with 4-Wheel Walker	- 2x / day	- 100m walk - Modified 3-point gait pattern