




Appendix 2. The use of equipment to increase the safety and quality of semi-supervised practice

Examples of semi-supervised practice	
Man with a stroke practising step-up exercise	
	<p>Environment set-up for safety:</p> <ul style="list-style-type: none"> • Wall on unaffected side • Height adjustable table in front • Chair on affected side • Plinth behind <p>Environment set-up for quality:</p> <ul style="list-style-type: none"> • Block to prevent external rotation of right leg • Tape on block in front to guide placement of left foot <p>Note - Counter in left hand to count repetitions of practice</p>
Three people practising sit to stand and standing exercises	
	<p>Environment set-up for safety:</p> <p>Man with hat practising sit to stand:</p> <ul style="list-style-type: none"> • Height adjustable table in front <p>Woman in green pullover practising stepping exercise:</p> <ul style="list-style-type: none"> • Height adjustable tables on either side • Plinth behind <p>Woman in pink nightgown practising standing exercise:</p> <ul style="list-style-type: none"> • Height adjustable table in front • Wall on left side • Plinth behind <p>Note – all patients have counters to count repetitions of practice</p>
Balance class	
	<p>Environment set-up for safety:</p> <ul style="list-style-type: none"> • Height adjustable tables in front and to the side • Plinths behind and to the side • Walls behind and to the side <p>Environment set-up for quality:</p> <ul style="list-style-type: none"> • Wall behind as cue to maintain hip extension in standing <p>Note – all patients have counters to count repetitions of practice</p>