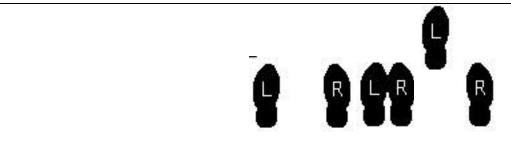
Week	Task	Surface	Imposed constraint
1	Single goal task: weight-shifting in	Broad standing position; Stable surface	No external constraints imposed
	seated or standing position within broad	for weight shifting exercise; unstable	
	parallel lines (Note: all participants were	surface for LOS training & test.	
	able to perform the task in standing		
	position):		
	Task self paced with 100% visual		
	feedback.		
	Weight shifting modes		
	<ul> <li>Anterior-posterior (1 Min)</li> </ul>		
	<ul> <li>Medio-lateral (1 Min)</li> </ul>		
	<ul> <li>Left &amp; right diagonal (1 Min)</li> </ul>		
	LOS training (5 Min)		
	LOS Test		
2	Single goal task: weight-shifting in	Broad standing position; Stable surface	During training of weight shifting tasks
	seated or standing position within broad	for weight shifting exercise; unstable	the parallel lines will be smaller (this in
	parallel lines:	surface for LOS training & test.	contrast to the test condition where the
	Task self paced with 100% visual		degree of difficulty was kept constant for
	feedback.		the 5-week study time)
	Weight shifting modes		

	<ul> <li>Anterior-posterior (1 Min)</li> </ul>		
	<ul> <li>Medio-lateral (1 Min)</li> </ul>		
	• Left & right diagonal (1 Min)		
	LOS training (5 Min)		
	LOS Test		
3	Single goal task: weight-shifting in	Variable standing positions; Stable	Manipulate stance positions <sup>†</sup> (base of
	standing position within broad parallel	surface for weight shifting exercise;	support); ask performer to halve the
	lines:	unstable surface for LOS training & test.	broad standing position
	Task self paced with 100% visual		Impose time constraint during weight
	feedback during test condition.		shifting exercises.
	Weight shifting modes		
	<ul> <li>Anterior-posterior (1 Min)</li> </ul>		
	Medio-lateral (1 Min)		
	<ul> <li>Left &amp; right diagonal (1 Min)</li> </ul>		
	LOS training (5 Min)		
	LOS Test		
4	Single goal task: weight-shifting in	Unstable surface conditions	Manipulate stance positions (base of
	standing position within various parallel		support); ask performer to either halve
	lines:		the broad standing position or to take a
	Task self paced with 100% visual		semi-tandem position

	feedback during test condition.	Impose time constraint during weight
	Weight shifting modes	shifting exercises.
	Anterior-posterior (1 Min)	Manipulate sensory information
	Medio-lateral (1 Min)	(standing on foam during training).
	Left & right diagonal (1 Min)	
	LOS training (5 Min)	
	LOS Test	
5	Single goal task: weight-shifting in Unstable surface conditions	Manipulate stance positions (base of
	standing position within broad parallel	support); ask performer to either halve
	lines:	the broad standing position or to take a
	Task self paced with 100% visual	semi-tandem position.
	feedback during test condition.	Impose time constraint during weight
	Weight shifting modes	shifting exercises.
	Anterior-posterior (1 Min)	Manipulate sensory information
	Medio-lateral (1 Min)	(standing on foam during training).
	Left & right diagonal (1 Min)	
	LOS training (5 Min)	
	LOS Test	



<sup>†</sup> Manipulation of the stance position. Subjects started with a hip wide foot standing position and progressively narrow their base of support through side-by-side standing(middle) and/or semi-tandem standing position (right). All subjects were able to progress to all stages.