

Additional file 1: Table outlining the KT actions and subsequent effect

	Knowledge Translation action	Knowledge Translation effect
Step 1	One hour training session regarding the benefits and practical applications of balance training and familiarization with the balance equipment	Increased knowledge and awareness of the benefits of balance training
Step 2	Assistance with the balance training sessions delivering guidance on; prescription, progression and providing practical demonstrations as requested	Increased trust and rapport with the health care professionals
Step 3	Program development, led by the health care professionals responsible for delivering pulmonary rehabilitation	Increased feelings of ownership and likelihood of sustainability
Step 4	Development of program logs, led by the health care professionals responsible for delivering pulmonary rehabilitation	Increased feelings of ownership and likelihood of sustainability
Step 5	Brief BEST tests results pre and post pulmonary rehabilitation are provided on a one-to-one basis.	Reflection on performance and enhanced motivation