### SUPPLEMENTARY MATERIALS

**Table S1. Characteristics of the Otago Exercise Program**

| Exercise                  | Objective                          | Level 1                                  | Level 2                              | Level 3                                           | Level 4                                           |
|---------------------------|------------------------------------|------------------------------------------|--------------------------------------|--------------------------------------------------|--------------------------------------------------|
| **Strength exercise**     |                                    |                                          |                                      |                                                  |                                                  |
| Ankle dorsiflexion (back on heels) | -                                  | -                                        |                                      | 10 x2 repetitions, hold support                   | 10 x2 repetitions, no support                     |
| Ankle plantarflexion (up on toes) | -                                  | -                                        |                                      | 10 x2 repetitions, hold support                   | 10 x2 repetitions, no support                     |
| **Balance exercise**      |                                    |                                          |                                      |                                                  |                                                  |
| Knee bends                | 10 repetitions, hold support       | 10 repetitions, no support, Or 10 x2 repetitions, hold support | 10 x2 repetitions, no support | 10 x3 repetitions, no support, repeat             |
| Backward walking          | -                                  | 10 steps, 4 times, hold support         | -                                    | 10 steps, 4 times, no support                     |
| Walking and turning around| -                                  | Walk and turn around (make a figure of 8), twice, use walking aid | Walk and turn around (make a figure of 8) twice, no support | -                                                |
| Sideways walking          | -                                  | 10 steps, 4 times, hold support         | 10 steps, 4 times, no support        | -                                                |
| Tandem stance (heel-toe stand) | 10 seconds, hold support           | 10 seconds, no support                  | -                                    | -                                                |
| Tandem walk (heel-toe walk) | -                                  | -                                        | 10 steps x2, hold support            | 10 steps x2, no support                          |
| One-leg stand             | -                                  | 10 seconds, hold support                | 10 seconds, no support               | 30 seconds, no support                           |
| Heel walking              | -                                  | -                                        | 10 steps, 4 times, hold support      | 10 steps, 4 times, no support                     |
| Toe walking               | -                                  | -                                        | 10 steps, 4 times, hold support      | 10 steps, 4 times, no support                     |
| Heel-toe walking backwards | -                                  | -                                        | -                                    | 10 steps x2, no support                           |
| Sit to stand              | 5 stands, both hands for support   | 5 stands, one hands or 10 stands, two hands for support | 10 stands, no support, or 10 stands x2, one hand for support | 10 stands x2, no support                           |
| Stair walking             | Go up and down 10 steps, hold hand-rail | Go up and down 10 steps, hold hand-rail | Go up and down 10 steps, hold hand-rail | Go up and down 10 x 2 steps, hold hand-rail       |