

**Table 1.** Description, execution, and progression parameters of the exercises included in the intervention protocol.

| SEGMENTAR EXERCISES           |                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                      | MOTOR AND SENSORIAL INTEGRATION                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
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| Exercises                     | ROM improvement                                                                                                                                                                                                                                                                         | Muscle strengthening                                                                                                                                                                                                                                                                                                                                                                                                                                 | Balance training                                                                                                                                                    | Gait training                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Description</b>            | <ol style="list-style-type: none"> <li>1. Passive stretching of flexors and extensors of toes and hallux (Goldsmith et al., 2002).</li> <li>2. Self-stretching of triceps surae (Goldsmith et al., 2002).</li> </ol>                                                                    | <ol style="list-style-type: none"> <li>1. Hallux and toe flexor muscles, and foot intrinsic muscles.</li> <li>2. Hallux and toe extensor muscles.</li> <li>3. Flexors, extensors, and inversor and evensor muscles of the foot and ankle complex (Richardson et al., 2001; Gardner et al., 2001).</li> </ol>                                                                                                                                         | <ol style="list-style-type: none"> <li>1. Single-leg support (Richardson et al., 2001).</li> <li>2. Double-leg support on a rubber disc filled with air.</li> </ol> | <ol style="list-style-type: none"> <li>1. Walking over the heel, forefoot, lateral border, and medial border of feet (Gardner et al., 2001).</li> <li>2. Walking in tandem (Gardner et al., 2001).</li> <li>3. Walking, softening the heel and forefoot contact during normal walking.</li> <li>4. Walking, grabbing the floor with toes.</li> <li>5. Walking with the considered normal foot rollover: heel strike, midfoot, lateral forefoot, medial forefoot, and hallux contact.</li> </ol> |
| <b>Execution</b>              | <ol style="list-style-type: none"> <li>1. Supine, knees extended, ankle in neutral. Flexion and extension of the toes and hallux, separately.</li> <li>2. Standing the contralateral limb ahead, with bent knee, and the ipsilateral backwards with the foot facing forward.</li> </ol> | <ol style="list-style-type: none"> <li>1. Sitting with the foot flat on the floor, grab an object with the toes and hallux.</li> <li>2. Sitting with the foot flat, extension of the toes and hallux. No dorsiflexion allowed.</li> <li>3.a. Supine with the knees extended, flexion, inversion, and eversion against the resistance of a rubber band.</li> <li>3.b. Standing, flexion and extension of both ankles. Upper limbs support.</li> </ol> | <ol style="list-style-type: none"> <li>1. Standing without upper limb support.</li> <li>2. Trying to stand still, without upper limbs support.</li> </ol>           | <ol style="list-style-type: none"> <li>1, 2, 4 and 5. Walking in a straight line, with the preferred speed.</li> <li>3. Walking in a straight line, with the preferred speed. Instruction to patient: "don't make noise when your foot lands, and walk at your preferred speed".</li> </ol>                                                                                                                                                                                                     |
| <b>Volume and duration</b>    | 5 X 30 seconds each limb                                                                                                                                                                                                                                                                | <ol style="list-style-type: none"> <li>1. 3x of 30 repetitions.</li> <li>2. 3 x 30 repetitions.</li> <li>3.a. 3 x 15 repetitions.</li> <li>3.b. 3 x 15 repetitions.</li> </ol>                                                                                                                                                                                                                                                                       | <ol style="list-style-type: none"> <li>1. 5 x 30 seconds each side.</li> <li>2. 1 x 2 minutes.</li> </ol>                                                           | Walk for 60 meters each task.                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Progression</b>            | Until reaching full ROM                                                                                                                                                                                                                                                                 | <ol style="list-style-type: none"> <li>1. Increasing the rigidity of the object: cotton, soft sponge, soft rubber ball, hard rubber ball, and pencil.</li> <li>2. No increase in external resistance.</li> <li>3.a. Progressive resistance of Theraband: red (medium) and black (special heavy).</li> <li>3.b. Initially double-leg support, progressing to single-leg support.</li> </ol>                                                           | <ol style="list-style-type: none"> <li>1. Stable floor, unstable floor (folded towel) and eyes closed.</li> <li>2. Eyes open and eyes closed.</li> </ol>            | Until performing 60 meters of each tasks, without needing intercalation.                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Progression parameters</b> | Without pain                                                                                                                                                                                                                                                                            | <ol style="list-style-type: none"> <li>1. Always perform the complete number and duration before progressing to the more difficult object.</li> <li>2. Performing the exercise without pain or fatigue.</li> <li>3. Always try to do the three series, even if the patient cannot reach 15 repetitions.</li> </ol>                                                                                                                                   | Maintaining the position without upper limb support.                                                                                                                | Performing the task with proper alignment, without intercalation, and without pain or fatigue. If necessary, the patient can intercalate tasks until he is able to perform the required 60 meters.                                                                                                                                                                                                                                                                                              |
| <b>Approximate duration</b>   | 20 minutes                                                                                                                                                                                                                                                                              | 15 minutes                                                                                                                                                                                                                                                                                                                                                                                                                                           | 7 minutes                                                                                                                                                           | 15 minutes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |