

Supplementary material

1- Circuit of functional exercises



Exercise 1. Simulate drying the back: pass the stick behind the back (as if drying the back with a towel, change hands every 5 movements);



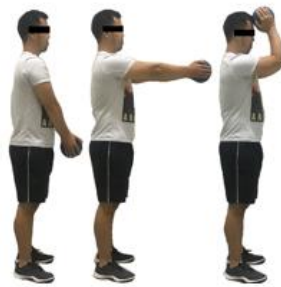
Exercise 2. Simulate sweeping the floor: With shoulder flexion at approximately 75°, hold the rod with the forearm pronated, perform a movement similar to "rowing";



Exercise 3. Simulate Tying Shoes: Sitting in a chair with 90° elbow flexion, hold a ball with their hands, then perform knee flexion, touching the lateral malleolus on the contralateral knee, with the ball touching the medial malleolus;



Exercise 4. Simulate passing a squeegee on the floor: Holding a stick (the stick should touch the ground) with the hands, move the stick anteriorly to the left and then later to the right, and after repeat on the contralateral side;



Exercise 5. Simulate bath movements to wash the hair: Holding a small ball in the hands, perform simultaneous movements: 90° shoulder flexion, 90° elbow flexion, and touch the ball on the head;



Exercise 6. Simulate picking up objects in high and low places: In front of a bookcase in the orthostatic position, pick up a ball from a high shelf (head level) and then put it on two lower shelves (chest level and waist level);



Exercise 7. Simulate squatting: Squat holding a fixed bar;



Exercise 8. Simulate walking on uneven ground using ramps and stairs: Rise and descend steps/ramp;



Exercise 9. Simulate standing up and sitting in a chair: Perform the *Timed Up and Go test* (TUG) - get up from the chair, walk a short distance (3 meters), and sit in the chair again;



Exercise 10. Simulate changing clothes: With a hula hoop on the ground, step with both feet inside the circle, crouch to pick up the hula hoop with both hands, rise up holding the hula hoop and perform shoulder flexion

by lifting the hula hoop so that it runs all over the body of the individual; reverse the movement with the same steps, ending by placing it on the floor again;



Exercise 11. Simulate the avoidance of obstacles during gait: With five hula hoops on the ground, walk among the hula hoops;



Exercise 12. Simulate picking up objects: In front of three small cones on the floor, perform trunk flexion and touch the tip of one of the cones and return to the starting position and repeat the movement until having touched all the cones; When finishing the three movements, perform them with the other hand.

Supplementary Material

2- Qualitative evaluation questions

• Experience with the disease treatment

- Do you know what treatments exist for your disease?
- What treatments do you know for your disease?
- Did you like the type of the treatment that was offered to you? Why?
- What did you most like about the treatment?
- What did you dislike about the treatment?
- Do you think you have improved with the treatment offered? On what?
- Would you change the type of treatment that was offered to you? How?

• Experience with the disease treatment

- If you could change the type of treatment, which would you choose? Why?
- Did you like the relationship with the other patients with the same disease during the realization of the exercises?
- Would you participate again in this type of treatment?
- **Treatment suggestions and facilitators**
- What do you think could be better in the program?
- Would you indicate this program to other patients? Why?
- **Treatment suggestions and facilitators**
- Have you participated in other physical therapy treatments? If yes, which ones? Which one did you most like? Why?
- **Barriers to the treatment**
- Which reasons led you to give up the program?
- What reasons didn't let you go to the treatment?
- **Finalization**
- Is there anything you would like to say?