

Appendix 1. Table of exercises per week

Week 1	Global exercises, upper limb mobilizations, active mobilization of lower limbs, and basic physical preparation exercises, seated balance exercises, and gentle walking.
Week 2	Exercises involving midline crossing + synergies + global mobilizations in upper limbs, active mobilization of lower limbs and trunk, seated balance exercises, functional exercises like touching their toes, and gentle walking.
Week 3	Strength + endurance exercises for upper limbs, resisted exercises for lower limbs with a yellow elastic band, trunk exercises, functional exercises like making a full turn, balance exercises in standing position, and walking.
Week 4	Fine motor skills exercises (grasps and pinches) with coordination and speed in upper limbs, resisted exercises with a yellow elastic band maintaining the position for 5 seconds, functional exercises, stability and balance exercises in standing position, walking.
Week 5	Combination of exercises from weeks 1 to 4.