Appendix 1

Procedure for Performing Nine-Square Step Exercises (Basic Level)

1. The participant stands with both feet in square number 1.
2. The right foot steps into square number 2.
3. Both feet are then placed in square number 2.
4. The right foot steps into square number 3.
5. The left foot moves into square number 3.
6. Both feet are placed in square number 3.
7. Both feet move to square number 4.
8. The left foot steps backward into square number 1.
9. Finally, both feet return to square number 1.
   (All steps were also performed in the opposite direction.)

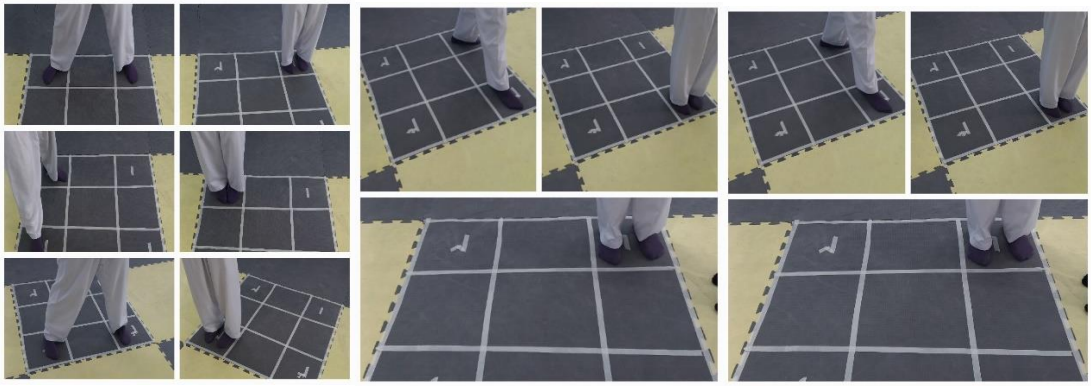


Figure 1: Schematic of the basic nine-square step exercise pattern, illustrating sequential foot placements across squares 1 to 4 and back, performed in both directions.

Procedure for Performing Nine-Square Step Exercises (Advanced Level)

1. The participant places the left foot in square number 1 and the right foot in square number 2.
2. The left foot moves forward and diagonally into square number 3.
3. The left foot moves forward from the back into square number 4.
4. The right foot moves backward into square number 1.
5. The left foot moves backward into square number 3 again.
   (This sequence was repeated in the opposite direction to complete nine steps, ensuring stepping in both directions.)

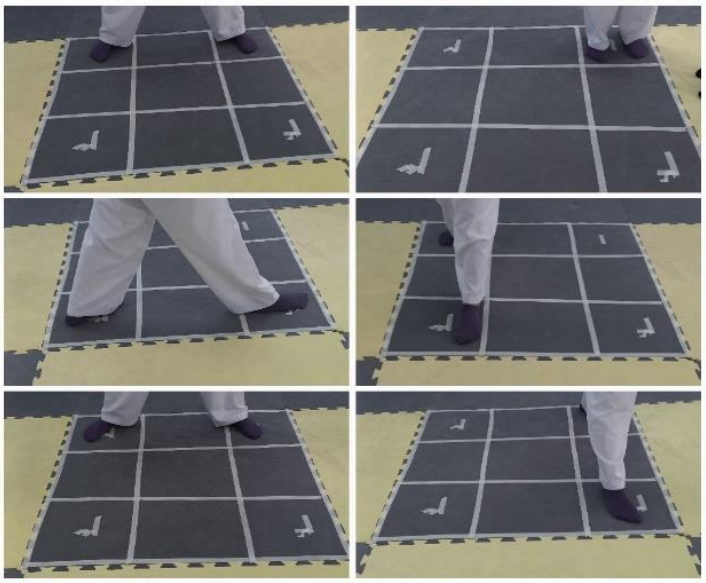


Figure 2: Schematic of the advanced nine-square step exercise pattern, showing diagonal and multi-directional foot movements across the nine-square grid.

Appendix 2

Figure 1: Comparison of Mean Gait Components at Pre-Test
This figure shows the mean gait components (step length, step width, step speed, and step rhythm) at pre-test for the experimental group (red) and control group (blue). The small horizontal lines above each bar represent the standard deviation.

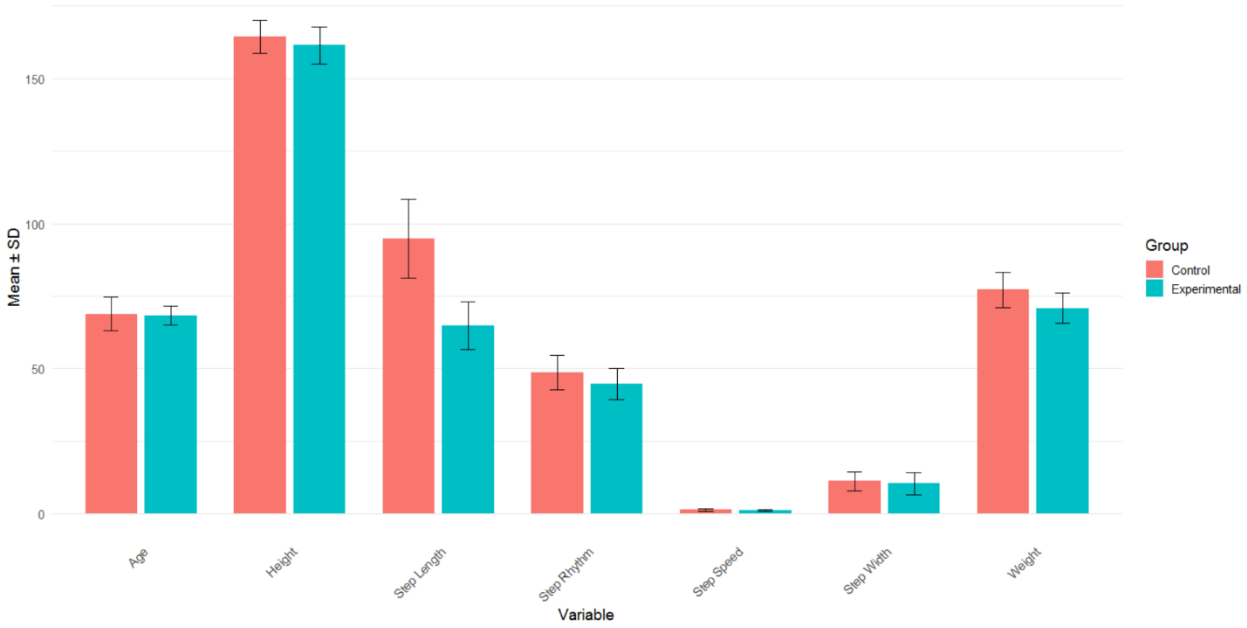
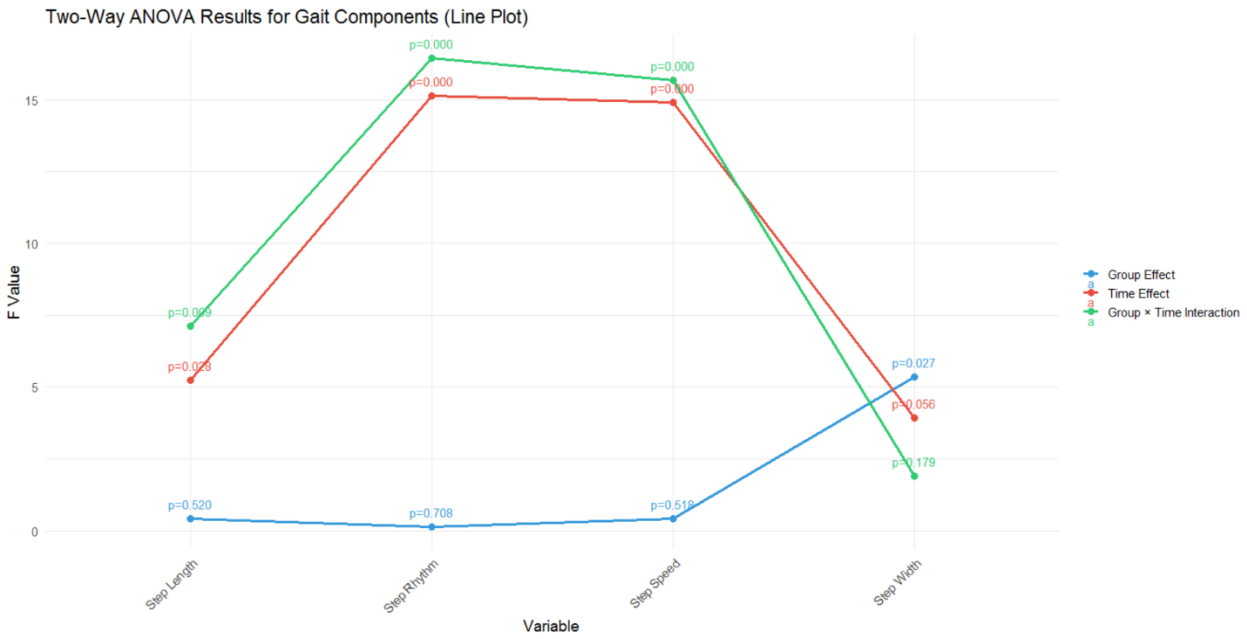


Figure 2: Changes in Gait Components Over Time Between Groups
This figure illustrates the changes in mean gait components (step length, step width, step speed, and step rhythm) from pre-test to post-test for the experimental group (green) and control group (red), along with the group × time interaction effect (blue). The p-values indicate the significance of the differences.


Two-Way ANOVA Results for Gait Components (Line Plot)
F Value
Variable
Step Length
Step Rhythm
Step Speed
Step Width
0
5
10
15
p=0.009
p=0.029
p=0.520
p=0.000
p=0.000
p=0.708
p=0.000
p=0.000
p=0.518
p=0.027
p=0.056
p=0.179
Group Effect
Time Effect
Group × Time Interaction