Category	Exercise	Diff	Date	Reps/Mod	Date	Reps/Mod	Date	Reps/Mod
Seated	Shifting Weight Side-to-Side	B						
Seated	Shifting Weight Forward-to-Back	B						
Seated	Trunk Circles	B						
Seated	Lateral Trunk Flexion	B						
Seated	Leaning Down on Elbow	I						
Seated	Leg Lift	B						
Seated	Hip Abduction Side Kicks	B						
Seated	Reach With Clasped Hands	I						
Seated	Reaching *Partner Required*	I						
Standing	Weight Shifting Front-to-Back	B						
Standing	Heel Raises	B						
Standing	Hip Abduction	I						
Standing	Kickback Hip Extension	I						
Standing	Step-Up	I						
Standing	Sit to Stand	I						
Standing	One-Leg Stand	C						
Standing	Lunge	C						
Standing	Lateral Lunge	C						
Standing	Standing Knee Lift	C						
Standing	Squat	C						
Standing	Bicep Curls for Balance	C						
Walking	Sideways	B						
Walking	Heel-to-Toe	B						
Walking	Heel	I						
Walking	Toe	I						
Walking	Backward	I						
Walking	Balance	I						
Walking	Head Turning	I						
Walking	Serpentine	I						
Walking	Grapevine	C						
Walking	Ball Toss	C						
Floor	Pelvic Tilt	B						
Floor	Knee-to-Chest Stretch	B						
Floor	Cat-Cow	B						

Floor	Clamshells	B						
Floor	Side-Lying Hip Abduction	I						
Floor	Glute Bridge	I						
Floor	Kneeling to Standing	I						
Floor	Windshield Wipers	I						
Floor	Crawling	C						
Floor	Alternating Superman	C						
Core	Seated Leg Kicks	B						
Core	Standing Oblique Crunches	B						
Core	Dead Bug	I						
Core	Kneeling Forward Plank	I						
Core	3-Point Stance	I						
Core	2-Point Stance (Bird Dog)	C						
Core	Seated Knee Tucks	C						
Core	Seated Russian Twists	I						
Vestibular	Eye Movement Up-Down							
Vestibular	Eye Movement Side-to-Side							
Vestibular	Head Movement Forward-to-Back							
Vestibular	Head Movement Side-to-Side							
Vestibular	Pick-Up Object in Front							
Vestibular	Pick-Up Object Side-to-Side							
Vestibular	Throwing Ball Hand-to-Hand							
Vestibular	Sitting, Standing, Turning							
Vestibular	Gaze Stabilization							
Test	Romberg							
Test	5-Time Sit-to-Stand							
Test	Functional Reach							
Test	Timed Up & Go							