

**Table 3. Energy conservation strategies and examples of interventions**

Energy Conservation	Examples of interventions
Energy Conservation Training for neuromuscular diseases	<p>Manage fatigue, sleep, mood, smoking cessation</p> <p>Separate activities in time, continue aerobic conditioning</p> <p>Ergonomic modification and education</p>
Minimize gait parameter costs	Gait training, correct gait-limiting impairments (e.g., instability, pain, spasticity)
Environmental modification (Ergonomics)	Handrails, ramps instead of stairs
Assistive Devices	<p>Cane and crutch help with energy conservation for aid-dependent ambulators</p> <p>Rollator more energy efficient</p> <p>Manual wheelchair propulsion technique training minimizes overuse injuries</p>
Footwear Spinal orthoses AFO Power orthoses	<p>Footplate with toe filler can partially offset protective diabetic shoe weight related energy expenditure</p> <p>Add weight but offer protection</p> <p>Spring leaf AFO minimizes energy expenditure</p> <p>Reduce energy expenditure by providing assistance</p>
Surgical management	Corrective surgeries for deformity