

Supplementary Table 1. Shoulder stretching exercise with T-bar and core stability exercise with ball

Shoulder stretching exercise with T-Bar (focus on pectoralis major and minor muscles)

- (1) In supine position with both arms stretched away from the head.
- (2) In supine position, the unaffected arm should hold the tip of the bar across the abdomen before fully stretching it. The affected arm should hold the T-side of the bar. The other arm should push the bar.
- (3) In supine position, the unaffected arm should hold the tip of the bar across the chest and take a 135 degree abduction position with the affected arm. The affected arm should hold the T-side of the bar, while using the other arm to push the bar.
- (4) In supine position, the unaffected arm should hold the tip of the bar across the abdomen, and then take a 90 degree position with the elbow flexed. Then, the patient should take a 90 degree shoulder abduction position with the affected arm. The affected arm should hold the T-side of the bar, while using the other arm to push the bar.
- (5) While standing in front of a corner, make flex the elbow and shoulder to 90 degrees each with both arms and push forward.
- (6) While standing in front of a corner, take a 135 degree shoulder abduction position with both arms and push forward.

Ball exercise

- (1) In supine position, extend the arms to the side and place both feet together on the ball. Move from side to side several times.
- (2) In supine position, place the hands on the stomach and place both feet together on the ball. Then, raise the hips and hold 5 seconds.
- (3) In supine position, extend the hands to the side and carry the ball between the feet to raise the ball to a 90 degree angle and hold for 5 seconds. Slowly bring the ball down again. Repeat 5 to 10 times.
- (4) In supine position, with your legs in the knee flex position, put the ball on the lower thigh near the knee, holding it with your hands with both arms straight. Raise the upper trunk and hold 5 seconds.
- (5) In a sitting position with leg crossed, place the ball behind your back, place the head on the ball and extended backward with both arms stretched.
- (6) Place the ball behind your back, raise your hips to align your body, forming a 90 degree angle with your lower legs. With legs slightly apart, place your arms on your chest. Hold for 5 seconds.
- (7) In the same position as number 6, lower your head backward while stretching your legs and arms to the side as support. Rest the ball at your hip and lower back.
- (8) While in a kneeling or sitting position, roll the ball forward with your head tucked between your arms, and hold for 5 seconds.
- (9) While in a kneeling or sitting position, roll the ball from side to side with your head tucked between your arms and hold 5 seconds.