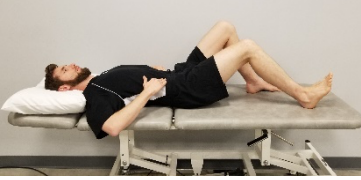
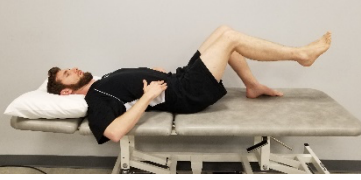





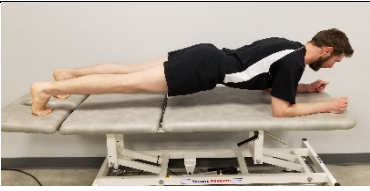

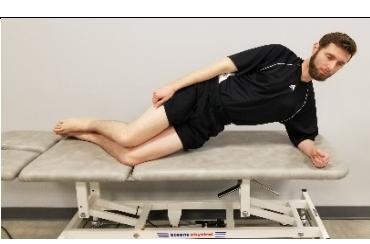



Appendix B: Spinal Stabilization Exercises with Progression Criteria (Adapted from Hicks et al.).³² Each participant performed one exercise from each of the following 4 categories:

Abdominal bracing, quadruped, prone plank, and side plank exercises.

Exercise	Progression (A → B → C)	Duration	Figure
1. Abdominal Bracing Exercises	A. Bracing with heel slides	15 repetitions per leg with 4 seconds hold	
	B. Bracing with leg lifts	15 repetitions per leg with 4 seconds hold	
	C. Bracing with bridging	30 repetitions with 8 seconds hold	
2. Quadruped Exercises	A. Quadruped arm lifts with bracing	15 repetitions per arm with 8 seconds hold	
	B. Quadruped leg lifts with bracing	15 repetitions per leg with 8 seconds hold	
	C. Quadruped alternate arm and leg lifts with bracing	15 repetitions per arm and leg with 8 seconds hold	

3. Prone Plank Exercises	A. Knee plank	30 repetitions with 8 seconds hold	
	B. Prone plank	30 repetitions with 8 seconds hold	
	C. Prone plank with leg lifts	15 repetitions per leg with 8 seconds hold	
4. Side Plank Exercises	A. Side plank with knees flexed	15 repetitions for each side with 8 seconds hold	
	B. Side plank with knees extended	15 repetitions for each side with 8 seconds hold	
	C. Side plank with leg lifts	15 repetitions for each side with 8 seconds hold	