








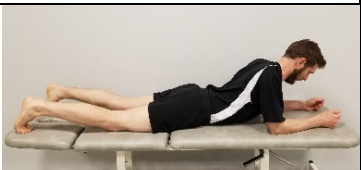
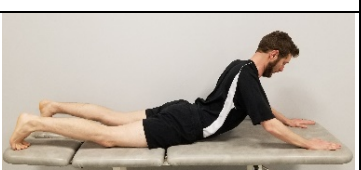


Appendix C: General Exercise Program with Progression Criteria. Each participant performed one exercise from each of the following 4 categories: Knee to chest, lower trunk rotation, prone press-ups, and Hamstring Stretch exercises.

Exercise	Progression (A → B → C)	Duration	Figure
1. Knee to Chest Exercise	A. Single knee to chest exercise with pain free	10 repetitions per leg with 10 seconds hold	
	B. Single knee to chest exercise to end range	10 repetitions per leg with 10 seconds hold	
	C. Double knees to chest exercise	20 repetitions with 10 seconds hold	
2. Lower Trunk Rotation	A. Lower trunk rotation with pain free	10 repetitions for each side with 10 seconds hold	
	B. Lower trunk rotation to end range	10 repetitions for each side with 10 seconds hold	
	C. Lower trunk rotation with legs lifts	10 repetitions for each side with 10 seconds hold	

3. Hamstring Stretch	A. Hamstring stretch with pain free	10 repetitions per leg with 10 seconds hold	
	B. Hamstring stretch with pain free to end range	10 repetitions per leg with 10 seconds hold	
	C. Seated Hamstring Stretch	10 repetitions per leg with 10 seconds hold	
4. Prone Press-Ups	A. Prone on elbow	20 repetitions with 10 seconds hold	
	B. Prone press-ups with pain free	20 repetitions with 10 seconds hold	
	C. Prone press-ups to end range	20 repetitions with 10 seconds hold	