EXERCISE GROUP TREATMENT PROTOCOL (Ex)

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| Exercise | Repetitions  (0-3 weeks) | Repetitions  (4-6 weeks) | Repetitions  (6-8 weeks) |
| Strengthening of abdominal muscles | 6 | 8 | 15 |
| Strengthening of back extensor muscles | 6 | 8 | 15 |
| Shoulder circles (backwards) | 6 | 8 | 15 |
| Scapular Retraction | 6 | 8 | 15 |
| Shoulder Shrugs | 6 | 8 | 15 |
| Chin Tucks | 6 | 8 | 15 |
| Posterior pelvic tilt | 6 | 8 | 15 |
| Pelvic Elevation (Bridge) | 6 | 8 | 15 |
| Standing Posture Alignment (with mirror) (5 mins) | 1 | 1 | 2 |
| Cat-Cow Stretch | 6 | 8 | 15 |
| TheraBand Row (Green-Medium Light) | 6 | 8 | 15 |
| Closed Stance Standing (30 sec) | 1 | 2 | 3 |
| Tandem Stance Standing (30 sec) | 1 | 2 | 3 |
| Uneven Surface Standing (30 sec) | 1 | 2 | 3 |
| Reciprocal Upper Limb Flexion Extension at Standing | 6 | 8 | 15 |
| Forward and Sideways Stepping | 6 | 8 | 15 |
| Weight Shifting Drills | 6 | 8 | 15 |
| Gait Training in Parallel Bars (2m walking) (lapses) | 2 | 2 | 3 |

Exercises were performed in pain limit.

PNF COMBINED WITH CONVENTIONAL EXERCISE GROUP TREATMENT PROTOCOL (PNF INTERVENTIONS ADDITION TO THE EXERCISES OF EXERCISE ALONE GROUP) (PNF+Ex)

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| **PATTERN** | **TECHNIQUE** | Repetitions  (0-3 weeks) | Repetitions  (4-6 weeks) | Repetitions  (6-8 weeks) |
| Anterior Elevation | Rhythmic Initiation | 6 | 8 | 12 |
| Repeated Contraction |
| Posterior Depression | Rhythmic Initiation |
| Repeated Contraction |
| Anterior Depression | Rhythmic Initiation |
| Repeated Contraction |
| Posterior Elevation | Rhythmic Initiation |
| Repeated Contraction |

Between exercises, 20 seconds resting periods were given to participants to prevent fatigue