

Appendix

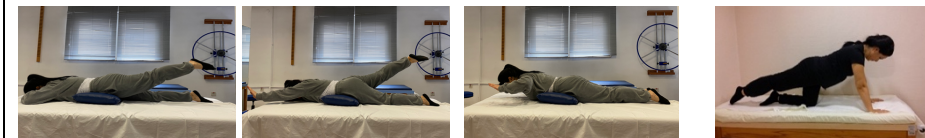
STABILIZATION EXERCISE PROGRAM



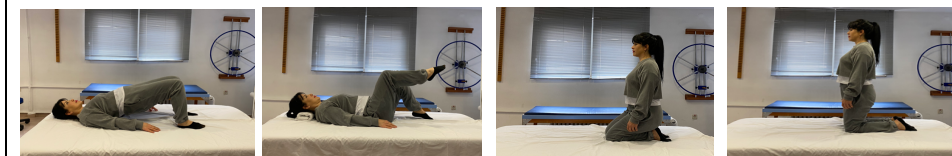
A) Stretching exercises



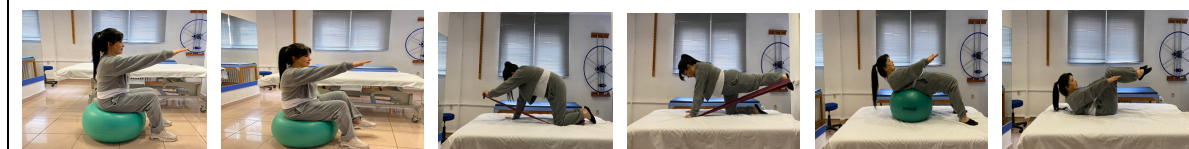
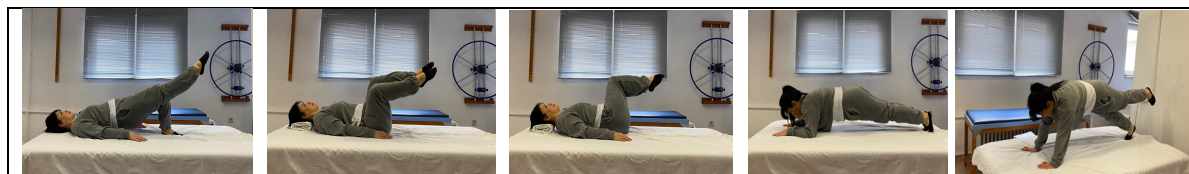
B) First week exercises



C) Second week exercises

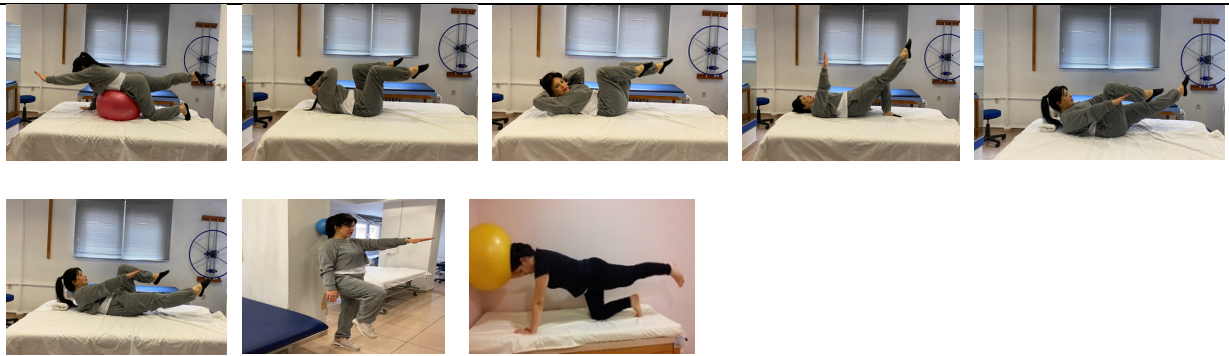


D) Third week exercises



E) Fourth week exercises

STABILIZATION EXERCISE PROGRAM



F) Fifth week exercises

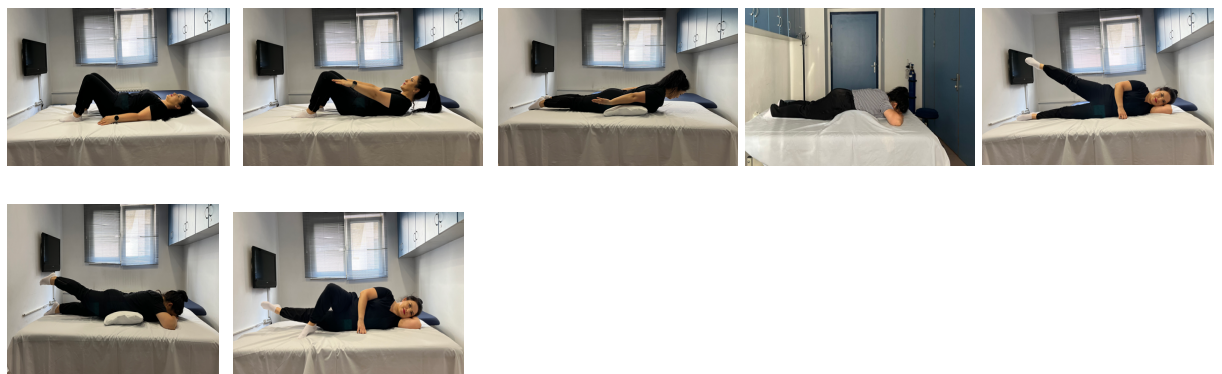


G) Sixth week exercises

GENERAL EXERCISE PROGRAM



A) Stretching exercises



B) General exercises