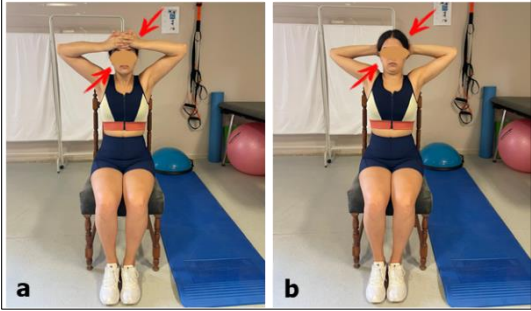
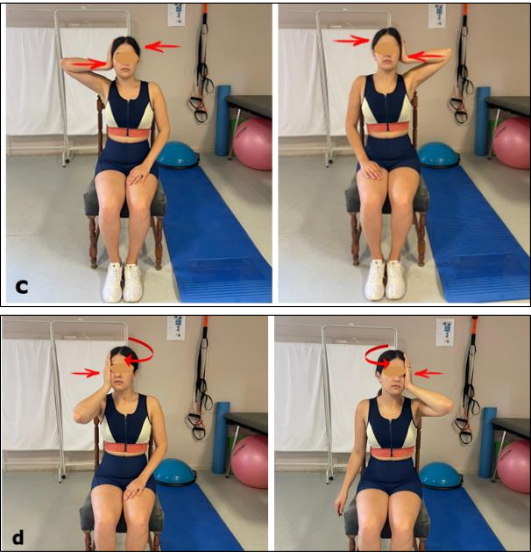
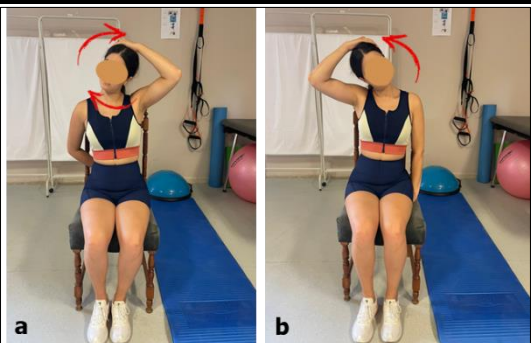
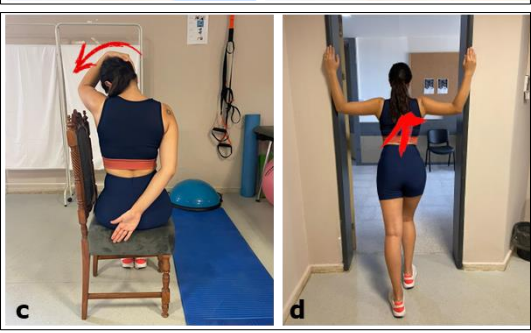


Appendix





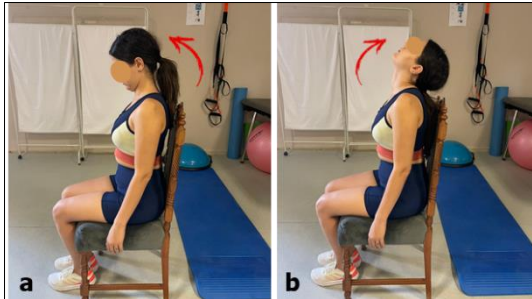

Control Group Exercise Program

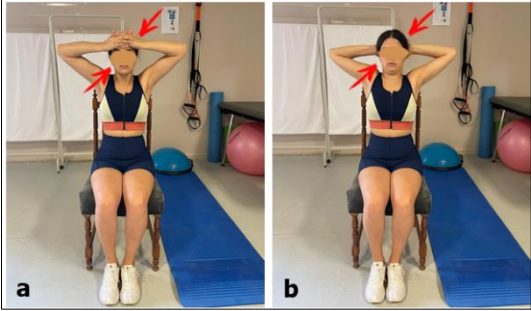
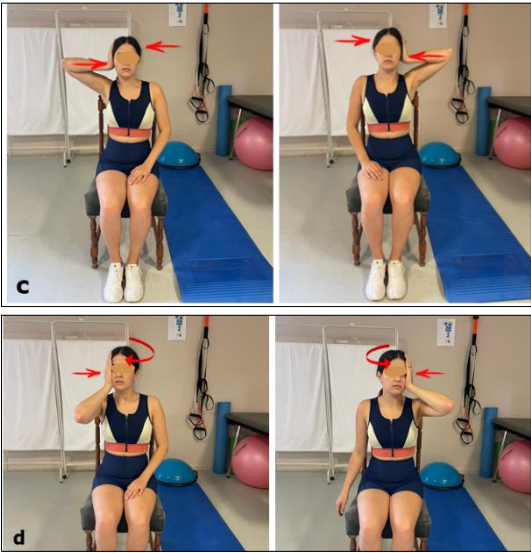
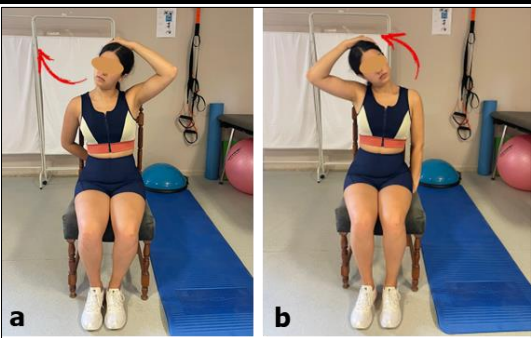
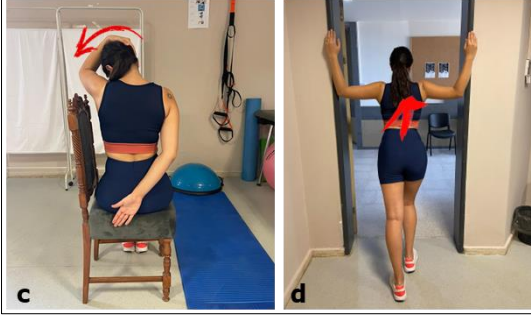
<i>Exercise</i>	<i>Reps</i>	<i>Duration</i>	<i>Photo</i>
Chin-Tuck exercise in a sitting position <u>(0-2 weeks)</u>	5 reps	6 seconds	
Chin-Tuck exercise in a sitting position <u>(2-4 weeks)</u>	10 reps	10 seconds	
Resist Chin-Tuck exercise in a sitting position <u>(4-6 weeks)</u>	5 reps	6 seconds	
Resist Chin-Tuck exercise in a sitting position <u>(6-8 weeks)</u>	10 reps	10 seconds	
Active cervical ROM exercises for flexion (a), extension (b), right-left lateral flexion (c) and right-left rotation (d) <u>(0-4 weeks)</u>	5 reps	5 seconds	
Active cervical ROM exercises for flexion (a), extension (b), right-left lateral flexion (c) and right-left rotation (d) <u>(4-8 weeks)</u>	10 reps	5 seconds	

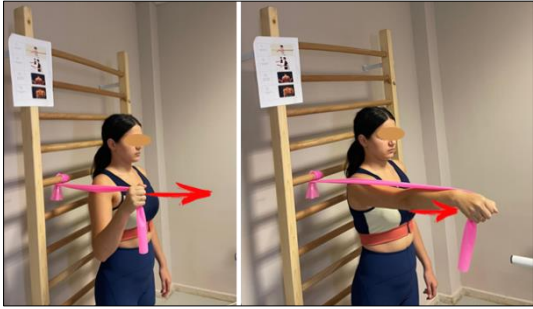
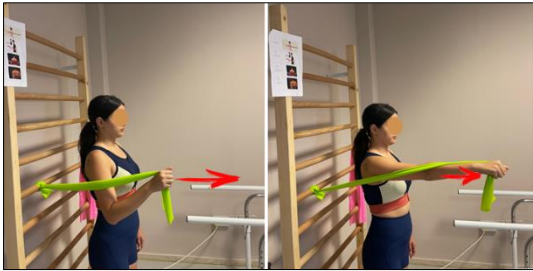
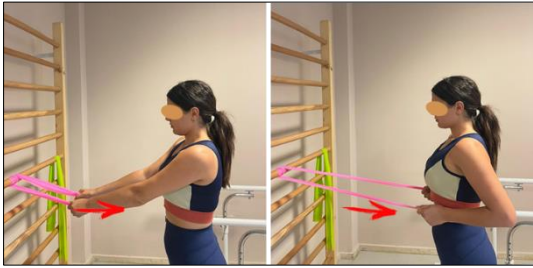
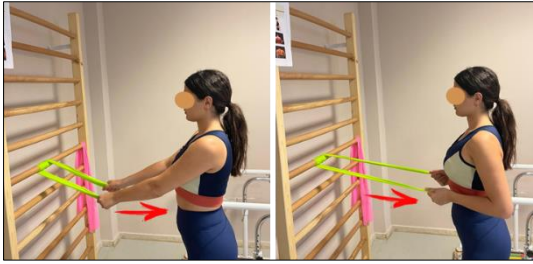
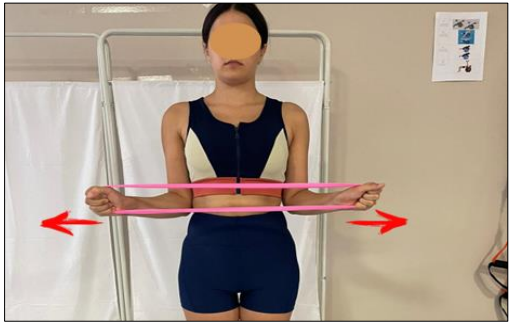

<p>Isometric cervical flexion (a), extension (b), right-left lateral flexion (c) and right-left rotation (d) exercises (0-4 weeks)</p>	<p>5 reps</p>	<p>6 seconds</p>	
<p>Isometric cervical flexion (a), extension (b), right-left lateral flexion (c) and right-left rotation (d) exercises (4-8 weeks)</p>	<p>10 reps</p>	<p>10 seconds</p>	
<p>Stretching exercises combined with breathing to SCM (a), UT (b), levator scapula (c) and pectoral (d) muscles (0-4 weeks)</p>	<p>5 reps each side</p>	<p>15 seconds</p>	
<p>Stretching exercises combined with breathing to SCM (a), UT (b), levator scapula (c) and pectoral (d) muscles (4-8 weeks)</p>	<p>10 reps each side</p>	<p>15 seconds</p>	

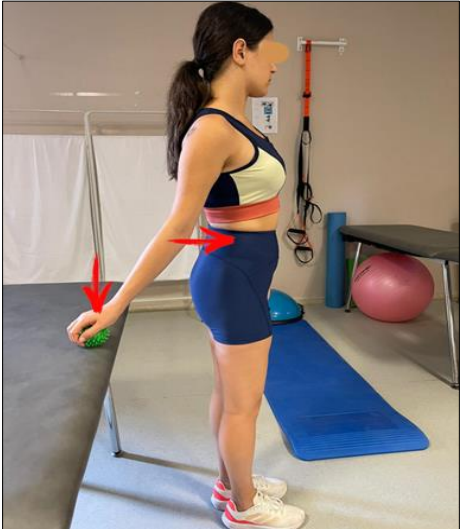
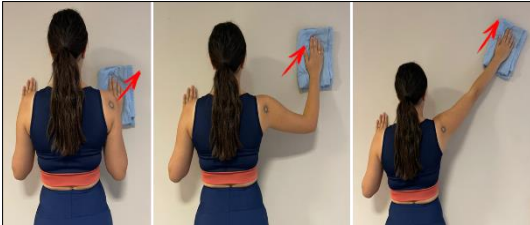


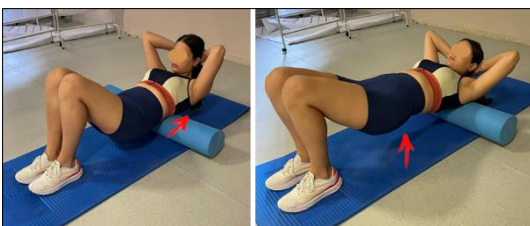
Reps: Repetitions, ROM: Range of motion, SCM: Sternocleidomastoid, UT: Upper trapezius

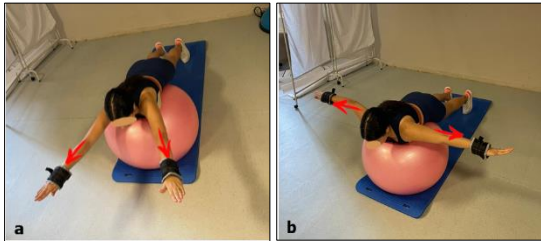

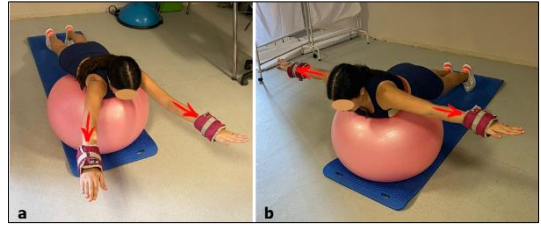

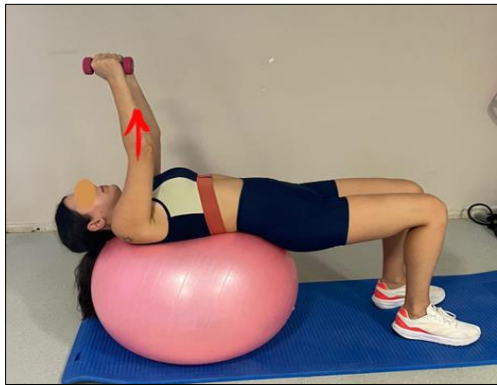

STEG Exercise Program

<i>Exercise</i>	<i>Reps</i>	<i>Duration</i>	<i>Photo</i>
Chin-Tuck exercise in a sitting position <u>(0-2 weeks)</u>	5 reps	6 seconds	
Chin-Tuck exercise in a sitting position <u>(2-4 weeks)</u>	10 reps	10 seconds	
Resist Chin-Tuck exercise in a sitting position <u>(4-6 weeks)</u>	5 reps	6 seconds	
Resist Chin-Tuck exercise in a sitting position <u>(6-8 weeks)</u>	10 reps	10 seconds	
Active cervical ROM exercises for flexion (a), extension (b), right-left lateral flexion (c) and right-left rotation (d) <u>(0-4 weeks)</u>	5 reps	5 seconds	
Active cervical ROM exercises for flexion (a), extension (b), right-left lateral flexion (c) and right-left rotation (d) <u>(4-8 weeks)</u>	10 reps	5 seconds	

<p>Isometric cervical flexion (a), extension (b), right-left lateral flexion (c) and right-left rotation (d) exercises <u>(0-4 weeks)</u></p>	<p>5 reps</p>	<p>6 seconds</p>	
<p>Isometric cervical flexion (a), extension (b), right-left lateral flexion (c) and right-left rotation (d) exercises <u>(4-8 weeks)</u></p>	<p>10 reps</p>	<p>10 seconds</p>	
<p>Stretching exercises combined with breathing to SCM (a), UT (b), levator scapula (c) and pectoral (d) muscles <u>(4-8 weeks)</u></p>	<p>5 reps each side</p>	<p>15 seconds</p>	
<p>Stretching exercises combined with breathing to SCM (a), UT (b), levator scapula (c) and pectoral (d) muscles <u>(4-8 weeks)</u></p>	<p>10 reps each side</p>	<p>15 seconds</p>	

Resistance punch exercise <u>(0-2 weeks)</u>	5 reps each arm	Red (L) Theraband	
Resistance punch exercise <u>(2-4 weeks)</u>	10 reps each arm		
Resistance punch exercise <u>(4-6 weeks)</u>	5 reps each arm	Green (L-M) Theraband	
Resistance punch exercise <u>(6-8 weeks)</u>	10 reps each arm		
Resistance rowing exercise <u>(0-2 weeks)</u>	5 reps	Red (L) Theraband	
Resistance rowing exercise <u>(2-4 weeks)</u>	10 reps		
Resistance rowing exercise <u>(4-6 weeks)</u>	5 reps	Green (L-M) Theraband	
Resistance rowing exercise <u>(6-8 weeks)</u>	10 reps		
Resistance bilateral external rotation and scapular adduction exercise <u>(0-2 weeks)</u>	5 reps	Red (L) Theraband	
Resistance bilateral external rotation and scapular adduction exercise <u>(2-4 weeks)</u>	10 reps		
Resistance bilateral external rotation and scapular adduction exercise <u>(4-6 weeks)</u>	5 reps	Green (L-M) Theraband	
Resistance bilateral external rotation and scapular adduction exercise <u>(6-8 weeks)</u>	10 reps		

<p>Scapulothoracic neuromuscular control exercise <u>(0-4 weeks)</u></p>	<p>5 reps each arm</p>	<p>10 seconds</p>	
<p>Scapulothoracic neuromuscular control exercise <u>(4-8 weeks)</u></p>	<p>10 reps each arm</p>	<p>10 seconds</p>	
<p>Towel sliding on the wall <u>(0-4 weeks)</u></p>	<p>5 reps each arm</p>	<p>-</p>	
<p>Towel sliding on the wall <u>(4-8 weeks)</u></p>	<p>10 reps each arm</p>	<p>-</p>	
<p>Stabilization against the wall <u>(0-4 weeks)</u></p>	<p>5 reps each arm</p>	<p>-</p>	
<p>Stabilization against the wall <u>(4-8 weeks)</u></p>	<p>10 reps each arm</p>	<p>-</p>	
<p>Push-up plus on BOSU ball <u>(0-4 weeks)</u></p>	<p>5 reps</p>	<p>-</p>	
<p>Push-up plus on BOSU ball <u>(4-8 weeks)</u></p>	<p>10 reps</p>	<p>-</p>	
<p>Scapulothoracic alignment on foam roller <u>(0-4 weeks)</u></p>	<p>5 reps</p>	<p>-</p>	
<p>Scapulothoracic alignment on foam roller <u>(4-8 weeks)</u></p>	<p>10 reps</p>	<p>-</p>	

Retraction in Y (a), T (b) and W (c) positions on an exercise ball <u>(0-2 weeks)</u>	5 reps	1 kg sandbag	
Retraction in Y (a), T (b) and W (c) positions on an exercise ball <u>(2-4 weeks)</u>	10 reps	1 kg sandbag	
Retraction in Y (a), T (b) and W (c) positions on an exercise ball <u>(4-6 weeks)</u>	5 reps	2 kg sandbag	
Retraction in Y (a), T (b) and W (c) positions on an exercise ball <u>(6-8 weeks)</u>	10 reps	2 kg sandbag	
Protraction with dumbbells on an exercise ball <u>(0-2 weeks)</u>	5 reps	1 kg dumbbell	
Protraction with dumbbells on an exercise ball <u>(2-4 weeks)</u>	10 reps	1 kg dumbbell	
Protraction with dumbbells on an exercise ball <u>(4-6 weeks)</u>	5 reps	2 kg dumbbell	
Protraction with dumbbells on an exercise ball <u>(6-8 weeks)</u>	10 reps	2 kg dumbbell	

L: Light, L-M: Light-Medium