



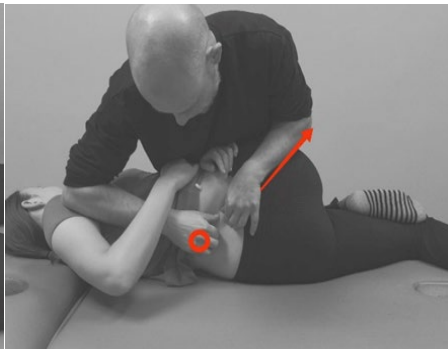
(a)



(b)



(c)



(d)












(e)





(f)

Figure S1. Manual therapy procedures: (a) Non-specific lumbar mobilization of the thoracolumbar part—articulation (in lateroflexion); (b) Non-specific lumbar mobilization of the thoracolumbar part —articulation (in flexion); (c) Lumbar segment mobilization in hypomobility; (d) Faceted manipulation of the lumbar segment; (e) Intersegmental distraction; (f) Non-specific lumbo-hip distraction using one leg.

	<p>No. 1</p> <p>Starting position: kneel with hands and knees shoulder-width apart.</p> <p>Performing the exercise: lift one leg and the opposite arm, return to the starting position and repeat with the other leg and the other arm.</p>
	<p>No. 2</p> <p>Starting position: kneel with hands and knees shoulder-width apart.</p> <p>Performing the exercise: fully lower the buttocks and extend the arms. Relax and feel the stretch.</p>
	<p>No. 3</p> <p>Starting position: lying on the back. Knees are bent. Feet are put on the ball. Hands are on the sides.</p> <p>Performing the exercise: lift the pelvis up, fully contract the buttocks, and keep the balance on the ball.</p>
	<p>No. 4</p> <p>Starting position: lying on the stomach, feet hip-width apart, arms fixed at the sides, head and shoulders off the ground.</p> <p>Performing the exercise: perform repetitive movements, raising the upper body and lowering the torso.</p>
	<p>No. 5</p> <p>Starting position: lying on the stomach, feet hip-width apart, arms fixed at the sides, head and shoulders off the ground.</p> <p>Performing the exercise: contract the abdominal muscles, rolling back and forth.</p>

	<p>No. 6</p> <p>Starting position: squat down from a standing position, lower your buttocks completely, keep hands in front of your knees.</p> <p>Performing the exercise: after squatting, stand up and repeat with pauses in the squatting position of 5 seconds.</p>
	<p>No. 7</p> <p>Starting position: while sitting, bend one leg with the other extended to the side, and reach for the outstretched leg with both hands.</p> <p>Performing the exercise: perform a repetitive stretching motion while bending forward towards the outstretched leg. Repeat on the other leg.</p>
	<p>No. 8</p> <p>Starting position: lying on your back with legs bent. One leg is stretched out on the ball, and hands are relaxed on the ground.</p> <p>Performing the exercise: press the ball with the outstretched leg, hold the pressure for 5–10 seconds. Repeat with the other leg.</p>
	<p>No. 9</p> <p>Starting position: lying on your side. One arm is bent under the head. Legs and hips are bent.</p> <p>Performing the exercise: lift up the upper leg and close it back again. Repeat with the other leg.</p>

	<p>No. 10</p> <p>Starting position: kneel with hands and knees shoulder-width apart. Bend arms at the elbows and outstretch the legs.</p> <p>Performing the exercise: lift the pelvis up. Fully contract the abdominal muscles and hold.</p>
	<p>No. 11</p> <p>Starting position: sitting on the ground. Legs are straight, shoulder width apart. Support yourself with hands.</p> <p>Performing the exercise: lift the pelvis up. Fully contract the buttocks. Hold and repeat.</p>
	<p>No. 12</p> <p>Starting position: kneel with hands and knees shoulder-width apart.</p> <p>Performing the exercise: perform full extension and bending of the waist. Try to do full amplitude.</p>



	<p>No. 13</p> <p>Starting position: lie on the back. Hands are put straight on the sides. Hips and knees are bent. Feet do not touch the floor.</p> <p>Performing the exercise: perform turns to the left, then to the right. Keep the position of the legs.</p>
	<p>No. 14</p> <p>Starting position: lying position on the ground. Both legs are straight.</p> <p>Performing the exercise: Bend the hip and knee of one leg, embrace the knee of the bent leg, and pull it towards the chest.</p>

Figure S2. Exercise program