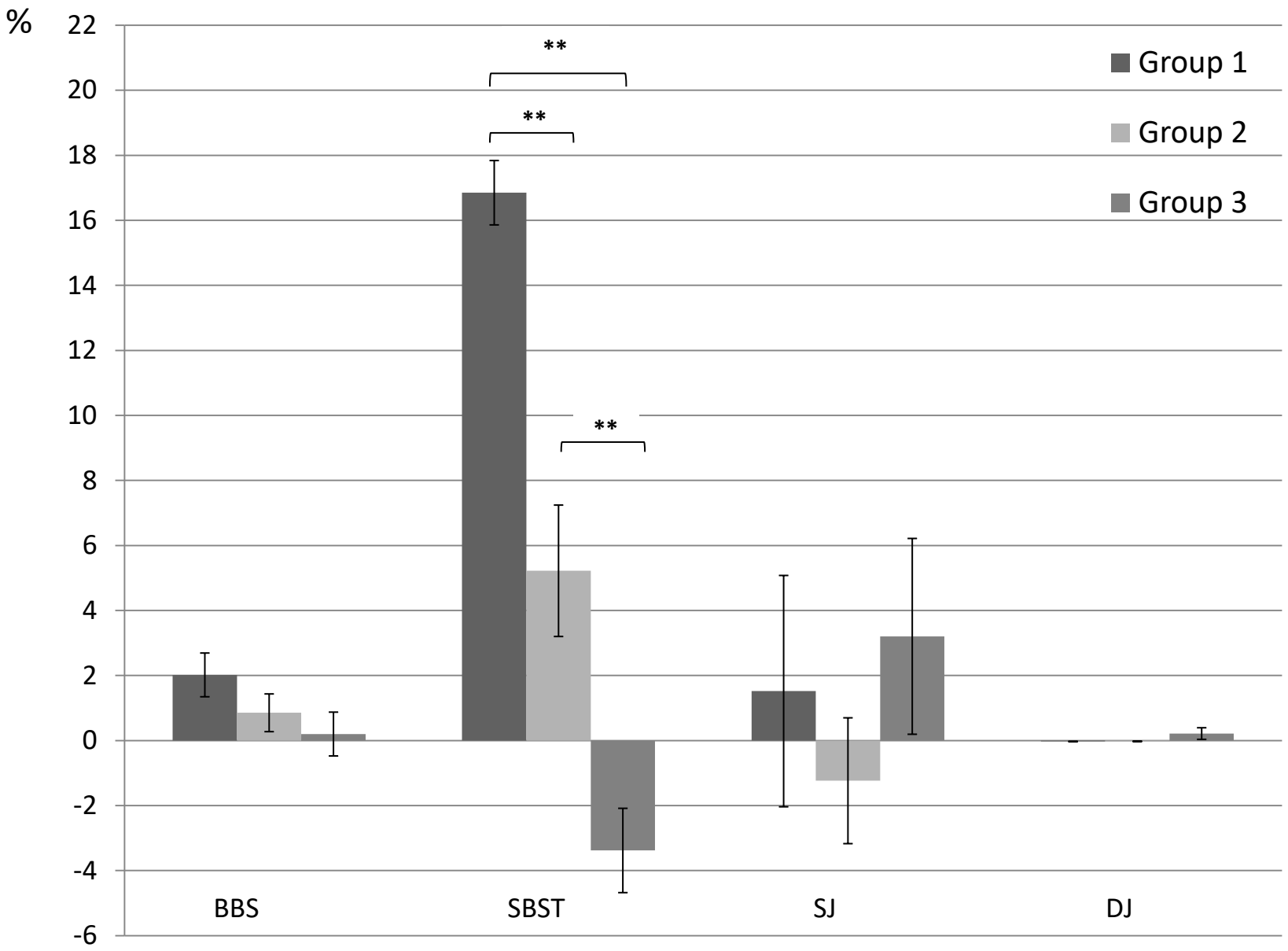



**Figure S1.** Percentage of variation at follow-up (12 weeks post-intervention to pre-intervention) of the three groups. Abbreviations: BBS, Berg Balance Scale; SBST, Stork balance stand test; SJ, Squat Jump test; DJ, Drop Jump test. * $p < 0.05$; ** $p < 0.01$.