

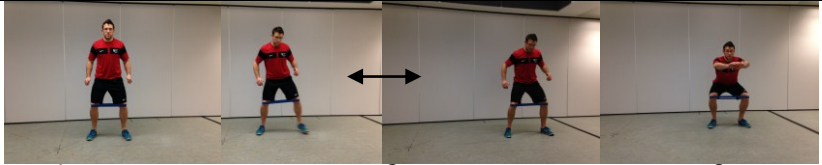


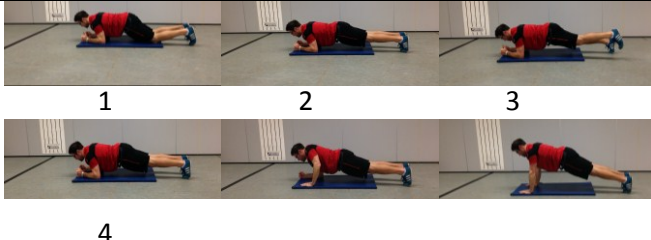
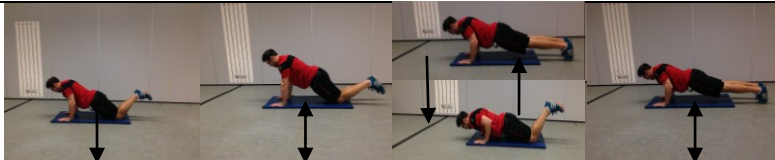
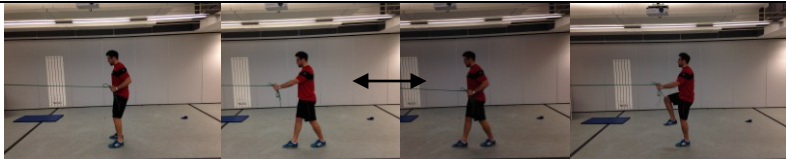


Table 1. Intervention exercise progressions based on Movement Dynamics (18)

Exercise	Level	Descriptor	Illustration
Crawling	1	Quadrapped knee to elbow	 <p>1 2 3</p>
	2	Press-up position knee to elbow	
	3	Lizard Walks	
Pike Walk	1	Static Pike Walk	 <p>1 2 3 4</p>
	2	Pike walk	
	3	Pike walk with half press up	
	4	Pike walk with full press up	
Glute Activation	1	Glut activation in standing (theraband)	 <p>1 2 3</p>
	2	Lateral band walk	
	3	Lateral band walk with squat	
Squatting	1	Squat Taps (knees)	 <p>1 2 3 & 4</p>
	2	Squat Taps (ankles)	
	3	Deep squat progression	
	4	Deep squat progression 2 (hold end position for 10 sec)	

Lunging	1	Static Lunge	
	2	Static lunge and twist	
	3	Walking lunge	
	4	Walking Lunge with A-Stand	
Prone plank	1	Half Plank	
	2	Plank	
	3	3-point Plank	
	4	Plank-Ups	
Push Ups	1	Eccentric half Press Up (knees)	
	2	Half Press Up (knees)	
	3	Full Press Up down, Half up	
	4	Full Press Up down, Half up	
Upper body pull	1	Band Pulls single arm two feet SLOW	
	2	Band Pulls single arm tandem SLOW	
	3	Band Pulls single arm single leg SLOW	
	4	Band Pulls single arm tandem FAST	

Dynamic landing	1	Two feet jump and stop (lateral and anterior/posterior) SLOW
	2	Two feet jump and stop (lateral and anterior/posterior) FAST
	3	Single leg hop and stop SLOW
	4	Single leg hop and stop FAST

