

Table S1. Progressive Trunk Control Exercise

Intensity of Exercise				
Exercise Component	Beginner Level	Intermediate Level	Advanced Level	Dosage
Achieving Neutral Spine	Sitting on firm surface with relaxed neck and shoulders; diaphragmatic breathing with upper abdominal activation.	Sitting on soft surface with same positioning and breathing control.	Sitting on Swiss ball maintaining neutral spine with diaphragmatic breathing.	2 sets of 10 repetitions
Trunk Extensor Strentghening	Prone on firm surface; head and trunk lifts with 90–90 arm position.	Same movement on soft surface.	Trunk hyperextension on a Swiss ball.	2 sets of 10 repetitions
Trunk Stabilization	Reaching toward object on table while sitting on firm surface.	Same on soft surface.	Same on Swiss ball or balance board.	2 sets of 10 repetitions
	Reaching in various directions with one hand while trunk remains stable on a firm surface.	Same on soft surface.	Same on Swiss ball or balance board.	
	Reaching overhead with both hands while sitting on firm surface.	Same on soft surface.	Same on Swiss ball or balance board.	
	Ball toss using both hands with therapist on firm surface.	Same on soft surface.	Same on Swiss ball or balance board.	
	Supine bridge on firm surface.	Same on soft surface.	Bridge with feet on Swiss ball, knees flexed.	
Functional Trunk Mobility	Sitting on firm surface; flexion, extension, lateral flexion, and rotation of trunk.	Same on soft surface.	Same on Swiss ball.	2 sets of 10 repetitions
	Reaching for object on floor, lifting to eye level and then overhead while sitting on firm surface.	Same on soft surface.	Same on Swiss ball.	
	Rotational reaching while seated on firm surface.	Same on soft surface.	Same on Swiss ball.	
Pelvic Weight Shifting	Lift one pelvis side while seated on firm surface.	Same on soft surface.	Same on Swiss ball.	2 sets of 10 repetitions
	Reach sideways with weight transfer on firm surface.	Same on soft surface.	Same on Swiss ball.	
Seated Balance Training	Maintaining balance against multi-directional perturbations on firm surface.	Same on soft surface.	Same on Swiss ball.	2 sets of 10 repetitions