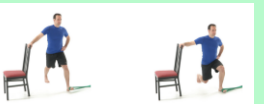
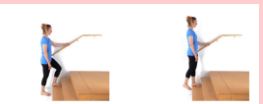


Additional file 2

Join2Move exercise program over twelve weeks with six different modules, respectively.

Table 1 The Join2Move exercise program based on the NEuroMuscular EXercise (NEMEX) program, which focuses on four domains: core stability/postural function, postural orientation, lower extremity muscle strength and functional exercises

Modules	Module 1	Module 2	Module 3	Module 4	Module 5	Module 6
Week	Week 1,2	Week 3,4	Week 5,6	Week 7,8	Week 9,10	Week 11,12
Exercise	Exercise 1	Exercise 4	Exercise 7	Exercise 10	Exercise 13	Exercise 16
Name	Knee extension	Active knee extension	Knee extension while sitting	Knee extension with an elastic band	Knee flexion with resistance	Lunge (activation of the popliteus muscle)
Picture						
Exercise	Exercise 2	Exercise 5	Exercise 8	Exercise 11	Exercise 14	Exercise 17
Name	Hip abduction while standing	Half squat	Sit down and stand up	Ascending/descending	Sliding hip extension	Eccentric plantar flexion
Picture						
Exercise	Exercise 3	Exercise 6	Exercise 9	Exercise 12	Exercise 13	Exercise 18
Name	Pelvic lift	Activating transverse abdominal muscles	FABER-stretching	Stretching the gluteal muscles (gluteus maximus)	Standing quadriceps stretch	Standing on one leg (eyes closed)
Picture						