

Supplementary Figures



Figure 1. Postural control and balance assessments, respectively: Limits of Stability test, Sit to Stand Test, Tandem Walk Test



Figure 2. Warm-up exercises

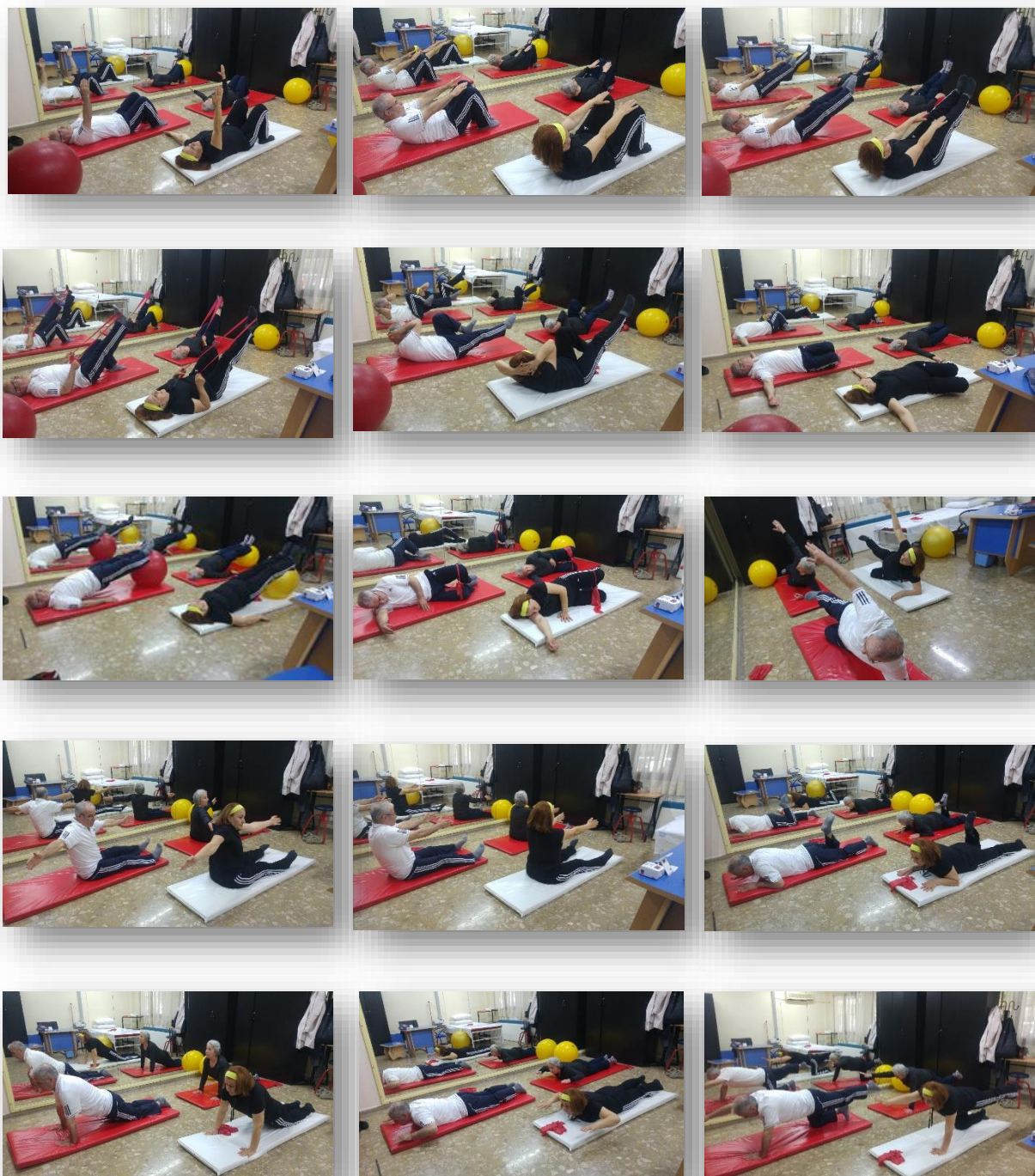


Figure 3. Pilates exercises



Figure 4. Cool-down exercises