Home exercises Sensor-Based Movement Control intervention (week 1-8)
Overview of all movement control home training exercises used in this study. A full guideline of 4 exercises per week.
| Exercise Description | Repetitions |
|----------------------|-------------|
| Pelvic tilt          | 15          |
| Sitting pelvic tilt  | 15          |
| Pelvic tilt in crawling position | 15          |
| Pelvic tilt on chair | 15          |
| Exercise                                                                 | Repetitions          |
|-------------------------------------------------------------------------|----------------------|
| Stretching legs                                                          | 10 repetitions per leg. |
| Flexion and extension of the thoracic spine                             | 15 repetitions.      |
| Kneeling pelvic tilt                                                    | 15 repetitions.      |
| 3D rotation of the thoracic spine                                       | 10 repetitions per side. |
### Week 3

| **Lateral tilt of the lumbar spine**  
| 10 repetitions per side. |
| ![Lateral tilt of the lumbar spine](image1) |

| **Standing pelvic tilt**  
| 15 repetitions. |
| ![Standing pelvic tilt](image2) |

| **Windshield wipers with feet on the floor**  
| 10 repetitions per side. |
| ![Windshield wipers with feet on the floor](image3) |

| **Leaning pelvic tilt**  
| 15 repetitions. |
| ![Leaning pelvic tilt](image4) |
Week 4

**Lateral bending**
10 repetitions per side.

**Leg raise with rotation**
10 repetitions per leg.

**Hands to knees**
15 repetitions.

**Kneeling pelvic tilt with rotation**
10 repetitions.
### Week 5

| Exercise                                                                 | Repetitions  |
|-------------------------------------------------------------------------|--------------|
| Hula hoop in crawling position                                          | 5 reps side  |
| Standing rotation in flexion                                            | 15 reps side |
| Pelvic tilt in lifted bridge position                                   | 10 reps      |
| Circling with bent knees                                                | 5 reps side  |

*Images depict various exercises as described.*
### Week 6

| Exercise                                      | Repetitions/Position                        |
|----------------------------------------------|---------------------------------------------|
| Side step lateral bending                    | 8 repetitions per leg                       |
| Stepping leg raise with rotation              | 10 repetitions per side.                    |
| Hands to knees with rotation                  | 7 repetitions per side.                     |
| Rotation in kneeling position                 | 4 repetitions per side for 3 times.         |
Week 7

**Stepping 3D rotation**
8 repetitions per side

**Standing rotation**
10 repetitions

**Contrarian rotation**
10 repetitions per side

**Standing Ichthus**
7 repetitions
| Exercise                                              | Repetitions                  |
|-------------------------------------------------------|------------------------------|
| Dynamic lunge                                         | 10 repetitions per side for 2 times. |
| Standing hula hoop                                     | 15 repetitions per side.     |
| Rotational lunge                                       | 5 repetitions per side.      |
| Standing 3D rotation of the thoracic spine            | 10 repetitions per side.    |