

Appendix 1: Description of structured Pilates exercise protocol used in the rehabilitation program

Hundred	Supine, imprinting position. Legs straight and adducted in air, knees flexed, ankles plantar flexed, toes somewhat pointed (tabletop position). Arms extended by sides, palms downward, scapulae fixed. INHALE: Remain. EXHALE: Raise the head and shoulders, then stretch the knees to form a 45-degree angle with the floor. Inhale and raise your arms five times, palms down and 3-4 inches off the ground. Exhale and pump your arms five times more. This is one breath cycle (or repetition).
Leg circles	Lie supine, legs extended, adducted, and parallel. Feet are strapped. INHALE: Keep the sacral area on the carriage. EXHALE: Keep pelvic stability and abduct lower limbs, revolving as they press away from the body to move the carriage out. Adduct the legs at the bottom of the circle. Back to the position where you started.
Plank	The child is in a prone position, with the head, torso, and lower extremities erect and the upper arms parallel to the elbows. Shoulders are wide apart, both knees are fully extended, and toes are pointing in plantar flexion. They inhale and exhale deeply, then hold for 30 sec.
Standing footwork	The participant begins the session in the Pilates position ("V" stance). The participants are told to retain the Pilates "V" and raise onto their toes as high as they can, while maintaining their heels together. Next, they descended to the floor while keeping an upright posture. Keeping perfect Pilates posture, the participant is next asked to execute a plié (hip and knee bending). The individuals received verbal comments on their modifications and progression. Subjects breathe in after starting the exercise and breathe out while performing it.
Hip twist	Participants are in a supine lying position with both knees bent and an elastic band around the knees, breathing in deeply and breathing out while abducting both lower limbs. Then move both feet up so lower limbs become at right angles, hip and knees, then inhale and exhale while abducting both lower limbs.
Squat	Patient is in standing position with both feet on the Pilates band and holding onto both ends with his/her hands and elbows, band straight. Take a deep breath, then breathe out. Squat and bend knees to 90 degrees and elbows to 90 degrees, then stand back up.
Side kick internal/external rotation with Pilates band	Children lie on their right side with hip flexed approximately 45 degrees with an elastic resistance strap surrounding the knee (Pilates band Breathe in deeply and breathe out while abducting and rotating out the upper leg, then slowly lower the leg, and then repeat the sequence on the left side.
Wall squat rolls	Patient stands against a wall with a Pilates ball in the middle of the back. The distance between the feet and the wall should be the ball around a foot. Slowly lower yourself onto the ball to a squat position, keeping your knees from going past your ankles. Recover balance by slowly rolling back up. That counts as one rep.
Swimming with a stabilizing ball	Participants are in a prone position while holding a Pilates ball with outstretched hands, lower limbs in slight abduction. Inhale while moving the upper limbs up, and move lower limbs up and down reciprocally, then exhale while moving the upper limbs down and lower limbs still moving up and down reciprocally.