Appendix 1: A typical clinical pilates program for lumbar flexion.

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| Name of Exercise | Description | Dosage  |
| Half Roll-back  | Sit on table with knees bent, grasp the upper swing bar and roll back half way  | 2x15-20 |
| Assisted Curl-up | Curl up and curl down progressively using upper swing bar to assist | 2x15-20 |
| Seated Leg Press | Sit on edge of table and press legs up and down against resistance | 2x15-20 |
| Seated arms  | Sitting on edge of table, draw upper swing bar in towards the body | 2x15-20 |
| Neutral Heels  | Supine on reformer, push with both heels on footbar | 2x15-20 |
| Hundreds | Supine on reformer, hold both legs up and pull both arms down against resistance | 2x15-20 |
| Short Spine legs  | Reformer, feet in straps stretch legs up with straight knees  | 2x15-20 |
| High Stomach Pull | Hands on foot bar, feet on reformer carriage, flex spine up and down | 2x15-20 |
| Trap Table Leg Press | Lie on back on Trap Table and push both feet up on swing bar to stretch hamstrings and back | 2x15-20 |
| Push Through | Sit on trap table facing the upper swing bar, push it forwards and flex lumbar spine  | 2x15-20 |
| Monkey  | Same as Trap table Leg Press but grasp the swing bar with two hands so as to flex the lumber spine more  | 2x15-20 |
| Reverse Abs  | In four-point kneel on reformer, flex both hips to activate the abdominals in lumbar flexion |  2x15-20 |