

# Supplementary Materials

## Research Article

Exercise Medicine 2023;7:2.

Published online: August 30, 2023

DOI: <https://doi.org/10.26644/em.2023.002>

## Changes in Transversus Abdominis Muscle Thickness, Low Back Pain, and Standing Balance after Foam Roller Exercise in Female Adults: A Randomized Controlled Trial

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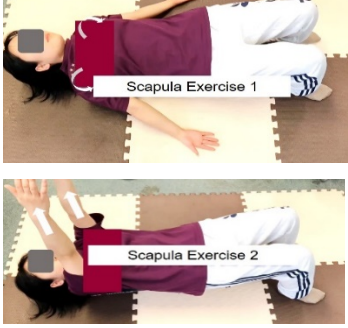
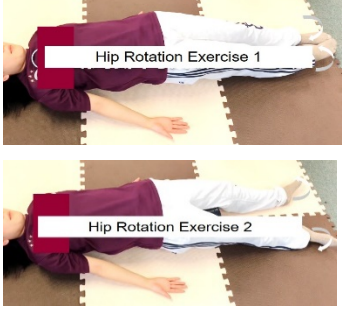
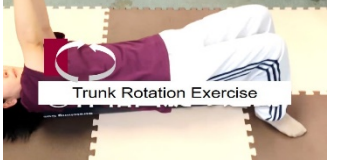
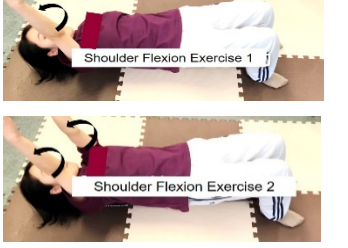
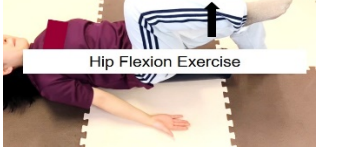
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<p>1 Basic posture</p>		<p>Supine position on a form roller</p> <p>Lower limbs: hip-width apart, knee flexed, and feet on the floor</p> <p>Upper limbs: slightly abducted and hands on the floor</p>
<p>2 Scapula exercise Both - 10 times</p>		<p>Upper limbs in a circular motion with the back of the hands</p> <p>Forward thrust motion of the upper extremity in 90° of shoulder flexion</p>
<p>3 Hip rotation 10 times</p>		<p>Internal and external hip rotation with the heel as a pivot point and the knee joint extended</p>
<p>4 Breath exercise 2 times</p>	<p>No image</p>	<p>Hold for 30 seconds with natural respiration, contracting the abdominal muscle groups in the last phase of forced expiration</p>
<p>5 Trunk rotation 10 times</p>		<p>Upper limb and trunk rotation to the right and left in a small radial rotation movement with both palms in 90° of shoulder flexion (being conscious of the contraction of the abdominal muscles)</p>
<p>6 Shoulder flexion Each - 10 times</p>		<p>Shoulder flexion at 90° alternately on both sides or simultaneously on both sides</p>
<p>7 Hip flexion 10 times</p>		<p>One leg off the floor alternately with the hip and knee joints flexed at 90°.</p>

**Figure S1.** Form roller exercise contents