

Table 1. Comparison of the demographic characteristics of the experimental and control groups (n=8 per group)

| Demographic characteristics | Experimental group | Control group | P value |
|------------------------------------|---------------------------|----------------------|----------------|
| Age (year) | 52.73±6.12 | 52.68±7.17 | 0.282 |
| Height (cm) | 179.47±7.77 | 176.89±6.66 | 0.456 |
| Weight (kg) | 82.15±13.45 | 83.05±12.14 | 0.232 |
| Percentage of the injury | 43.88±11.31 | 47.50±9.11 | 0.503 |
| Stamp (cm) | 17.80±1.28 | 17.48±0.91 | 0.688 |
| The injured side | 10 right, 8 left | 11 right, 7 left | - |

Table 2. The mean score of research variables in the experimental and control groups in pre-test and post-test stages (n=8 per group)

| Variables | Experimental group | Control group |
|------------------------|---------------------------|----------------------|
| Static balance | | |
| Pre-test | 2.82±0.35 | 2.80±0.27 |
| Post-test | 1.22±0.29 | 2.83±0.33 |
| Fall risk | | |
| Pre-test | 1.99±0.26 | 1.84±0.26 |
| Post-test | 0.92±0.28 | 1.88±0.31 |
| Hip flexor | | |
| Pre-test | 25.45±4.14 | 23.99±5.33 |
| Post-test | 36.28±3.49 | 25.40±4.65 |
| Hip extensor | | |
| Pre-test | 18.56±4.01 | 19.24±3.81 |
| Post-test | 28.49±3.50 | 17.90±3.38 |
| Knee flexors | | |
| Pre-test | 21.20±4.12 | 22.26±3.63 |
| Post-test | 29.09±4.18 | 20.51±2.63 |
| Knee extensors | | |
| Pre-test | 17.55±3.87 | 19.04±3.32 |
| Post-test | 27.04±4.51 | 17.57±4.18 |
| Hip abductors | | |
| Pre-test | 14.86±1.60 | 14.73±2.10 |
| Post-test | 23.46±4.90 | 14.18±3.01 |
| Hip adductors | | |
| Pre-test | 19.82±2.94 | 20.79±3.35 |
| Post-test | 29.03±2.54 | 20.41±3.59 |
| Trunk flexors | | |
| Pre-test | 17.28±2.02 | 18.22±3.91 |
| Post-test | 29.63±4.07 | 17.69±3.15 |
| Trunk extensors | | |
| Pre-test | 13.86±3.13 | 12.37±2.92 |
| Post-test | 20.24±3.56 | 13.53±4.23 |
| Core stability | | |
| Pre-test | 39.12±4.46 | 40.19±3.75 |
| Post-test | 53.28±6.25 | 38.25±3.95 |

Table 3. The intra-group comparison of the research variables in pre-test and post-test stages in each group using the correlation T-test

| Variables | Mean difference | Degree of freedom | t value | P value |
|------------------------|------------------------|--------------------------|----------------|----------------|
| Static balance | | | | |
| Experimental group | 1.60 | 17 | 12.54 | <0.0001 |
| Control group | 0.03 | 17 | 0.32 | 0.75 |
| Fall risk | | | | |
| Experimental group | 1.7 | 17 | 13.50 | <0.0001 |
| Control group | 0.03 | 17 | 0.37 | 0.711 |
| Hip flexor | | | | |
| Experimental group | 10.83 | 17 | 8.29 | <0.0001 |
| Control group | 1.41 | 17 | 0.98 | 0.34 |
| Hip extensor | | | | |
| Experimental group | 9.92 | 17 | 9.66 | <0.0001 |
| Control group | 1.34 | 17 | 1.7 | 0.298 |
| Knee flexors | | | | |
| Experimental group | 7.88 | 17 | 6.66 | <0.0001 |
| Control group | 1.74 | 17 | 1.54 | 0.142 |
| Knee extensors | | | | |
| Experimental group | 9.49 | 17 | 5.95 | <0.0001 |
| Control group | 1.46 | 17 | 1.1 | 0.284 |
| Hip abductors | | | | |
| Experimental group | 8.59 | 17 | 7.28 | <0.0001 |
| Control group | 0.55 | 17 | 0.79 | 0.438 |
| Hip adductors | | | | |
| Experimental group | 9.20 | 17 | 10.96 | <0.0001 |
| Control group | 0.38 | 17 | 0.41 | 0.681 |
| Trunk flexors | | | | |
| Experimental group | 12.35 | 17 | 15.67 | <0.0001 |
| Control group | 0.52 | 17 | 0.49 | 0.627 |
| Trunk extensors | | | | |
| Experimental group | 6.38 | 17 | 5.35 | <0.0001 |
| Control group | 1.15 | 17 | 0.87 | 0.393 |
| Core stability | | | | |
| Experimental group | 14.15 | 17 | 10.3 | <0.0001 |
| Control group | 1.94 | 17 | 1.57 | 0.134 |

Table 4. The inter-group comparison of the research variables in experimental and control groups using independent T-test

| Variables | Mean difference | Degree of freedom | t value |
|-----------------------|------------------------|--------------------------|----------------|
| Static balance | 1.61 | 34 | 15.24 |
| Fall risk | 0.96 | 34 | 9.61 |
| Hip flexor | 10.87 | 34 | 7.93 |
| Hip extensor | 10.59 | 34 | 9.22 |
| Knee flexors | 8.57 | 34 | 7.36 |
| Knee extensors | 9.46 | 34 | 6.51 |
| Hip abductors | 9.28 | 34 | 6.84 |
| Hip adductors | 8.61 | 34 | 8.29 |
| Trunk flexors | 11.94 | 34 | 9.82 |
| Core stability | 15.3 | 34 | 8.60 |

For all cases: $p < 0.0001$