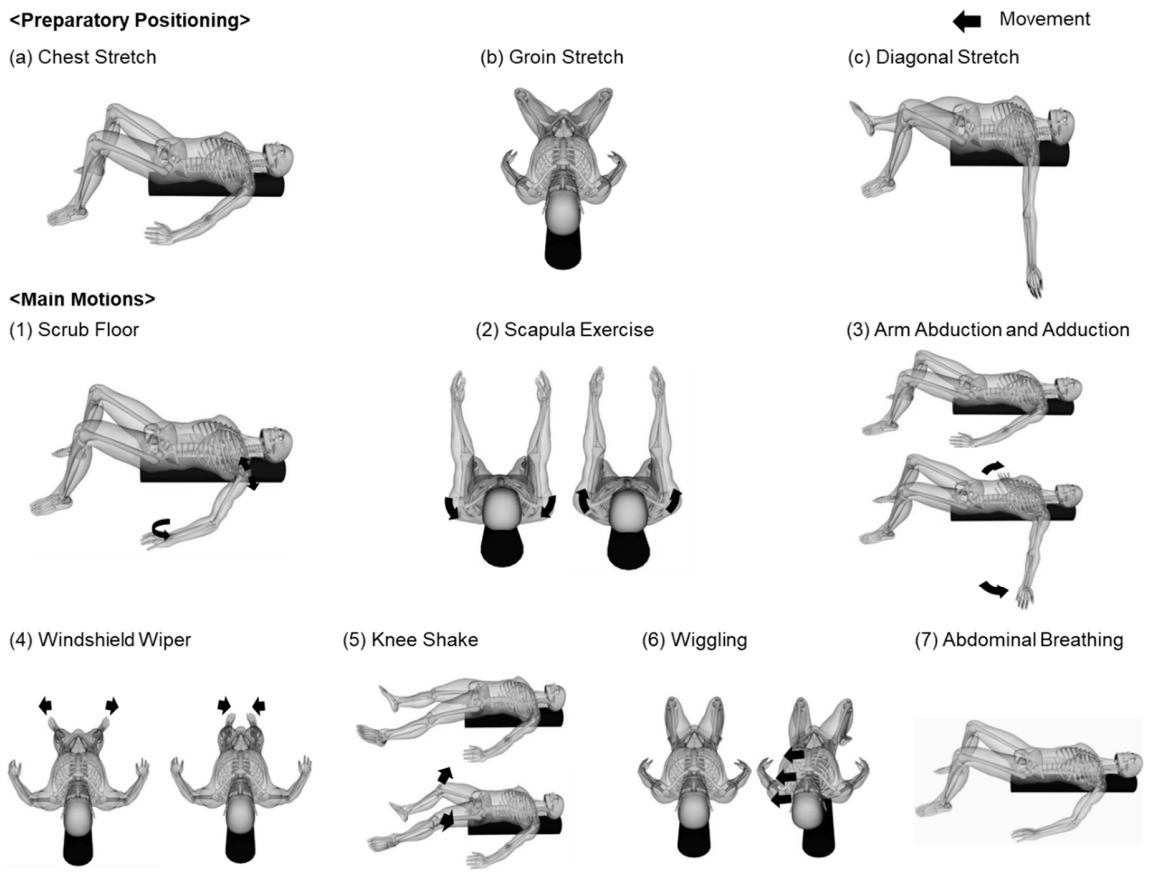

Figure S1. Self-mobilization exercise program for Exercise group. The three preparatory positionings do not involve any movement, while the main motions require small magnitude of movement indicated by black arrows.