

CHAPTER VI

CONCLUSION

This study has implications for early AH training in clinical practice. The results provide support for the use of AH as a specific stabilization exercise. All four positions can facilitate EMG activity of local muscles with minimal EMG activity in global muscles. The findings of both EMG amplitude as well as the frequency of inhibition and isolation of the abdominal muscles suggest that the prone lying position would be the most suitable starting position for training AH. The next recommended starting position would be the four-point kneeling, crook lying, and wall support standing positions, respectively.