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LIST OF ABBREVIATIONS

BMI	=	body mass index
IST	=	isometric stability test
TrA	=	transversus abdominis muscle
LM	=	lumbar multifidus muscle
RA	=	rectus abdominis muscle
IO	=	internal abdominal oblique muscle
EO	=	external abdominal oblique muscle
EMG	=	electromyography
LBP	=	low back pain
IAP	=	intra-abdominal pressure
Q ₁	=	25 th percentiles
Q ₃	=	75 th percentiles

