CHAPTER IV
RESULTS

4.1 Characteristics of Subjects

The subjects in this study consisted of 137 females. Means of age, weight, height, and body mass index shown in table 4.1.

Table 4.1 Means and standard deviations of age, weight, height, and body mass index of subjects.

	Subjects (n=137)	
	mean	SD
Age (yrs)	19.61	1.20
Weight (kg)	50.62	4.80
Height (cm)	159.53	5.50
BMI (kg/m^2)	19.91	1.23

4.2 Exercise Level Attained

Exercise level attained in 1^{st}, 2^{nd}, 3^{rd} testing and maximum values are presented in Tables 4.2.

Table 4.2 Exercise level attained in 1^{st}, 2^{nd}, 3^{rd} testing and maximum values.

Test	Exercise level attained (N = 137)							Total
	Level 0	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	
Test 1	0	23 (16.8%)	47 (34.3%)	43 (31.4%)	23 (16.8%)	1 (0.7%)	0	137
Test 2	1 (0.7%)	31 (22.6%)	53 (38.7%)	36 (26.3%)	16 (11.7%)	0	0	137
Test 3	0	28 (20.4%)	49 (35.8%)	41 (29.9%)	18 (13.1%)	1 (0.7%)	0	137
Maximum	0	9 (6.6%)	42 (30.7%)	52 (38%)	33 (24.1%)	1 (0.7%)	0	137

Medians and interquartile ranges of exercise level attained in 1st, 2nd, 3rd testing and maximum values are presented in Tables 4.3 and Figures 4.1, 4.2, 4.3 and 4.4.

Table 4.3 Medians and interquartile ranges of exercise level attained in 1st, 2nd, 3rd testing and maximum values.

Test	Median (Q_1,Q_3)
Test 1	2(2,3)
Test 2	2(2,3)
Test 3	2(2,3)
Maximum	3(2,3.5)

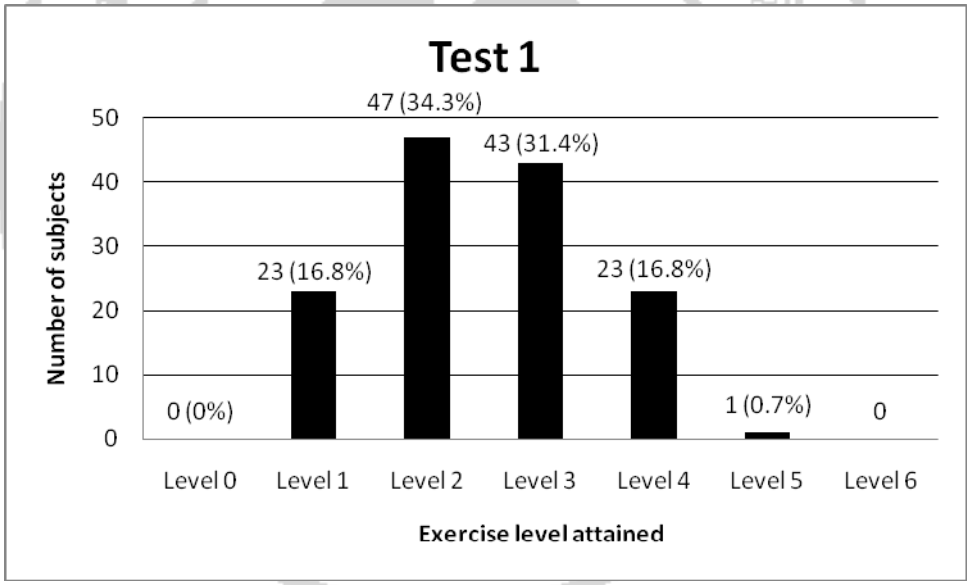

Figure 4.1 Number of subjects and exercise level attained in 1st testing.

For the 1st testing, the results were measured and expressed as median and interquartile range of 2(2,3) for exercise level attained. Majority of participants, 47 from 137 participants (34.3%) could perform lumbar stabilization exercises and maintain pressure transducer at 40 mmHg in level two (Unilateral abduction) but they could not maintain this pressure in the level three. For the other level of exercise test, 31.4, 16.8, 16.8 and 0.7 percent of participants could perform lumbar stabilization exercises in level three, one, four and five, respectively as shown in Figure 4.1.

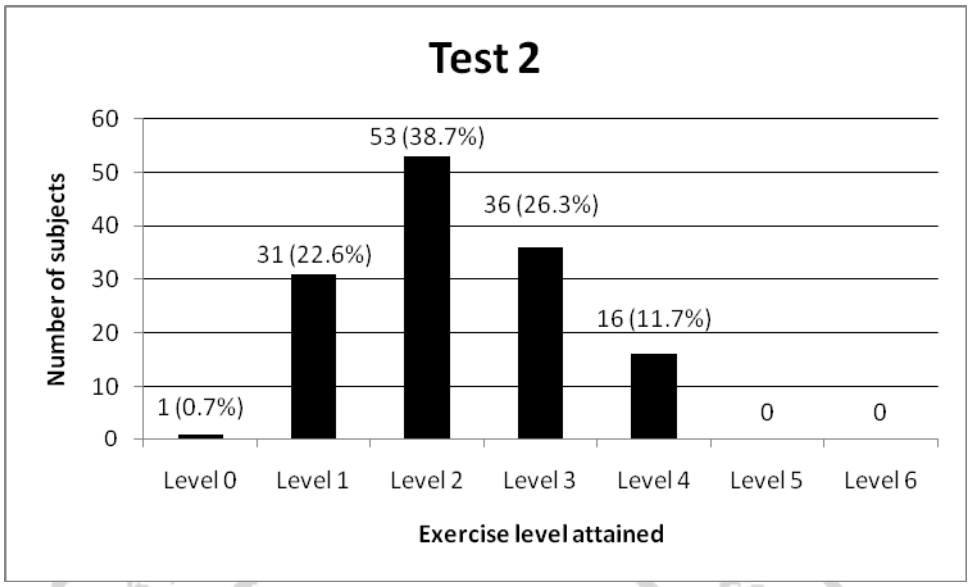

Figure 4.2 Number of subjects and exercise level attained in 2nd testing.

For the 2nd testing, the results were measured and expressed as median and interquartile range of 2(2,3) for exercise level attained. Majority of participants, 53 from 137 participants (38.7%) could perform lumbar stabilization exercises and maintain pressure transducer at 40 mmHg in level two (Unilateral abduction) but they could not maintain this pressure in the level three. For the other level of exercise test, 26.3, 22.6, 11.7 and 0.7 percent of participants could perform lumbar stabilization exercises in level three, one, four and zero, respectively as shown in Figure 4.2.

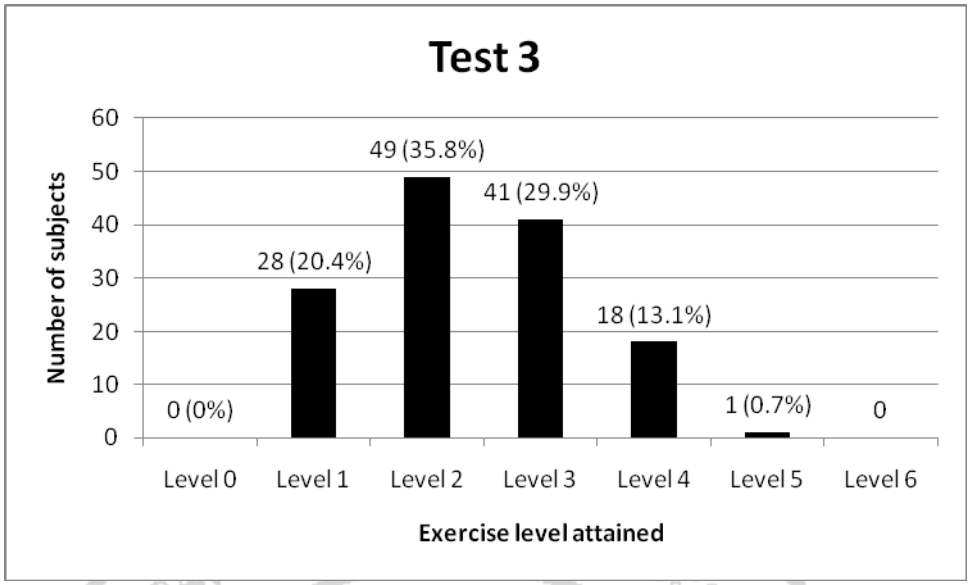

Figure 4.3 Number of subjects and exercise level attained in 3rd testing.

For the 3rd testing, the results were measured and expressed as median and interquartile range of 2(2,3) for exercise level attained. Majority of participants, 49 from 137 participants (35.8%) could perform lumbar stabilization exercises and maintain pressure transducer at 40 mmHg in level two (Unilateral abduction) but they could not maintain this pressure in the level three. For the other level of exercise test, 29.9, 20.4, 13.1 and 0.7 percent of participants could perform lumbar stabilization exercises in level three, one, four and five, respectively as shown in Figure 4.3.

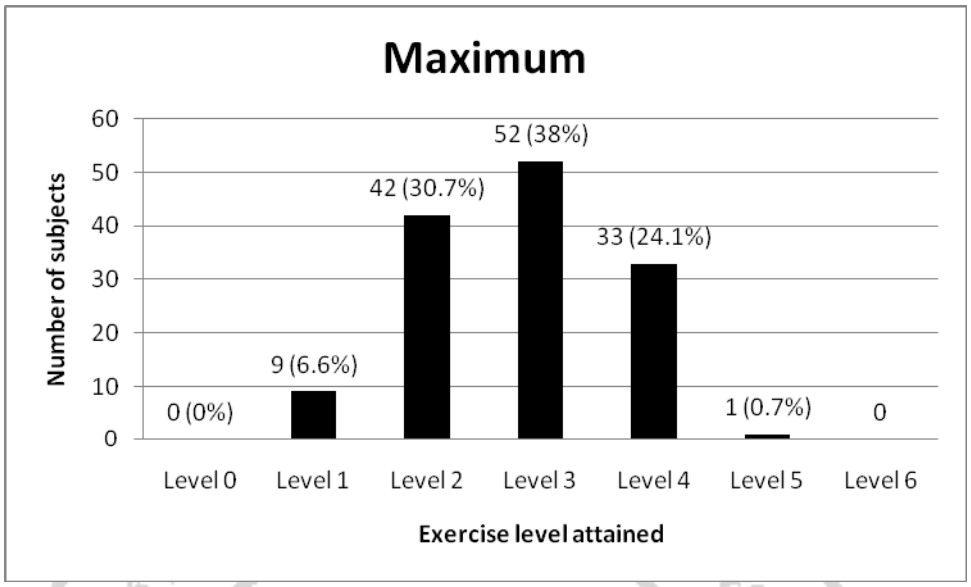

Figure 4.4 Number of subjects and maximum exercise level attained in each subject.

The maximum exercise level of each subject was determined from the highest exercise level that each subject could perform among three testing.

For the maximum values, the results were expressed as median and interquartile range of 3(2,3.5) for exercise level attained. Majority of participants, 52 from 137 participants (38%) could perform lumbar stabilization exercises and maintain pressure transducer at 40 mmHg in level three (Unilateral knee extend) but they could not maintain this pressure in the level four. For the other level of exercise test, 30.7, 24.1, 6.6 and 0.7 percent of participants could perform lumbar stabilization exercises in level two, four, one and five, respectively as shown in Figure 4.4.