

Prone Exercises



(Start Position)



Hip Hinge



Arm Extension



Leg Extension



Arm and Leg Extension



Prone Plank

Supine Exercises



(Start Position)



Leg Fall Out



Double Leg Raise



Single Hip Extension



Full Hip Extension



Side Bridge

Supplementary Figure 3. Photographic examples of prone (left) and supine (right) floor-based spinal isometric exercises, illustrating the start position and final hold positions of each labelled exercise to assist exercise physiologists and cancer patients. The patient in-set was approached in order to obtain these photos explicitly for this manuscript, and has signed a media release consent form.