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ABBREVIATIONS

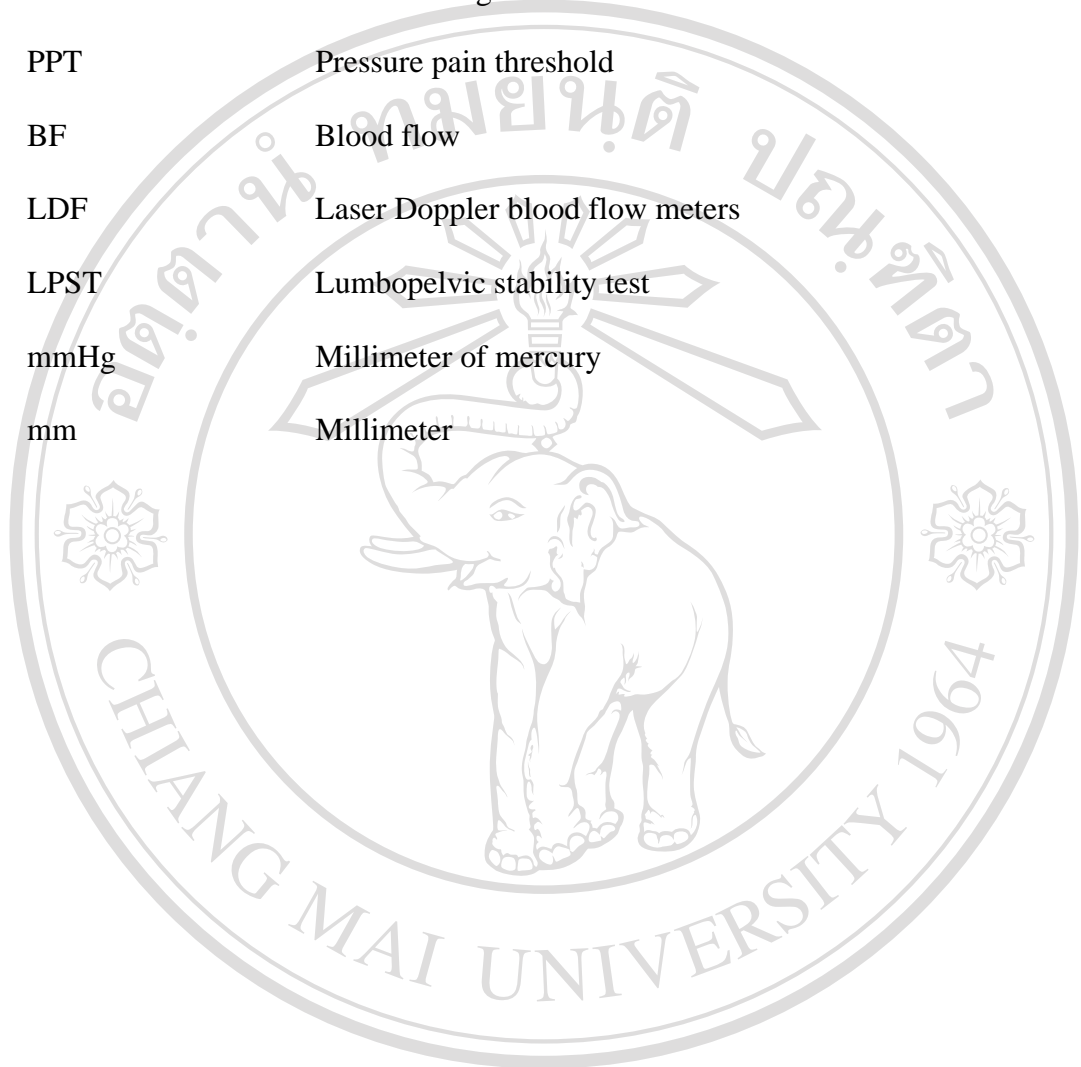
LBP	Low back pain
TrA	Transversus abdominis
LM	Lumbar multifidus
IO	Internal oblique
IAP	Intra-abdominal pressure
TLF	Thoracolumbar fascia
EMG	Electromyography
RTUI	Real-time ultrasound imaging
PBU	Pressure biofeedback unit
NMPRU	Neuro-Musculoskeletal & Pain Research Unit
FT	Fast-twitch
ST	Slow-twitch
ICCs	Intraclass correlation coefficients
SD	Standard deviation
SEM	Standard error of means
Mas	Massage
LPS	Lumbopelvic stability
Mas&LPS	Sport massage with lumbopelvic stability training
NS	Not significant
VO ₂	Oxygen consumption
ATP	Adenosine triphosphate

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VAS	Visual analog scales
PPT	Pressure pain threshold
BF	Blood flow
LDF	Laser Doppler blood flow meters
LPST	Lumbopelvic stability test
mmHg	Millimeter of mercury
mm	Millimeter



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