Participants recruitment

Eligible participants n=222

Baseline assessment

Exclusion (reasons): n=
- Not meeting inclusion criteria: n=
- Declined to participate: n=
- Other reasons: n=

Randomization allocation

Baduanjin training group n=111
Control group n=111

Drop out (reasons): n=
- Intervention group: n=
- Control group: n=

Outcomes assessment after intervention: lumbar muscle strength, lumbar proprioception function, hand grip strength, self-reported symptom intensity, stress, self-efficacy, attention, cardiopulmonary function, flexibility, self-esteem, mood and mindfulness, quality of life, quality of sleep and adverse events

Follow up for 12 weeks

Lost to follow up: n=
- Intervention group: n=
- Control group: n=

Above outcomes assessment after follow-up period

Included analysis: n=
- Intervention group: n=
- Control group: n=

Excluded from analysis: n=
- Intervention group: n=
- Control group: n=

Statistic analysis