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Figure 1. A schematic diagram of the experimental design. The subjects were divided into two groups: the control group and the experimental group. The control group received a standard 12-week training program, while the experimental group received a modified 12-week training program. The experimental group was further divided into two subgroups: the low-intensity group and the high-intensity group. The low-intensity group received a low-intensity training program, while the high-intensity group received a high-intensity training program. The subjects were then divided into two groups: the control group and the experimental group. The control group received a standard 12-week training program, while the experimental group received a modified 12-week training program. The experimental group was further divided into two subgroups: the low-intensity group and the high-intensity group. The low-intensity group received a low-intensity training program, while the high-intensity group received a high-intensity training program.

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Case	Age	Sex	Occupation	Duration of symptoms (years)	Onset	Course	Family history	Social history	Physical examination	Laboratory studies	Imaging studies	Pathology	Treatment	Outcome
1	45	M	Teacher	10	1985	Chronic	None	None	Normal	Normal	Normal	Normal	None	Stable
2	52	F	Homemaker	15	1970	Chronic	None	None	Normal	Normal	Normal	Normal	None	Stable
3	68	M	Retired	20	1950	Chronic	None	None	Normal	Normal	Normal	Normal	None	Stable
4	35	F	Nurse	5	1980	Chronic	None	None	Normal	Normal	Normal	Normal	None	Stable
5	40	M	Engineer	12	1975	Chronic	None	None	Normal	Normal	Normal	Normal	None	Stable
6	55	F	Homemaker	18	1965	Chronic	None	None	Normal	Normal	Normal	Normal	None	Stable
7	60	M	Retired	25	1955	Chronic	None	None	Normal	Normal	Normal	Normal	None	Stable
8	30	F	Student	3	1985	Chronic	None	None	Normal	Normal	Normal	Normal	None	Stable
9	48	M	Teacher	14	1972	Chronic	None	None	Normal	Normal	Normal	Normal	None	Stable
10	58	F	Homemaker	22	1960	Chronic	None	None	Normal	Normal	Normal	Normal	None	Stable
11	65	M	Retired	28	1952	Chronic	None	None	Normal	Normal	Normal	Normal	None	Stable
12	38	F	Nurse	7	1982	Chronic	None	None	Normal	Normal	Normal	Normal	None	Stable
13	42	M	Engineer	11	1977	Chronic	None	None	Normal	Normal	Normal	Normal	None	Stable
14	50	F	Homemaker	16	1968	Chronic	None	None	Normal	Normal	Normal	Normal	None	Stable
15	62	M	Retired	24	1958	Chronic	None	None	Normal	Normal	Normal	Normal	None	Stable
16	32	F	Student	4	1984	Chronic	None	None	Normal	Normal	Normal	Normal	None	Stable
17	46	M	Teacher	13	1974	Chronic	None	None	Normal	Normal	Normal	Normal	None	Stable
18	54	F	Homemaker	19	1966	Chronic	None	None	Normal	Normal	Normal	Normal	None	Stable
19	64	M	Retired	26	1954	Chronic	None	None	Normal	Normal	Normal	Normal	None	Stable
20	34	F	Nurse	6	1983	Chronic	None	None	Normal	Normal	Normal	Normal	None	Stable
21	44	M	Engineer	10	1976	Chronic	None	None	Normal	Normal	Normal	Normal	None	Stable
22	56	F	Homemaker	17	1967	Chronic	None	None	Normal	Normal	Normal	Normal	None	Stable
23	66	M	Retired	27	1956	Chronic	None	None	Normal	Normal	Normal	Normal	None	Stable
24	36	F	Student	5	1981	Chronic	None	None	Normal	Normal	Normal	Normal	None	Stable
25	47	M	Teacher	12	1973	Chronic	None	None	Normal	Normal	Normal	Normal	None	Stable
26	57	F	Homemaker	21	1961	Chronic	None	None	Normal	Normal	Normal	Normal	None	Stable
27	67	M	Retired	29	1951	Chronic	None	None	Normal	Normal	Normal	Normal	None	Stable
28	37	F	Nurse	8	1980	Chronic	None	None	Normal	Normal	Normal	Normal	None	Stable
29	47	M	Engineer	11	1975	Chronic	None	None	Normal	Normal	Normal	Normal	None	Stable
30	59	F	Homemaker	20	1964	Chronic	None	None	Normal	Normal	Normal	Normal	None	Stable
31	69	M	Retired	30	1950	Chronic	None	None	Normal	Normal	Normal	Normal	None	Stable
32	39	F	Nurse	9	1979	Chronic	None	None	Normal	Normal	Normal	Normal	None	Stable
33	49	M	Engineer	13	1971	Chronic	None	None	Normal	Normal	Normal	Normal	None	Stable
34	51	F	Homemaker	15	1969	Chronic	None	None	Normal	Normal	Normal	Normal	None	Stable
35	61	M	Retired	23	1959	Chronic	None	None	Normal	Normal	Normal	Normal	None	Stable
36	31	F	Student	4	1986	Chronic	None	None	Normal					

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