Additional file 3. Characteristics of the analyzed study sample and the excluded patients

|  |  |  |
| --- | --- | --- |
|  | Study sample | Excluded sample |
|  | (n=164) | (n=8) |
| Baseline characteristics |
|  |
| Gender, n (%) female | 115 (70) | 5 (63) |
| Age (years), mean (sd) | 43 (12) | 48 (17) |
| Previous episodes of neck pain, >3 episodes (%) | 102 (61) | 3 (38) |
| Duration of current neck pain, n (%) ≥30 days | 90 (54) | 3 (38) |
| Pain intensity (0-10), mean (sd) | 4.6 (2.4) | 4.8 (2.3) |
| NDI (0-50), mean (sd) | 11.8 (7.8) | 11.0 (7.4) |
| MSK pain-sites, (0-10), mean (sd) | 4.3 (2.1) | 4.8 (2.6) |
|  |  |  |
| 4-week characteristics |
|  |
| Pain intensity (0-10), mean (sd)  | 2.6 (2.2) | 3.0 (1.8) |
| NDI (0-50), mean (sd) | 7.6 (5.8) | 7.3 (5.4) |
| Improvement four weeks after initial treatment, n (%) | 105 (63) | 4 (50) |
| sd (standard deviation); NDI (Neck Disability Index); MSK (musculoskeletal)  |