

Appendix S1. Differences in the examined parameters between the groups in the time period 3 months follow up vs baseline and 2 weeks vs baseline

	Group I (PNF) Me (Q1-Q3)	Group II (MAN.T) Me (Q1-Q3)	p-value (effect size)
<b>ODI for neck</b>			
Pain intensity 3 months follow up vs baseline	-1(-1-0)	0(0-0)	<b>0.0005<sup>a</sup></b> (0.81)
Pain intensity 2 weeks vs baseline	-1(-1-0)	0(0-0)	<b>0.0001<sup>a</sup></b> (1.30)
Personal Care 3 months follow up vs baseline	0(0-0)	0(0-0)	0.8814 <sup>a</sup>
Personal Care 2 weeks vs baseline	0(-1-0)	0(0-0)	0.1248 <sup>a</sup>
Lifting 3 months follow up vs baseline	-0.25(-1-0)	0(-1-0)	0.5129 <sup>a</sup>
Lifting 2 weeks vs baseline	-1(-1-0)	-0.5(-1-0)	0.3998 <sup>a</sup>
Reading 3 months follow up vs baseline	-1(-1-0)	0(-1-0)	<b>0.0077<sup>a</sup></b> (0.63)
Reading 2 weeks vs baseline	-1(-1.5,-1)	-1(-1-0)	<b>0.0147<sup>a</sup></b> (0.59)
Headaches 3 months follow up vs baseline	-1(-1.5,-1)	0(-1-0)	<b>0.0015<sup>a</sup></b> (0.67)
Headaches 2 weeks vs baseline	-1(-2,-1)	-0.5(-1-0)	0.0175 <sup>a</sup>
Concentration 3 months follow up vs baseline	0(-1-0)	0(0-0)	0.4500 <sup>a</sup>
Concentration 2 weeks vs baseline	0(-1-0)	0(0-0)	0.0841 <sup>a</sup>
Work 3 months follow up vs baseline	-1(-1.25-0)	0(-1-0)	<b>0.0161<sup>a</sup></b> (0.54)
Work 2 weeks vs baseline	-1(-2-0)	0(-1-0)	<b>0.0189<sup>a</sup></b> (0.56)
Driving 3 months follow up vs baseline	-1(-1,-1)	0(-1-0)	<b>0.0001<sup>a</sup></b> (0.91)
Driving 2 weeks vs baseline	-1(-1,-1)	0(-1-0)	<b>0.0001<sup>a</sup></b> (1.10)
Sleeping 3 months follow up vs baseline	-1(-1-0)	0(0-0)	<b>0.0003<sup>a</sup></b> (0.78)
Sleeping 2 weeks vs baseline	-1(-1,-1)	0(-1-0)	<b>0.0003<sup>a</sup></b> (0.83)
Recreation 3 months follow up vs baseline	-1(-1-0)	0(-1-0)	<b>0.0033<sup>a</sup></b> (0.78)
Recreation 2 weeks vs baseline	-1(-1-0)	0(-1-0)	<b>0.0101<sup>a</sup></b> (0.64)
Total number of points 3 months follow up vs baseline	-7(-9,-4.5)	-3(-4,-1)	<b>0.0001<sup>a</sup></b> (1.27)
Total number of points 2 weeks	-8(-9.75,-7)	-4(-5,-2)	<b>0.0001<sup>a</sup></b> (1.73)

vs baseline

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**ROM**

Flexion 3 months follow up vs baseline	1(1-1.5)	1(0-1)	<b>0.0003<sup>a</sup></b> (0.94)
Flexion 2 weeks vs baseline	1.5(1-2)	1(0.25-1)	<b>0.0001<sup>a</sup></b> (1.15)
Extension 3 months follow up vs baseline	2(1-2)	0.5(0-1)	<b>0.0001<sup>a</sup></b> (1.29)
Extension 2 weeks vs baseline	2(1.75-3)	1(0-1)	<b>0.0001<sup>a</sup></b> (1.60)
Lateral flexion to the right 3 months follow up vs baseline	1(0.5-1)	0.25(0-1)	<b>0.0010<sup>a</sup></b> (0.64)
Lateral flexion to the right 2 weeks vs baseline	1(1-1)	0.5(0-1)	<b>0.0004<sup>a</sup></b> (0.86)
Lateral flexion to the left 3 months follow up vs baseline	1(1-1)	0(0-0.5)	<b>0.0001<sup>a</sup></b> (1.31)
Lateral flexion to the left 2 weeks vs baseline	1(1-1)	0.5(0-0.5)	<b>0.0001<sup>a</sup></b> (1.64)
Rotation to the left 3 months follow up vs baseline	1.25(0.75-2)	0.5(0-1)	<b>0.0002<sup>a</sup></b> (0.88)
Rotation to the left 2 weeks vs baseline	2(1-2)	1(0-1)	<b>0.0001<sup>a</sup></b> (1.11)
Rotation to the right 3 months follow up vs baseline	1.5(1-2)	0.5(0-0.5)	<b>0.0001<sup>a</sup></b> (1.20)
Rotation to the right 2 weeks vs baseline	2(1-2)	1(0-1)	<b>0.0001<sup>a</sup></b> (1.07)

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**VAS**

Pain intensity 3 months follow up vs baseline	-2(-2.25,-1)	-1(-1,-0.5)	<b>0.0001<sup>a</sup></b> (0.83)
Pain intensity 2 weeks vs baseline	-2(-2.75,-1.25)	-1(-1,-1)	<b>0.0001<sup>a</sup></b> (0.78)

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ODI: Oswestry Disability Index; ROM: range of motion; PNF: proprioceptive neuromuscular facilitation; MAN.T: manual therapy; VAS: Visual Analogue Scale; Q1: bottom quartile; Q3: upper quartile; Me: median  
Significant difference between the two groups ( $p < 0.05$ ). Statistically significant values are marked in bold.

<sup>a</sup>Mann-Whitney U test