

SUPPLEMENTARY DIGITAL MATERIAL 1

Supplementary Table I.—Exercises.

GPR group	<p>Autoposture in lying position on the floor, the participant practices the posture without pain, keeping the breathing to the same as what perform with the physical therapist in sessions.</p> <p>With back stretched, flexion of the hips and the knees and closed legs, the participant exhale deeply. After some breathings the partipant move the hips in a posterior tilt position and stretch the neck with guidance of the hands. The participant maintain the position with breathing in different angles of the arms.</p> <p>The participant needs to repeat the exercises (15 minutes) every day except in the days of presential session.</p>
SE Group	<p>Sitting in a chair, the participant perform exercises (Flexion, extension, rotation, inclination and stretches of the neck) twice a week. Each exercise should be performed without causing pain while maintaining a quiet breathing.</p> <p>10 repetitions each movement and 30 seconds for the stretches. The execution of all exercises should take about 15 minutes.</p>