

Main Effects Only

Variable	OR (95% CI)	P value
Pain MCID		
Intercept	1.47 (1.15 to 1.87)	.002
Number of Workouts Per Week	1.13 (1.04 to 1.21)	.002
Function MCID		
Intercept	1.32 (0.99 to 1.78)	.06
Number of Weeks in Program	1.03 (1.00 to 1.06)	.03
Promoter MCID		
Follow-ups Only		
Intercept	2.87 (2.14 to 3.85)	<.001
1-2 Follow-up Visits	2.01 (1.32 to 3.08)	<.001
3-4 Follow-up Visits	2.16 (1.29 to 3.62)	.003
5+ Follow-up Visits	3.49 (1.52 to 8.01)	.003
Function MCID Only		
Intercept	3.68 (2.79 to 4.86)	<.001
Function MCID	1.56 (1.08 to 2.25)	.02
Large Pain Change Only		
Intercept	3.86 (3.12 to 4.77)	<.001
Large Pain MCID	2.08 (1.36 to 3.18)	<.001
Number of Workouts Per Week		
Follow-ups Only		
Intercept	2.32 (2.13 to 2.52)	<.001
1-2 Follow-up Visits	1.22 (1.1 to 1.36)	<.001
3-4 Follow-up Visits	1.44 (1.28 to 1.61)	<.001
5+ Follow-up Visits	1.16 (0.99 to 1.36)	.07
Days Messaged by PT per Week Only		
Intercept	2.2 (2.02 to 2.39)	<.001
Days Messaged by PT per Week	1.13 (1.09 to 1.18)	<.001
Access Only		
Intercept	2.54 (2.38 to 2.7)	<.001
24-hours to first visit	1.18 (1.09 to 1.29)	<.001
Number of Weeks in Program		
Follow-ups Only		
Intercept	8.00 (7.64 to 8.37)	<.001
1-2 Follow-up Visits	1.02 (0.96 to 1.08)	.54
3-4 Follow-up Visits	1.21 (1.13 to 1.29)	<.001
5+ Follow-up Visits	1.87 (1.74 to 2.01)	<.001
Days Messaged by PT per Week Only		
Intercept	11.55 (11.06 to 12.07)	<.001
Days Messaged by PT per Week	0.87 (0.85 to 0.89)	<.001