

Supplementary Table 1. The VAS scores in both groups (repeated measures ANOVA).

Variable	Measure	Experimental group (n=20)							Control group (n=20)							<i>p</i> [*] <i>Group</i>	<i>p</i> [*] <i>Measure</i>	<i>p</i> [*] <i>Group x</i> <i>Measure</i>	Eta ²	Cohen f
		\bar{x}	Me	Min	Max	Q1	Q3	SD	\bar{x}	Me	Min	Max	Q1	Q3	SD					
VAS [score]	Before	8.10	8.00	7.00	10.00	7.50	9.00	0.9	8.15	8.00	7.00	10.00	7.00	9.00	1.0	<0.001	<0.001	<0.001	0.57	1.12
	After	1.65	1.50	1.00	5.00	1.00	2.00	0.9	5.90	6.00	4.00	7.00	5.00	7.00	1.1					
	1 month FU	1.90	1.50	1.00	6.00	1.00	2.00	1.4	8.25	8.00	7.00	10.00	7.50	9.00	1.0					
	3 months FU	2.10	1.50	1.00	7.00	1.00	3.00	1.6	8.20	8.00	6.00	10.00	7.50	9.00	1.1					

Abbreviations: n – number of individuals; \bar{x} – mean; Me – median; Min – minimum value; Max – maximum value; Q1 – lower quartile; Q3 – upper quartile; SD – standard deviation; FU – follow-up. **Notes:** *repeated measures ANOVA.

Supplementary Table 2. The ODI scores in both groups (repeated measures ANOVA).

Variable	Measure	Experimental group (n=20)							Control group (n=20)							<i>p*</i> <i>Group</i>	<i>p*</i> <i>Measure</i>	<i>p*</i> <i>Group x</i> <i>Measure</i>	Eta ²	Cohen f
		\bar{x}	Me	Min	Max	Q1	Q3	SD	\bar{x}	Me	Min	Max	Q1	Q3	SD					
ODI [score]	Before	36.0	35.5	29.0	47.0	33.0	38.0	4.5	39.0	41.0	29.0	50.0	33.0	43.5	7.3	<0.001	<0.001	<0.001	0.24	0.54
	After	17.9	14.5	9.0	31.0	12.0	23.5	7.4	36.1	34.0	28.0	50.0	29.5	41.5	6.7					
	1 month FU	17.1	14.0	9.0	31.0	12.0	23.0	7.0	38.4	39.0	29.0	50.0	31.0	43.5	7.4					
	3 months FU	18.4	16.0	11.0	31.0	12.0	25.0	6.9	39.0	39.5	29.0	50.0	33.0	43.5	6.9					
<p>Abbreviations: n – number of individuals; \bar{x} – mean; Me – median; Min – minimum value; Max – maximum value; Q1 – lower quartile; Q3 – upper quartile; SD – standard deviation; FU – follow-up. Notes: *repeated measures ANOVA.</p>																				

Supplementary Table 3. The Schober's test results in both groups (repeated measures ANOVA).

Variable	Measure	Experimental group (n=20)							Control group (n=20)							<i>p</i> [*] <i>Group</i>	<i>p</i> [*] <i>Measure</i>	<i>p</i> [*] <i>Group x</i> <i>Measure</i>	Eta ²	Cohen f
		\bar{x}	Me	Min	Max	Q1	Q3	SD	\bar{x}	Me	Min	Max	Q1	Q3	SD					
Shober's test [cm]	Before	3.00	3.00	2.00	4.00	3.00	3.00	0.6	2.80	3.00	2.00	4.00	2.25	3.00	0.7	<0.001	<0.001	<0.001	0.26	0.58
	After	4.80	5.00	4.00	6.00	4.00	5.00	0.6	2.65	2.50	2.00	4.00	2.00	3.00	0.6					
	1 month FU	4.70	5.00	4.00	6.00	4.00	5.00	0.7	2.88	3.00	2.00	4.00	2.50	3.00	0.6					
	3 months FU	4.50	4.00	3.00	6.00	4.00	5.00	0.8	2.65	2.50	2.00	4.00	2.00	3.00	0.7					
<p>Abbreviations: n – number of individuals; \bar{x} – mean; Me – median; Min – minimum value; Max – maximum value; Q1 – lower quartile; Q3 – upper quartile; SD – standard deviation; FU – follow-up. Notes: *repeated measures ANOVA.</p>																				