

A multi-component intervention (NEXpro) reduces neck pain: a randomized controlled trial among Swiss office workers¹

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1. Supplementary material
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Table S1: Neck pain intensity, unadjusted model

	Coefficient	95% confidence interval	p-value
Intercept	-1.49	-1.75--1.22	< 0.0001
Treatment, intervention (Ref = control)	-0.23	-0.54-0.09	0.16
Measurement time point (Ref = Baseline, January 2020)			
Follow-up 1 (April 2020)	-0.26	-0.55-0.02	0.07
Follow-up 2 (August 2020)	-0.17	-0.46-0.13	0.27
Follow-up 3 (November 2020)	-0.04	-0.38-0.31	0.83
Follow-up 4 (April 2021)	-0.38	-0.81-0.05	0.08

Key: Neck pain intensity was measured using the Numeric Rating Scale (NRS) from 0 to 10. Parameter estimates are based on the logit model scale of transformed neck pain intensity scores. Marginal effects are provided to assist in the interpretation of these results and are shown in Table 6.

Table S2: Neck disability, unadjusted model

	Coefficient	95% confidence interval	p-value
Intercept	-2.35	-2.59--2.10	< 0.0001
Treatment, intervention (Ref = control)	-0.33	-0.62--0.05	0.02
Measurement time point (Ref = Baseline, January 2020)			
Follow-up 1 (April 2020)	-0.13	-0.39-0.12	0.31
Follow-up 2 (August 2020)	-0.16	-0.42-0.11	0.24
Follow-up 3 (November 2020)	-0.04	-0.35-0.27	0.81
Follow-up 4 (April 2021)	-0.20	-0.59-0.18	0.31

Key: Neck disability was measured using the Neck Disability Index (NDI) from 0 to 100%. Parameter estimates are based on the logit model scale of transformed neck disability index scores. Marginal effects are provided to assist in the interpretation of these results and are shown in Table 6.

Table S3: Neck pain frequency, unadjusted model

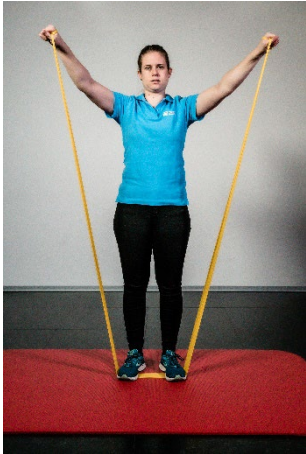
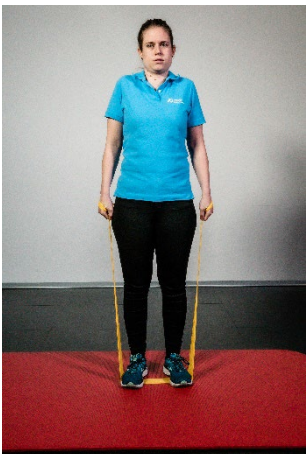
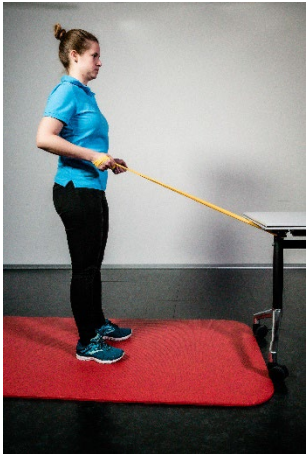
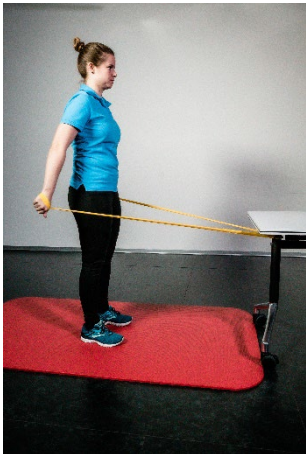
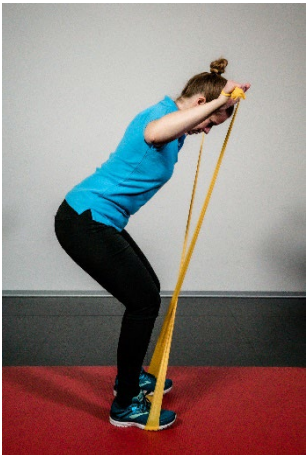
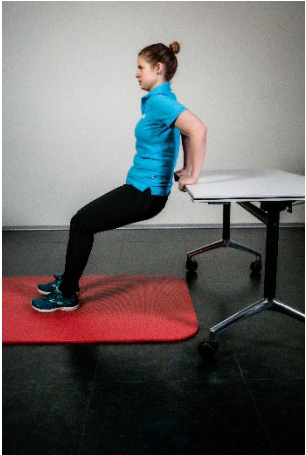
	Coefficient	95% confidence interval	p-value
Intercept	1.57	1.33-1.82	< 0.0001
Treatment, intervention (Ref = control)	-0.34	-0.59--0.09	0.01
Measurement time point (Ref = Baseline, January 2020)			
Follow-up 1 (April 2020)	-0.002	-0.23-0.22	0.98
Follow-up 2 (August 2020)	0.01	-0.22-0.24	0.92
Follow-up 3 (November 2020)	0.19	-0.08-0.46	0.16
Follow-up 4 (April 2021)	0.20	-0.14-0.55	0.25

Key: Neck pain frequency was quantified by the number of days with neck pain within the past 28 days. Parameter estimates are based on the model scale of transformed days with neck pain. Marginal effects are provided to assist in the interpretation of these results and are shown in Table 6.

Table S4: Number of observations

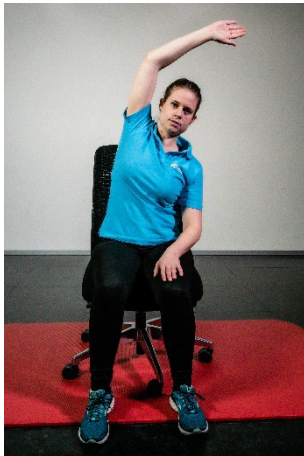
	N (N missing or dropout)	
Total number of observations	517 (83)	
	Control period	Intervention period
Number of observations split by group	295 (25)	222 (58)
Baseline	120 (0)	0 (0)
Follow-up 1	75 (5)	36 (4)
Follow-up 2	69 (11)	32 (8)
Follow-up 3	31 (9)	64 (16)
Follow-up 4	0 (0)	90 (30)

Figure S1: Set of neck exercises

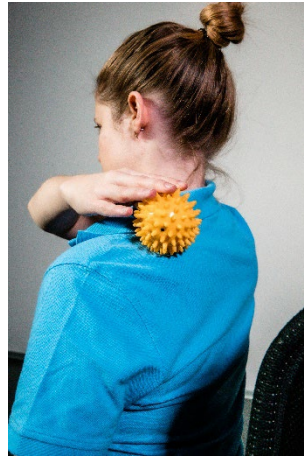
Bilateral scapular raise 3x10 repetitions 	Bilateral shoulder shrugs 3x10 repetitions 	Row 3x10 repetitions 
Bilateral shoulder extension 3x10 repetitions 	Bilateral shoulder external rotation 3x10 repetitions 	Bench dips 3x10 repetitions 

Seated side stretch

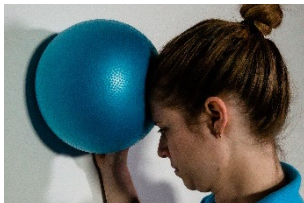
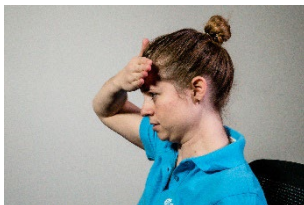
3x20 seconds, each side

**Self-massage**

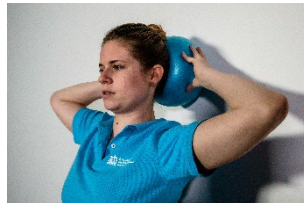
3x20 seconds

**Isometric neck flexion**

5x5 seconds

**Isometric neck extension**

5x5 seconds

**Isometric neck rotation**

5x5 seconds

**Push-ups**

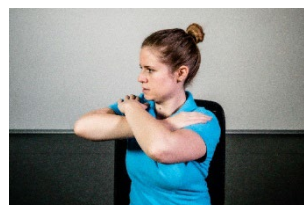
3x10 repetitions

**Bilateral shoulder circling**

1x20 seconds

**Upper body rotation**

1x20 seconds



Stretch of neck extensor

3x20 seconds

**Lateral neck stretch**

3x20 seconds, each side

