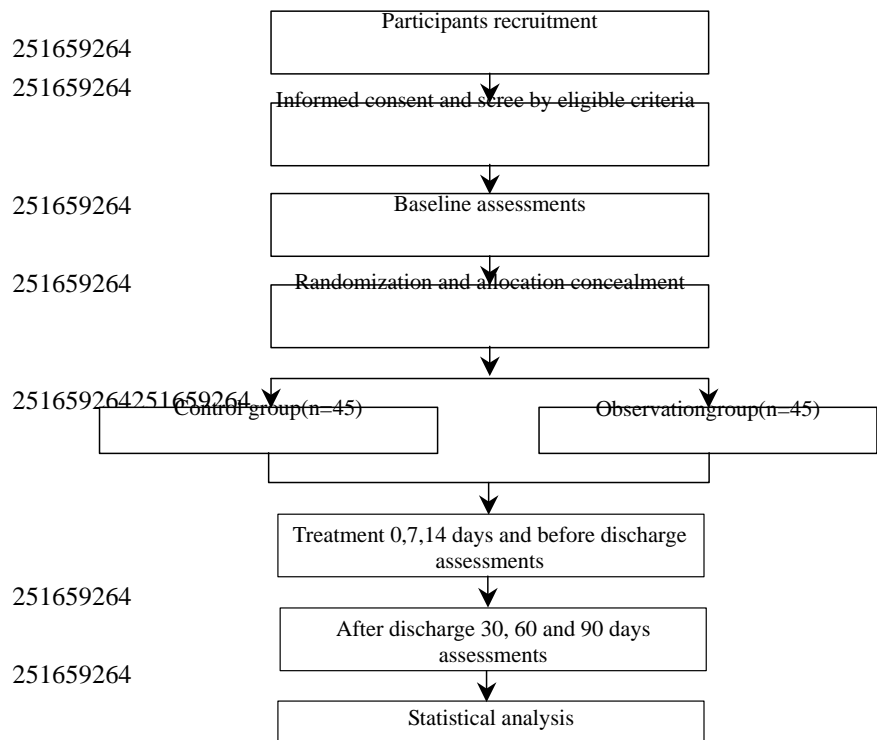


Material 1 The schedule of trial enrolment, interventions and assessments

	Enrolment	Intervention period		Follow-up after discharge period			06/2021 to 09/2021
		7 day after treatment	14 day after treatment	30 days after discharge	60 days after discharge	90 days after discharge	
Enrolment							
Informed consent	•						
Assessment of eligibility	•						
Randomisation	•						
Interventions							
Control group		•	•	•	•	•	
Observation group		•	•	•	•	•	
Assessments							
NDI	•	•	•	•	•	•	
VAS	•	•	•	•	•	•	
Cervical range of motion measured	•	•	•	•	•	•	
Statistical analysis							•



Material 2 The study flow diagram, including participants' recruitment, eligibility, screening, randomisation, allocation concealment and outcome assessments.