Table 2 Additional secondary outcome measures of mixed model analysis

Additional secondary outcome measures								
		T0 Baseline	*T1 12 weeks*	*T2 26 weeks*	*T3 52 weeks*	*MT vs UC (T1) MD; (95%CI)*	*MT vs UC (T2) MD; (95%CI)*	*MT vs UC (T3) MD; (95%CI*
Allodynia score	*MT*	*2.66 (2.23)*	*2.34 (2.25)*	*2.47 (2.26)*	*2.56 (2.70)*	-0.22 (-1.24 to 0.80) *p 0.67*	0.98 (-0.05 to 2.01) *p 0.06*	0.81 (-0.22 to 1.85) *p 0.12*
Mean (SD)	*UC*	*3.33 (2.29)*	*3.15 (2.43)*	*2.08 (2.10)*	*2.42 (2.47)*			
Neck pain (NPRS)	*MT*	*5.03 (2.75)*	*4.43 (2.58)*	*4.38 (2.69)*	*4.37 (2.74)*	-0.42 (-1.70 to 0.85) *p 0.51*	0.75 (-0.56 to 2.06) *p 0.26*	0.38 (-0.94 to 1.70) *p 0.58*
Mean (SD)	*UC*	*6.55 (2.46)*	*5.58 (2.93)*	*4.62 (2.84)*	*5.04 (3.10)*			
Muscle Endurance	*MT*	*23.14 (17.49)*	*32.0 (22.56)*	*30.45 (20.51)*	*31.58 (21.71)*	2.77 (-8.50 to 14.05) *p 0.63*	-4.51 (-15.95 to 6.92) *p 0.44*	-1.90 (-13.50 to 9.69) *p 0.75*
Mean (SD)	*UC*	*14.45 (10.0)*	*24.20 (25.23)*	*29.48 (32.56)*	*28.05 (28.05)*			
PPT Occipital	*MT*	*2.59 (1.10)*	*3.20 (1.11)*	*3.09 (0.96)*	*3.28 (1.25)*	0.60 (0.21 to 0.99) ***p< 0.01***	0.59 (0.19 to 0.98) ***p< 0.01***	0.48 (0.09 to 0.87) ***p 0.03***
Mean (SD)	*UC*	*2.65 (1.19)*	*2.62 (0.90)*	*2.60 (0.97)*	*2.78 (1.07)*			
PPT Trapezius	*MT*	*3.31 (1.41)*	*3.74 (1.30)*	*3.57 (1.33)*	*4.03 (1.74)*	0.29 (-0.30 to 0.89) *p 0.33*	0.45 (-0.15 to 1.05) *p 0.14*	0.22 (-0.38 to 0.82) *p 0.47*
Mean (SD)	*UC*	*3.24 (1.27)*	*3.35 (1.29)*	*3.27 (1.37)*	*3.81 (1.72)*			
PPT anterior tibial	*MT*	*4.03 (1.64)*	*4.58 (1.76)*	*4.34 (1.60)*	*4.55 (1.75)*	0.40 (-0.20 to 1.00) *p 0.20*	0.40 (-0.20 to 1.01) *p 0.19*	-0.06 (-0.67 to 0.54) *p 0.84*
Mean (SD)	*UC*	*4.07 (1.55)*	*4.10 (1.34)*	*4.12 (1.61)*	*4.67 (1.93)*			

Table 2: Observed mean values (SD) at baseline and follow-up and between-group effects (group-by-time interaction, adjusted for baseline data) for primary and secondary outcomes. MT= manual therapy; UC= usual care; *T0= baseline; T1= follow-up at 12 weeks; T2= follow-up at 26 weeks; T3= follow-up at 52 weeks;* SD= standard deviation; *MD= mean difference; CI= confidence interval; freq.= frequency; n= number of participants; NSAISs=non-steroidal anti-inflammatory drugs; HIT-6= headache impact test; PPTs= pressure pain thresholds; ASC-12= 12-item allodynia checklist; GPE= global perceived effect; # Very much improved score 6/6; much improved score 5/6; Not improved score 3/6.*

Additional Figures:

Figure 4

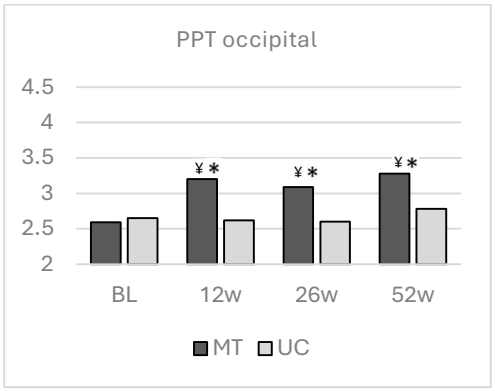

Figure 5

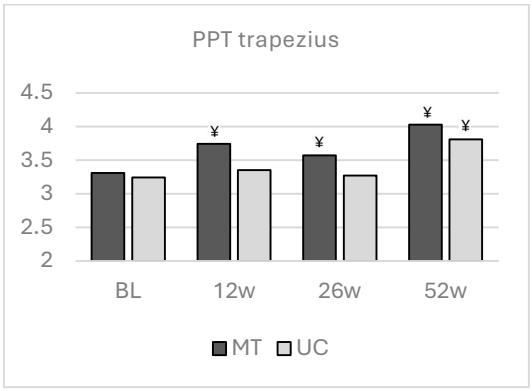

Figure 6

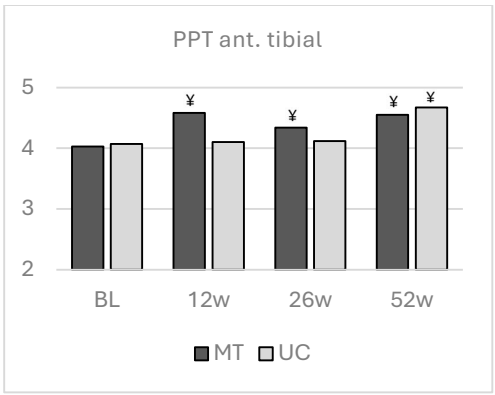

Figure 4-6: Mean PPT values of left and right; PPT= pressure pain threshold; MT= manual therapy; UC= usual care by the General Practitioner; *= significant between-group difference (p=<0.05); ¥= significant within-group difference (p=<0.05).

Figure 7

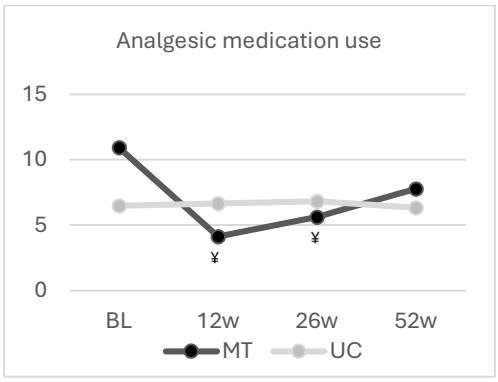

Figure 8

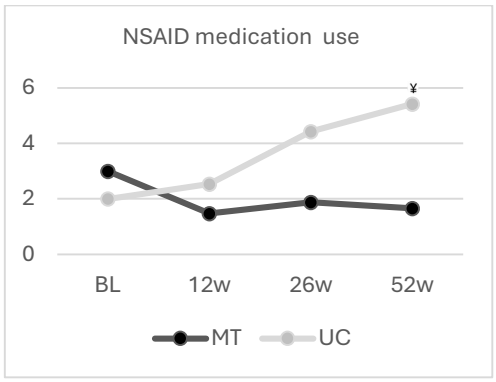

Figure 9

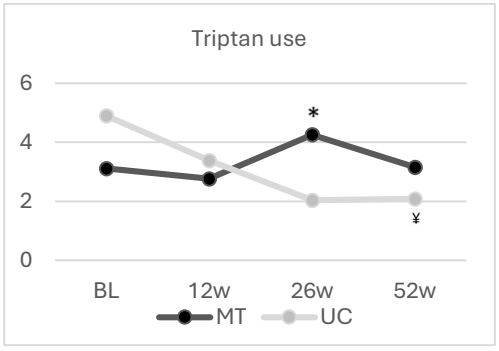

Figure 10

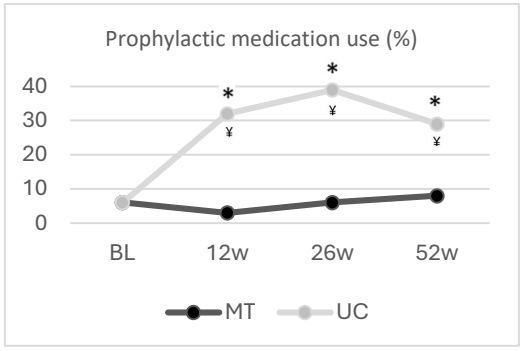

Figure 7-9: Mean medication use in number of pills per 4 weeks.
Figure 10: Proportion of participants using prophylactic medication in %.
MT= manual therapy; UC= usual care by the General Practitioner; *= significant between-group difference (p=<0.05); ¥= significant within-group difference (p=<0.05).