**Table S3. Baseline Characteristics by Treatment Group**

| Characteristic | Combined Therapy (n = 127) | Exercise Therapy (n = 164) | Manual Therapy (n = 11) | *p*-value |
| --- | --- | --- | --- | --- |
| Age (years), mean ± SD | 44.8 ± 11.9 | 46.8 ± 13.5 | 46.1 ± 14.3 | 0.425 |
| Female, n (%) | 82 (62.6) | 103 (62.8) | 5 (45.5) | 0.531 |
| BMI (kg/m²), mean ± SD | 27.9 ± 5.0 | 28.0 ± 4.5 | 27.7 ± 6.2 | 0.971 |
| Baseline VAS, mean ± SD | 7.4 ± 1.5 | 7.4 ± 1.3 | 7.8 ± 1.1 | 0.661 |
| Baseline ODI, mean ± SD | 65.1 ± 19.2 | 66.1 ± 18.5 | 70.7 ± 15.4 | 0.610 |

*\*No significant differences were observed between treatment groups, indicating good baseline balance and minimal confounding. \**