**Table S4. Subgroup Analysis Results**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Subgroup | N | Pain Change | ODI Change | P-value |
| **Age Groups** |  |  |  |  |
| Age <40 years | 114 | -4.5 ± 1.8 | -15.8 ± 9.8 | 0.080\* |
| Age 40-55 years | 95 | -4.5 ± 1.7 | -14.1 ± 7.7 |  |
| Age >55 years | 93 | -4.0 ± 1.4 | -10.6 ± 6.8 |  |
| **Gender** |  |  |  |  |
| Gender Male | 116 | -4.4 ± 1.6 | -14.7 ± 8.5 | 0.454 |
| Gender Female | 186 | -4.3 ± 1.7 | -13.0 ± 8.6 |  |
| **Baseline Severity** |  |  |  |  |
| Baseline Moderate Pain | 77 | -3.9 ± 1.2 | -16.4 ± 7.7 | 0.008\*\* |
| Baseline Severe Pain | 225 | -4.5 ± 1.8 | -12.7 ± 8.7 |  |
| **BMI Categories** |  |  |  |  |
| Normal BMI | 71 | -4.3 ± 1.7 | -15.4 ± 9.9 | Pain: 0.644 |
| Overweight BMI | 106 | -4.5 ± 1.6 | -14.3 ± 8.3 | ODI: 0.003\*\* |
| Obese BMI | 85 | -4.3 ± 1.7 | -11.0 ± 7.1 |  |

*Values are presented as mean ± standard deviation.* p < 0.10, \*\*p < 0.01.\*