**Table S5. Clinical Interpretability Measures**

| **Group/Comparison** | **Meaningful Improvement (%)** | **Absolute Risk Difference (%)** | **95% CI** | **NNT** |
| --- | --- | --- | --- | --- |
| **Individual Groups** |  |  |  |  |
| Combined Therapy | 78.0 | – | – | – |
| Exercise Therapy | 55.5 | – | – | – |
| Manual Therapy | 0.0 | – | – | – |
| **Pairwise Comparisons** |  |  |  |  |
| Combined vs Exercise | – | 22.5 | (11.9 to 33.1) | 4 |
| Combined vs Manual | – | 78.0 | (70.3 to 85.7) | 1 |
| Exercise vs Manual | – | 55.5 | (47.4 to 63.6) | 2 |

*Values represent rates of clinically meaningful improvement (≥2-point VAS reduction* ***and*** *≥10-point ODI reduction). NNT = Number Needed to Treat.*