# **Supplementary Table 4.** Meta-regression analysis

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Variable |  | 1 month | | | 3 months | | | 6 months | | | 12 months | | |
| Outcome | Modifier | B | 95% CI | p value | B | 95% CI | p value | B | 95% CI | p value | B | 95% CI | p value |
| Pain | Duration of symptoms | -0.1 | -0.6 to 0.3 | 0.45 | -0.2 | -0.3 to -0.1 | < 0.001 | -0.08 | -0.7 to -0.3 | 0.69 | -0.2 | -2.33 to 2.01 | 0.88 |
| Pain | Type of control | -3 | -20 to 14 | 0.72 | -1 | -12 to 9 | 0.84 | -0.2 | -15 to 15 | 0.98 | -12 | -26.3 to 2.73 | 0.11 |
| Disability | Duration of symptoms | -0.02 | -0.4 to 0.3 | 0.92 | -0.02 | -0.4 to 0.4 | 0.92 | 0.3 | -0.1 to 0.7 | 0.16 | 0.4 | -2.61 to 3.45 | 0.78 |
| Disability | Type of control | -3 | -17 to 9 | 0.58 | -6 | -23 to 11 | 0.51 | 0.5 | -17 to 18 | 0.95 | -24 | -35 to -12 | < 0.001 |

B = mean difference in the outcome for an additional month of symptom duration or control type (no treatment as the reference).