

## **Summary of result**

### **1. Baseline characteristics**

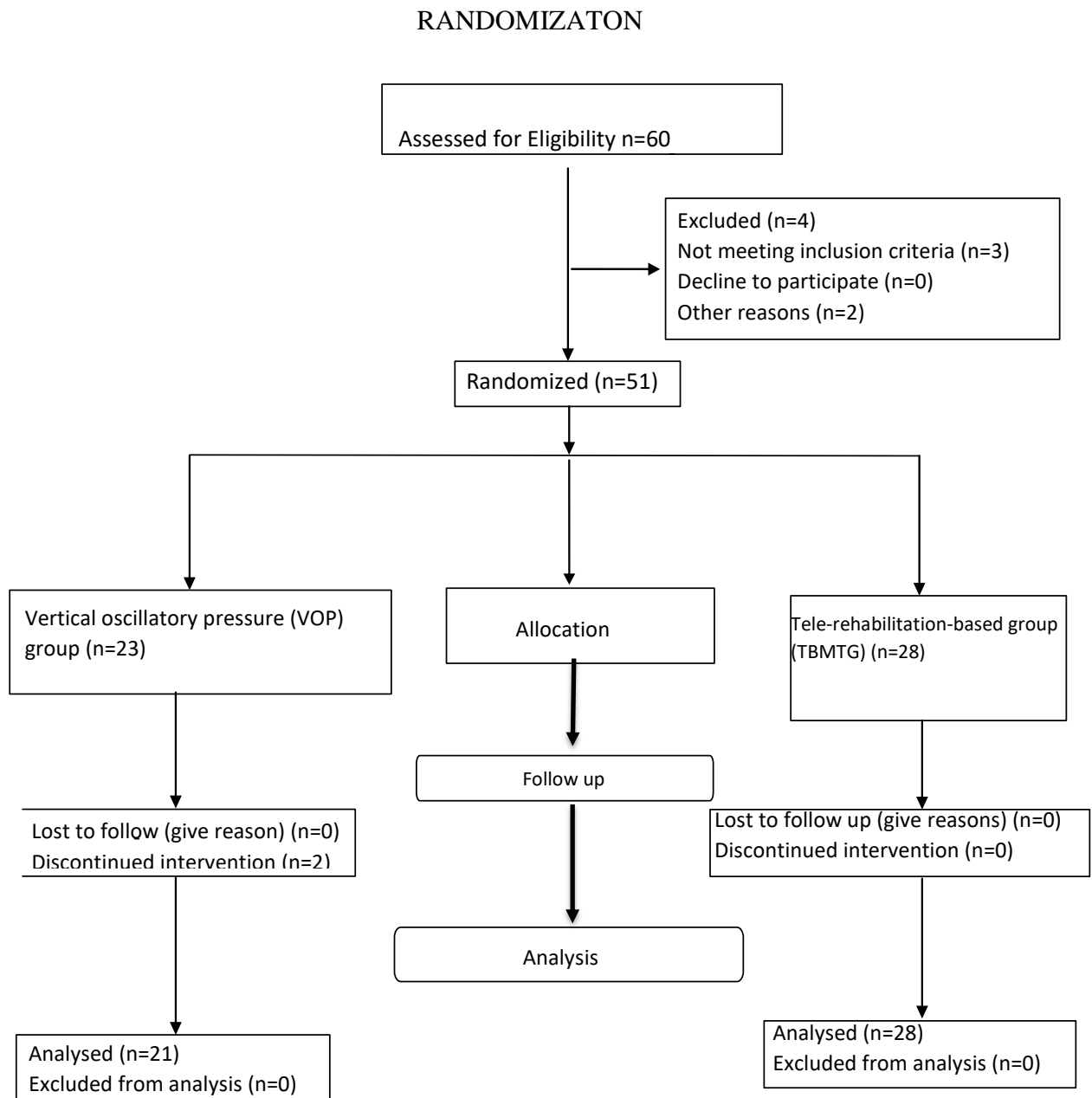
The mean age, weight, height and body mass index (BMI) of all participants were  $45.8 \pm 10.4$  years,  $76.6 \pm 12.7$  kg,  $1.66 \pm 0.07$  m and  $27.8 \pm 4.06$  Kg/m<sup>2</sup> respectively. A majority of the participants in both groups were females (VOP = 71.4%; TBMTG = 64.3%), and those in the public service occupation category (VOP = 52.4%; TBMTG = 53.6%). The mean duration of Low-Back Pain (LBP) was  $10.0 \pm 2.73$  months

Socio-demographic characteristics of the participants (N= 49)

Variable	VOP (n=21) n(%)	TBMTG (n=28) n(%)	$\chi^2$	p-value
Gender				
Male	6(28.6%)	10(35.7%)	0.278a	0.598
Female	15(71.4%)	18(64.3%)		
Age Group (yrs)				
Less than 40	8(1.68)	7(1.96)	3.096	0.377
40-50	6(1.26)	7(1.96)		
51-60	7(1.47)	11(3.08)		
Greater than 60	0(0)	3 (0.84)		
Occupation				
Artisan	5(23.8%)	5(17.9%)	15.694a	0.266
Trading	5(23.8%)	5(17.9%)		
Civil servant	11(52.4%)	15(53.6%)		
Student	0(0.00%)	2(7.1%)		
Farmers	0(0.00%)	1(3.6%)		

Key: % = Percentage; VOP = Vertical Oscillatory Pressure; TBMTG = Telerehabilitation-Based McKenzie Therapy Group

## 2. Participant flow diagram



Consort diagram of flow of participants through the study

3. Adverse effects

Nil.

4. Outcome Measure

- i. The Quadruple visual analogue scale (QVAS)
- ii. Roland Morris low-back pain disability questionnaire (RMLDQ)
- iii. Oswestry disability index (ODI)
- iv. SF-12 General health status questionnaire (SF-12)