

Table S1. Schedule of enrollment, intervention and assessments. BREx: Breathing Reeducation Exercises, CP: Conventional Physiotherapy, CMT: Cervical Manual Therapy, DMT: Diaphragmatic Manual Therapy, sDMT: Sham Diaphragmatic Manual Therapy, STT: Soft Tissue Techniques

	STUDY PERIOD				
	Enrollment	Allocation	Post-allocation		Close-out
TIMEPOINT	-t ₁	Baseline (0)	0-4 weeks	4-12 weeks	12 week endpoint
ENROLLMENT:					
Eligibility screen	X				
Informed consent	X				
<i>Randomization</i>	X				
Allocation		X			
INTERVENTIONS:					
<i>Intervention A: CMT-DMT- STT- BREx</i>			◄————►		
<i>Intervention B: CMT- sDMT- STT</i>			◄————►		
<i>Intervention C: CP</i>			◄————►		
<i>All groups: Self-managed exercises</i>				◄————►	
ASSESSMENTS:					
<i>Baseline</i>		X			
<i>4 weeks</i>			X		
<i>12 weeks</i>					X