

Supplementary File 1. Proportion of patients in each arm who received advice from their physiotherapist

Advice provided	Experimental	Control
Remain active rather than resting	93%	91%
Posture	90%	84%
General exercise	92%	93%
Restoring functionally relevant activities into daily life	68%	63%
Specific rehabilitation exercises	90%*	75%
Decreasing fear-avoidance and illness behaviour	69%*	51%

Note: * indicates between-arm difference in χ^2 ($p > .05$).