

Supplemental Material

Table S1. Baseline, post-treatment, pre-post-treatment changes and between-group differences (95% confidence interval) for neck range of motion.

Outcome/ Group	Baseline M (SD)	Two weeks Post-treatment M (SD)	Within-Group Score Changes	Between-Group Score Changes
Active flexion (tape)				
Interferential current therapy group	4.77 (1.81)	3.94 (1.44)	0.82 (0.44, 1.21)**	-0.15 (-0.83, 0.52)
Supervised exercises group	6.52 (10.79)	4.10 (1.67)	2.42 (-0.95, 5.79)	
Passive flexion (tape)				
Interferential current therapy group	3.74 (1.77)	2.50 (1.34)	1.24 (0.88, 1.61)**	-0.54 (-1.18, 0.10)
Supervised exercises group	3.93 (1.71)	3.03 (1.60)	0.89 (0.57, 1.22)**	
Active flexion (goniometer)				
Interferential current therapy group	37.05 (9.28)	40.45 (10.88)	-3.41 (-5.49, -1.32)**	1.14 (-3.67, 5.95)
Supervised exercises group	35.50 (10.06)	39.31 (11.29)	-3.81 (-5.10, -2.52)**	

Passive flexion (goniometer)				
Interferential current therapy group	41.14 (10.43)	46.95 (11.87)	-5.81 (-7.49, -4.13)**	3.19 (-1.79, 8.17)
Supervised exercises group	39.45 (11.07)	43.76 (11.05)	-4.31 (-5.85, -2.77)**	
Active Extension (tape)				
Interferential current therapy group	17.13 (2.92)	17.05 (2.82)	0.08 (-0.94, 1.09)	0.70 (-0.76, 2.15)
Supervised exercises group	17.08 (1.89)	16.36 (3.81)	0.72 (-0.42, 1.87)	
Passive Extension (tape)				
Interferential current therapy group	18.12 (3.42)	18.06 (2.99)	0.06 (-1.11, 1.24)	0.81 (-0.69, 2.31)
Supervised exercises group	17.94 (1.76)	17.25 (3.88)	0.69 (-0.52, 1.89)	
Active Extension (goniometer)				
Interferential current therapy group	43.05 (6.51)	43.81 (9.13)	-0.76 (-2.82, 1.30)	-1.81 (-5.79, 2.17)
Supervised exercises group	44.40 (7.77)	45.62 (9.22)	-1.21 (-2.08, -0.35)**	

Passive Extension (goniometer)				
Interferential current therapy group	48.12 (7.22)	49.33 (10.63)	-1.21 (-3.62, 1.19)	-0.76 (-5.20, 3.68)
Supervised exercises group	49.02 (8.80)	50.10 (9.81)	-1.07 (-1.83, -0.31)**	
Active right lateral-flexion (tape)				
Interferential current therapy group	9.42 (2.76)	8.83 (2.07)	0.59 (-0.04, 1.22)	0.56 (-0.43, 1.55)
Supervised exercises group	8.92 (2.42)	8.27 (2.48)	0.65 (0.44, 0.86)**	
Passive right lateral-flexion (tape)				
Interferential current therapy group	8.70 (2.38)	7.79 (2.05)	0.91 (0.53, 1.29)**	0.64 (-0.23, 1.51)
Supervised exercises group	8.05 (2.29)	7.15 (1.98)	0.90 (0.63, 1.17)**	
Active right lateral-flexion (goniometer)				
Interferential current therapy group	30.62 (6.89)	33.21 (5.57)	-2.60 (-4.57, -0.62)*	0.74 (-1.83, 3.31)
Supervised exercises group	30.02 (5.96)	32.48 (6.26)	-2.45 (-3.23, -1.68)**	

Passive right lateral-flexion (goniometer)				
Interferential current therapy group	34.57 (6.63)	38.19 (6.17)	-3.62 (-5.41, -1.83)**	1.38 (-1.42, 4.18)
Supervised exercises group	33.24 (5.70)	36.81 (6.70)	-3.57 (-4.69, -2.45)**	
Active left lateral-flexion (tape)				
Interferential current therapy group	9.69 (2.59)	8.75 (2.29)	0.95 (0.59, 1.30)**	0.55 (-0.46, 1.57)
Supervised exercises group	8.75 (2.29)	8.19 (2.38)	0.80 (0.58, 1.03)**	
Passive left lateral-flexion (tape)				
Interferential current therapy group	8.40 (2.34)	7.75 (2.08)	0.85 (0.37, 1.33)**	0.48 (-0.36, 1.32)
Supervised exercises group	7.76 (2.19)	7.07 (1.80)	0.70 (0.36, 1.03)**	
Active left lateral-flexion (goniometer)				
Interferential current therapy group	31.67 (7.08)	34.05 (5.72)	-2.38 (-3.87, -0.90)**	0.95 (-1.66, 3.57)
Supervised exercises group	29.79 (5.70)	33.10 (6.31)	-3.31 (-4.20, -2.42)**	

Passive left lateral-flexion (goniometer)

Interferential current therapy group 36.48 (7.74) 39.71 (6.38) -3.24 (-4.94, -1.54)** 2.00 (-0.99, 4.99)

Supervised exercises group 33.83 (5.98) 37.71 (7.36) -3.88 (-5.35, -2.42)**

Active right rotation (tape)

Interferential current therapy group 8.79 (2.57) 7.96 (2.33) 0.84 (0.40, 1.29)** 0.42 (-0.70, 1.55)

Supervised exercises group 7.87 (2.17) 7.53 (2.84) 0.34 (-0.35, 1.03)

Passive right rotation (tape)

Interferential current therapy group 7.74 (2.28) 6.74 (2.24) 0.99 (0.40, 1.28)** 0.64 (-0.27, 1.55)

Supervised exercises group 6.86 (1.97) 6.10 (1.95) 0.75 (0.50, 1.00)**

Active right rotation (goniometer)

Interferential current therapy group 53.38 (12.07) 58.81 (9.88) -5.43 (-8.55, -2.31)** 1.81 (-2.31, 5.93)**

Supervised exercises group 54.81 (8.27) 57.00 (9.08) -2.19 (-3.10, -1.28)**

Passive right rotation (goniometer)				
Interferential current therapy group	60.60 (9.43)	66.19 (10.39)	-5.60 (-7.51, -3.68)**	3.38 (-0.99, 7.76)**
Supervised exercises group	59.52 (8.64)	62.81 (9.75)	-3.29 (-4.36, -2.12)**	
Active left rotation (tape)				
Interferential current therapy group	8.94 (2.34)	8.07 (2.26)	0.87 (0.52, 1.22)**	0.82 (-0.09, 1.73)
Supervised exercises group	8.16 (1.99)	7.25 (1.92)	0.91 (0.58, 1.24)**	
Passive left rotation (tape)				
Interferential current therapy group	7.89 (2.26)	6.81 (2.26)	1.08 (0.72, 1.45)**	0.88 (-0.01, 1.76)
Supervised exercises group	6.92 (1.89)	5.93 (1.78)	0.99 (0.70, 1.27)**	
Active left rotation (goniometer)				
Interferential current therapy group	58.55 (10.12)	61.95 (9.52)	-3.41 (-5.05, -1.76)**	4.17 (0.01, 8.25)
Supervised exercises group	54.21 (8.36)	57.79 (9.29)	-3.57 (-4.83, -2.32)**	

Passive left rotation (goniometer)

Interferential current therapy group	64.31 (10.51)	68.93 (10.32)	-4.62 (-6.11, -3.12)**	5.07 (0.67, 9.47)
Supervised exercises group	60.29 (8.92)	63.86 (9.96)	-3.57 (-4.93, -2.21)**	

M (SD) = Mean (Standard deviation).

* $p < 0.05$, ** $p < 0.01$.

Appendix 1. Detailed description of the supervised exercises protocol.

The exercises were applied in series of three repetitions, with a minimum of three repetitions per series. The number of repetitions per series was increased up to a maximum of five, in a progressive manner, according to perceived muscular fatigue. In the first two sessions, only ergonomic advice and stretching exercises were provided. Starting in the third session, isometric strengthening exercises were included. The times in the position of maximum stretch were between three and ten seconds according to the patient's tolerance. The muscle groups worked on were the muscles of the posterior region of the neck, the trapezius, angular scapula, the scalene muscles and the sternocleidomastoid. Isometric contractions were maintained between five and ten seconds. To work on isometric contraction, we worked in a more functional way: flexion, extension, lateral flexion and rotation movement. From the fourth session to the end of the intervention programme, isometric strengthening exercises were complemented with the ocular-cervical kinetic re-education exercises. The exercises were cumulative, so the first sessions were shorter. The time was progressively increased from twenty minutes (first sessions) to forty-five minutes (last sessions).