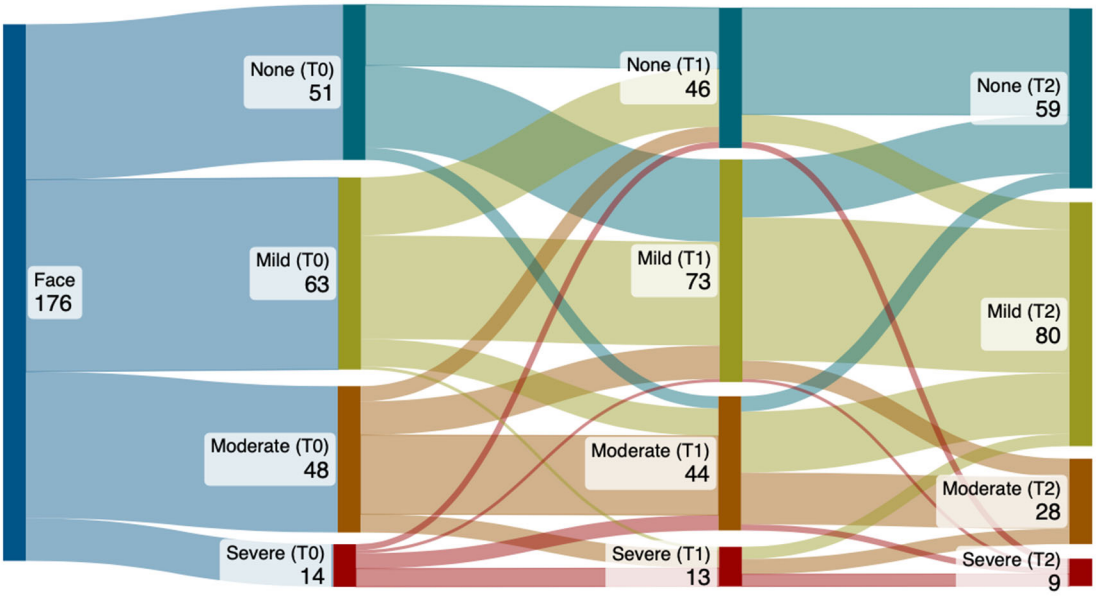


Figure S1. Sankey diagram for TTS-face sites progression. **TTS**: Total tenderness score; **T0**: baseline; **T1**: weeks 7-8; **T2**: weeks 13-14

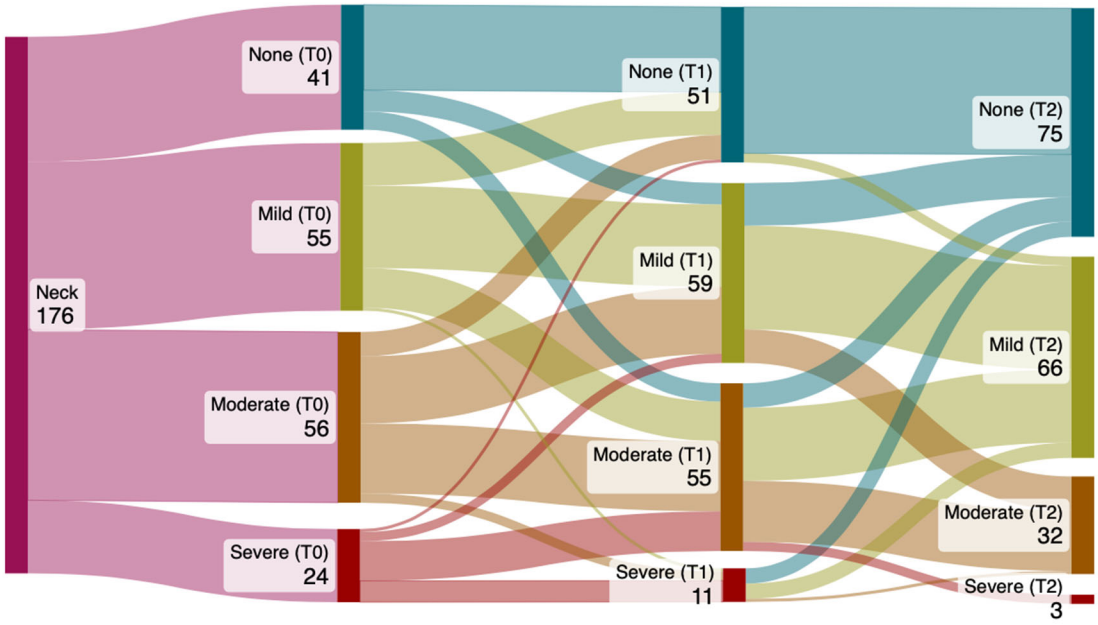


Figure S2. Sankey diagram for TTS-neck sites progression. **TTS**: Total tenderness score; **T0**: baseline; **T1**: weeks 7-8; **T2**: weeks 13-14

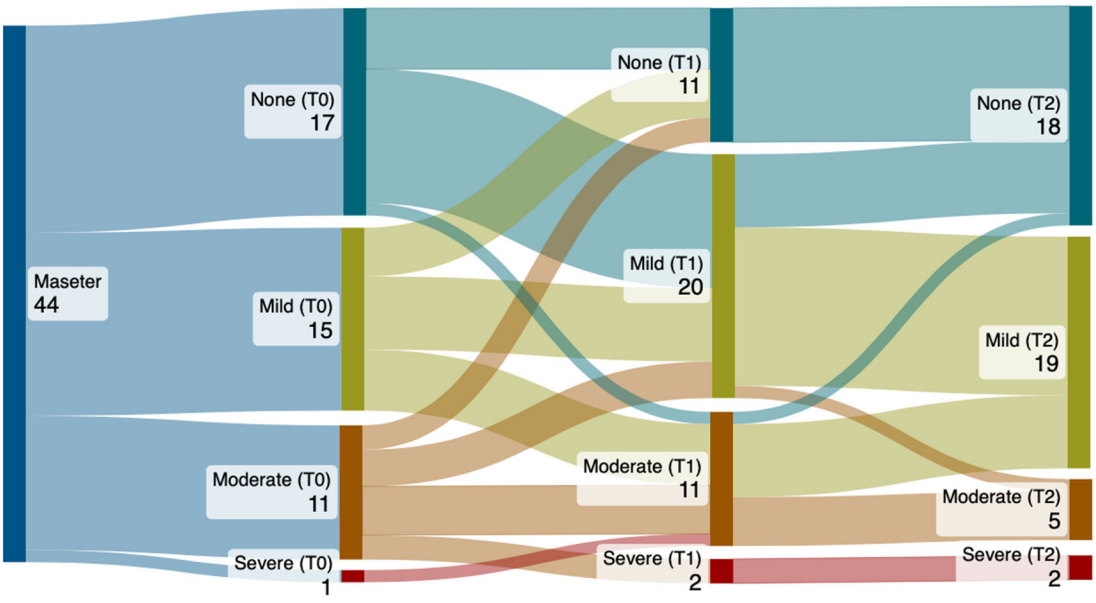


Figure S3. Sankey diagram for TTS-Masseter site progression. **TTS**: Total tenderness score; **T0**: baseline; **T1**: weeks 7-8; **T2**: weeks 13-14

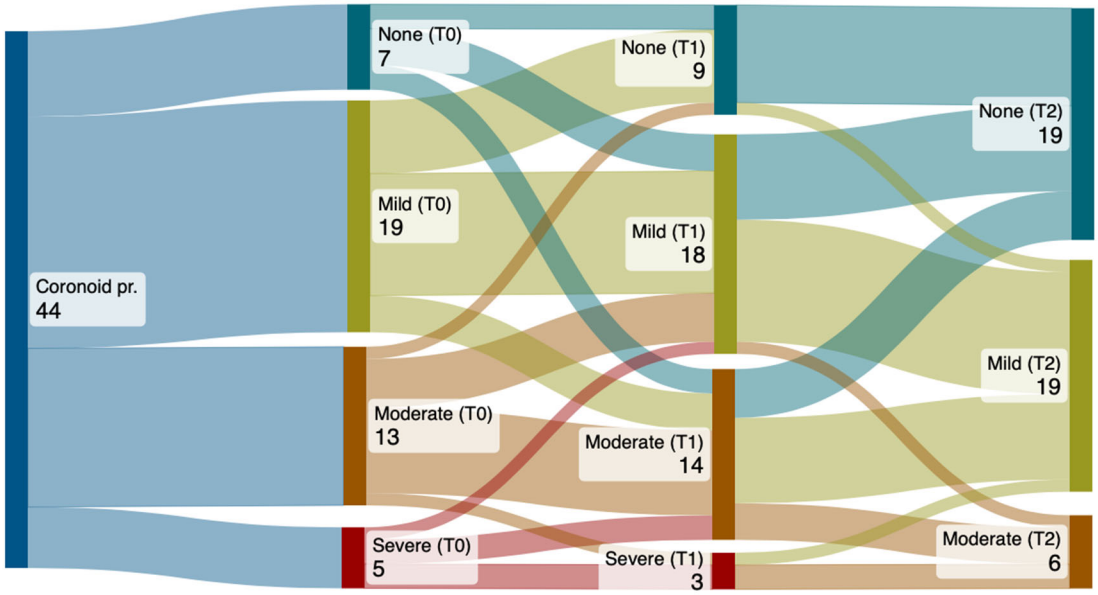


Figure S4. Sankey diagram for TTS-Coronoid site progression. **TTS**: Total tenderness score; **T0**: baseline; **T1**: weeks 7-8; **T2**: weeks 13-14

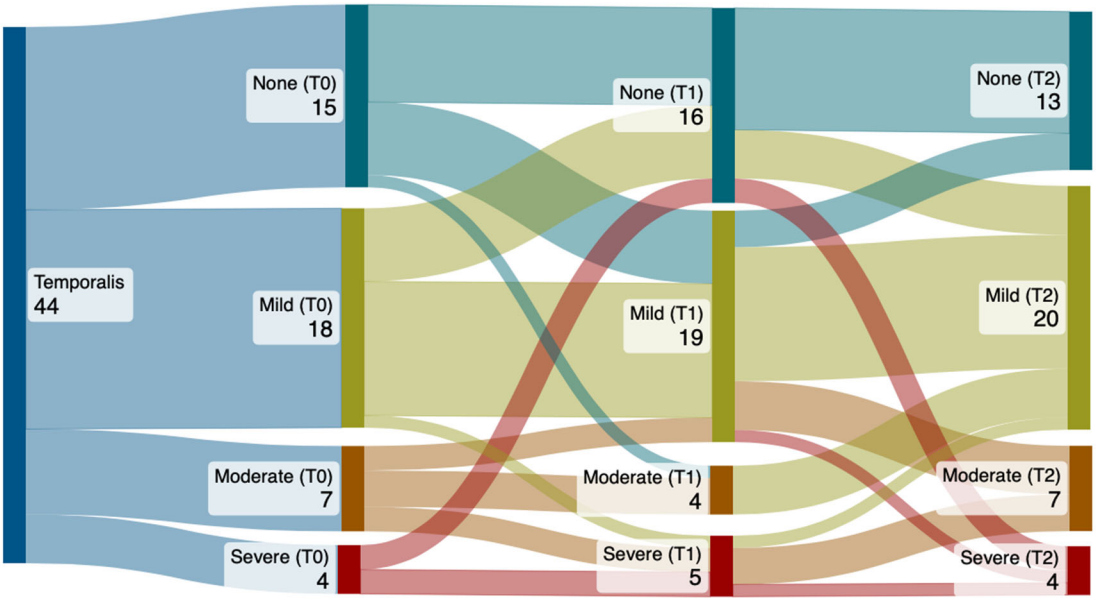


Figure S5. Sankey diagram for TTS-Temporalis site progression. **TTS**: Total tenderness score; **T0**: baseline; **T1**: weeks 7-8; **T2**: weeks 13-14

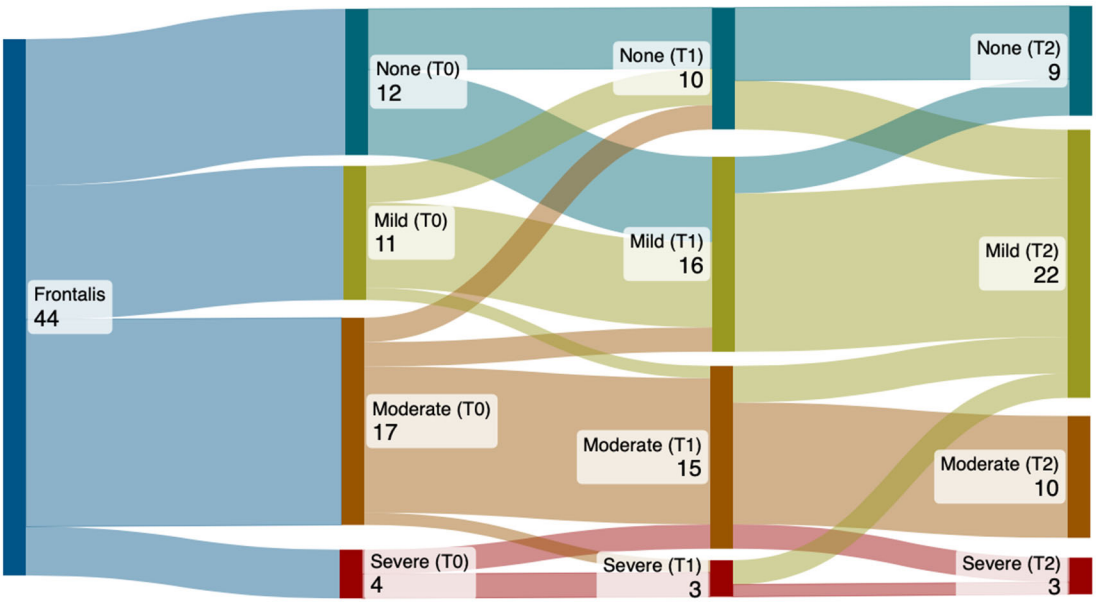


Figure S6. Sankey diagram for TTS-Frontalis site progression. **TTS**: Total tenderness score; **T0**: baseline; **T1**: weeks 7-8; **T2**: weeks 13-14

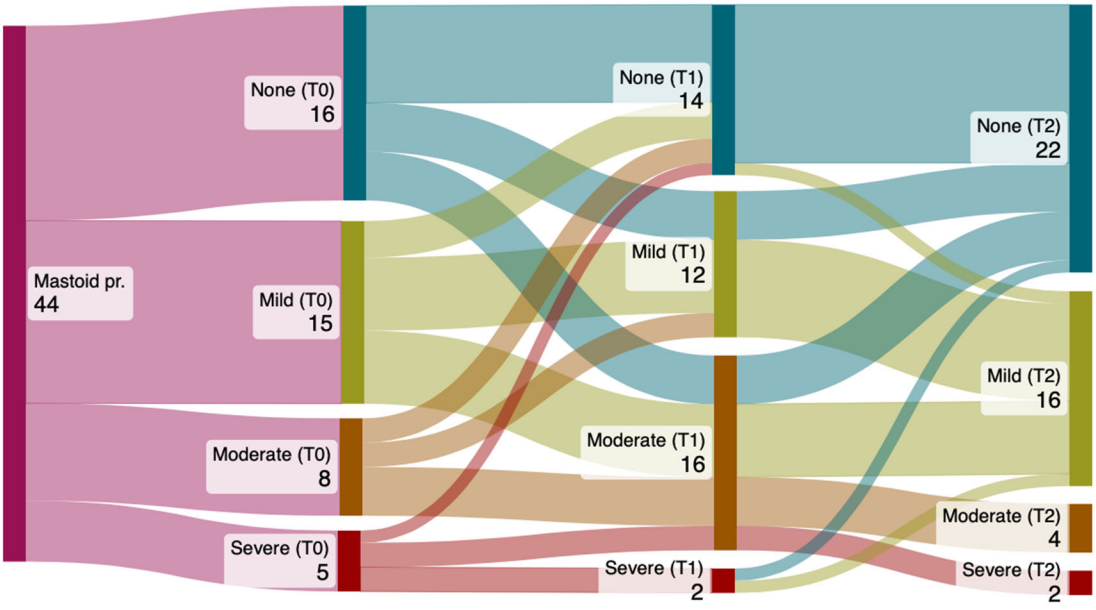


Figure S7. Sankey diagram for TTS-Mastoid site progression. **TTS**: Total tenderness score; **T0**: baseline; **T1**: weeks 7-8; **T2**: weeks 13-14

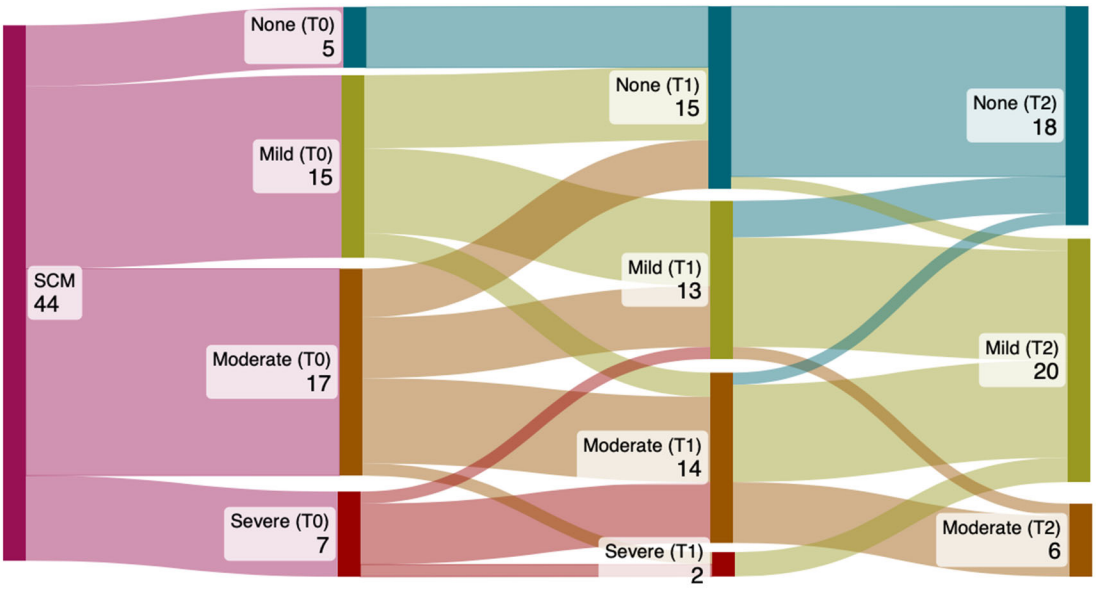


Figure S8. Sankey diagram for TTS-SCM site progression. **TTS**: Total tenderness score; **T0**: baseline; **T1**: weeks 7-8; **T2**: weeks 13-14

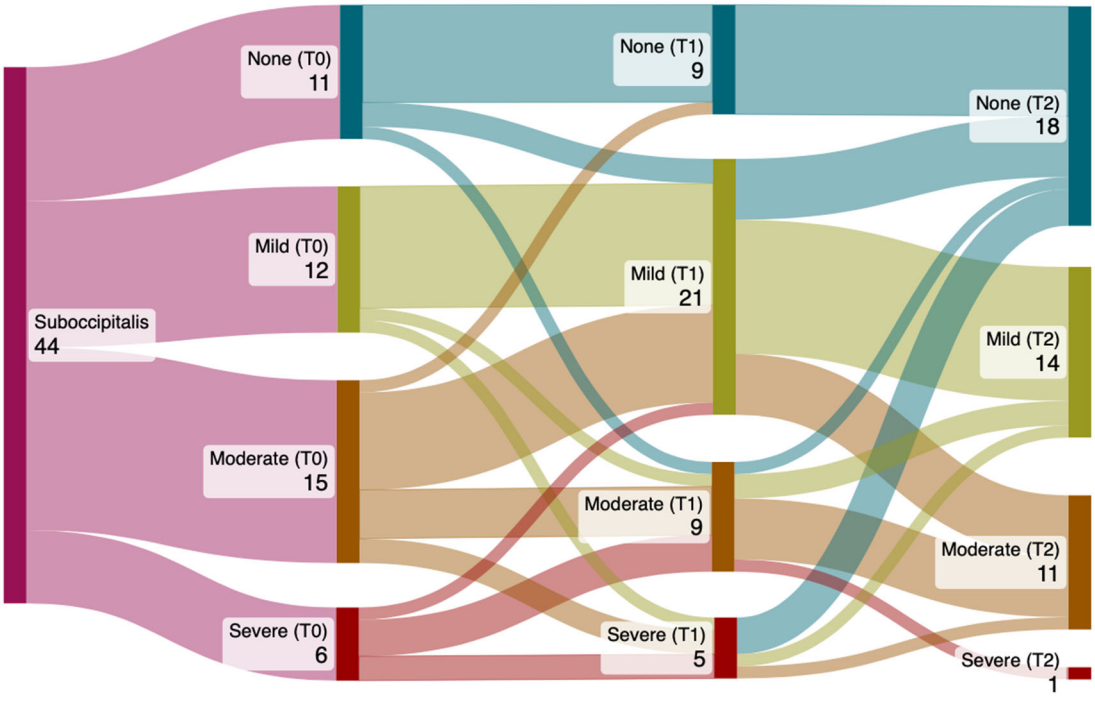


Figure S9. Sankey diagram for TTS-Suboccipital site progression. **TTS**: Total tenderness score; **T0**: baseline; **T1**: weeks 7-8; **T2**: weeks 13-14

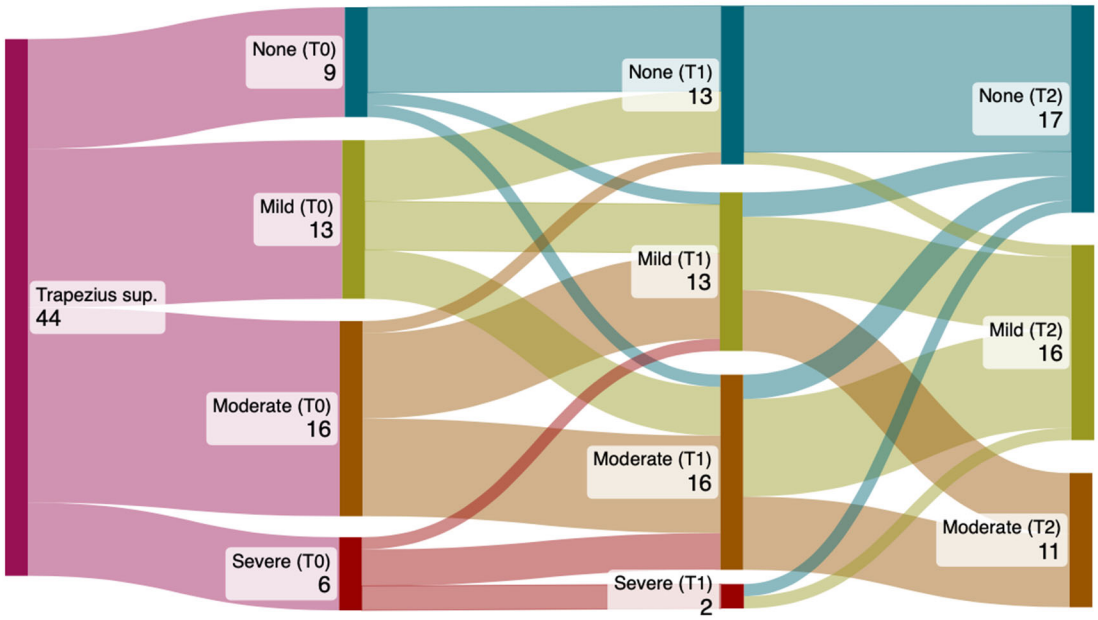


Figure S10. Sankey diagram for TTS-Trapezius superior site progression. **TTS**: Total tenderness score; **T0**: baseline; **T1**: weeks 7-8; **T2**: weeks 13-14

Table S1a. Effects of the intervention on muscle function on migraine patients.

	T0	T1	T2	Mean changes			
	Mean ± SD	Mean ± SD	Mean ± SD	T1-T0	*P (*)*	T2-T0	*P (*)*
Migraine (n = 10); *Observations:* *10 for TTS; 10 at endpoint and 8 at follow up for the RFD, eRFD, CCFT and EFr.*							
TTS	22.6 ± 11.1	21.0 ± 8.9	17.0 ± 9.1	- 1.6; 5.6	0.194	**-5.6; 5.6[a]**	**0.004**
TTS face	11.2 ± 6.4	10.8 ± 5.1	10.3 ± 5.4[b]	- 0.4; 3.1	0.345	- 0.9; 3.2	0.130
TTS neck	11.4 ± 5.2	10.2 ± 4.2	6.7 ± 5.3	- 1.2; 3.2	0.130	**- 4.7; 5.4[a]**	**0.014**
Extension peak	64.1 ± 18.0	87.2 ± 17.1	88.7 ± 24.2	0.24; 10.62	0.922	**24.4; 8.74[a]**	**0.047**
Flexion peak	32.0 ± 8.5	47.3 ± 9.1	49.1 ± 6.7	**15.43; 5.1[a]**	**0.014**	**16.47; 2.17[a]**	**0.016**
Elevation peak	348.8 ± 90.3[b]	421.6 ± 120.5	387.2 ± 110.8	72.8; 34.3	0.063	38.4; 36.1	0.323
EFr	2.2 ± 0.5	1.9 ± 0.24	1.8 ± 0.4	- 0.3; 0.6	0.090	**- 0.5; 0.6[a]**	**0.037**
CCFT Score	0.75 ± 1.2	2.3 ± 1.6	3.0 ± 2.1	1.6; 0.9	0.057	**2.3; 0.8[a]**	**0.031**
eRFD	728.1 ± 207.3[b]	997.6 ± 362.4	880.2 ± 313.1[b]	**269.6; 433.8[a]**	**0.050**	**197.7; 262.5[a]**	**0.047**
RFD	565.2 ± 361.7	725.5 ± 448.7	689.3 ± 571.1	160.2; 506.0	0.185	145.0; 663.4	0.292

TTS: Total tenderness score; **EFr**: Ratio between cervical extension and flexion; **CCFT**: Craniocervical flexion test; **eRFD**; early Rate of Force Development; **RFD**: Rate of force development. **T1-T0**: weeks 7-8 vs baseline; **T2-T0**: weeks 13-14 vs baseline; **MD**: Mean difference

[a] With-group differences significance (< 0.05). Mean changes are expressed in mean difference and standard error.

Table S1b. Effects of the intervention on muscle function on tension-type headache patients.

	T0	T1	T2	Mean changes			
	Mean ± SD	Mean ± SD	Mean ± SD	T1-T0	*P (*)*	T2-T0	*P (*)*
Tension-type headache (n = 12); ***Observations:*** *12 for TTS; 12 at endpoint and 11 at follow-up for RFD, eRFD, CCFT and EFr.*							
TTS	17.8 ± 9.3	15.3 ± 8.6	12.1 ± 8.8	- 2.5; 6.3	0.099	**- 5.7; 7.2**[a]	**0.010**
TTS face	7.4 ± 4.3	7.3 ± 4.4	5.2 ± 3.6[b]	- 0.1; 3.5	0.500	**- 2.2; 3.9**[a]	**0.025**
TTS neck	10.4 ± 6.0	7.5 ± 6.0	6.9 ± 5.7	**- 2.5; 3.9**[a]	**0.025**	**- 3.5; 5.5**[a]	**0.016**
Extension peak	86.7 ± 36.0	94.4 ± 27.9	100.6 ± 29.9	**23.13; 6.39**[a]	**0.027**	6.47; 15.1	0.769
Flexion peak	36.8 ± 10.5	52.0 ± 16.8	50.2 ± 14.1	**15.30; 3.31**[a]	**0.004**	**11.05; 5.5**[a]	**0.049**
Elevation peak	510.6 ± 142.3[b]	529.1 ± 145.7	540.2 ± 183.1	18.5; 41.6	0.665	29.6; 50.2	0.569
EFr	2.4 ± 0.7	1.9 ± 0.5	2.0 ± 0.5	- 0.4; 0.7	0.062	**- 0.5; 0.7**[a]	**0.021**
CCFT Score	0.8 ± 1.2	2.6 ± 1.2	2.9 ± 1.2	**1.8; 0.5**[a]	**0.005**	**2.1; 0.5**[a]	**0.002**
eRFD	1131.6 ± 504.6[b]	1238.2 ± 479.4	1365.5 ± 583.4[b]	197.4; 423.8	0.077	**273.4; 357.6**[a]	**0.019**
RFD	907.3 ± 791.2	910.5 ± 466.3	902.0 ± 653.0	138.6; 524.4	0.201	101.3; 878.6	0.362

TTS: Total tenderness score; **EFr**: Ratio between cervical extension and flexion; **CCFT**: Craniocervical flexion test; **eRFD**; early Rate of Force Development; **RFD**: Rate of force development. **T1-T0**: weeks 7-8 vs baseline; **T2-T0**: weeks 13-14 vs baseline; **MD**: Mean difference

[a] With-group differences significance (< 0.05). Mean changes are expressed in mean difference and standard error.