Supplementary material Tables and Figures

Table S1. Work Productivity and activity impairment questionnaire (WPAI). Comparison of the variables only within the early intervention group at the three time points.

Early Intervention Group	Baseline/ Mean	Early evaluation/ Mean	Late evaluation/ Mean	P-value between baseline and early evaluation	P-value between baseline and late evaluation	P-value between early evaluation and late evaluation
% of working time lost due to health	0.01	0.04	0.01	0.209	0.468	0.2
% of limited capacity during work due to health	0.11	0.11	0.07	0.456	0.299	**0.045**
% of overall limited work capacity due to health	0.11	0.12	0.08	0.59	0.191	**0.048**
% of limited activity due to health	0.16	0.13	0.10	0.11	**0.025**	0.096

[a] **t-test for repeated measures.**

Table S2. Work Productivity and activity impairment questionnaire (WPAI). Comparison of the variables only within the late intervention group at the three time points.

Late Intervention Group	Baseline 1/ Mean	Baseline 2/ Mean	Late evaluation/ Mean	P-value between baseline 1 and baseline 2 evaluation	P-value between baseline 1 and late evaluation	P-value between baseline 2 and late evaluation
% of working time lost	0.01	0	0.01	0.635	0.391	0.196

Late Intervention Group	Baseline 1/ Mean	Baseline 2/ Mean	Late evaluation/ Mean	P-value between baseline 1 and baseline 2 evaluation	P-value between baseline 1 and late evaluation	P-value between baseline 2 and late evaluation
due to health						
% of limited capacity during work due to health	0.09	0.1	0.09	0.908	0.672	0.502
% of overall limited work capacity due to health	0.1	0.1	0.1	0.948	0.906	0.738
% of limited activity due to health	0.13	0.12	0.1	0.723	0.154	0.297

[a] **t-test for repeated measures.**

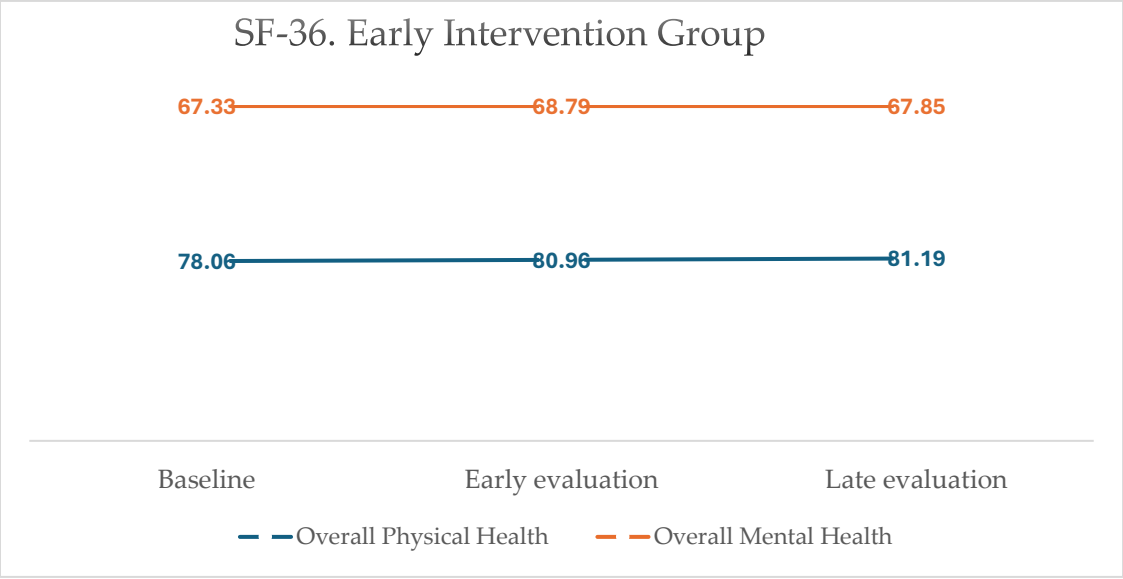

Figure S1. SF-36 questionnaire. Comparison of the variables only within the early intervention group at the three time points

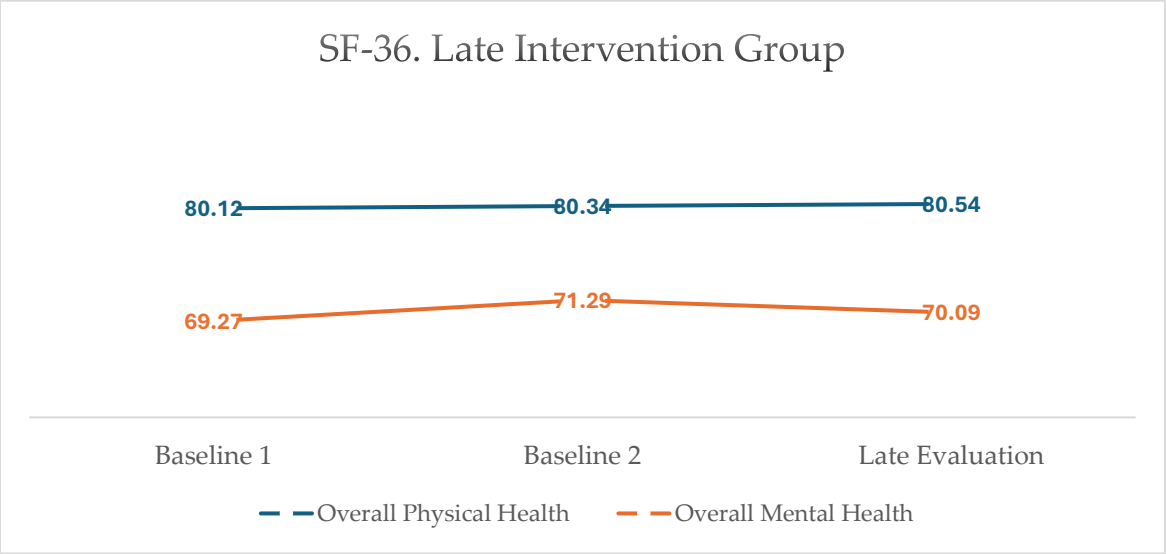

Figure S2. SF-36 questionnaire. Comparison of the variables only within the late intervention group at the three time points

Table S3. Standardised Nordic questionnaire. Comparison of the variables only within the early intervention group at the three time points.

	Baseline	Early evaluation	Late evaluation	P-value between baseline and early evaluation	P-value between baseline and late evaluation	P-value between early evaluation and late evaluation
	Percentage	Percentage	Percentage			
Neck	47	49	47	0.118	1	0.659
Neck last 12 months	16	12	4	0.81	**0.032**	**0.044**
Neck last 7 days	41	33	18	0.184	**0.004**	**0.004**
Shoulders	76	73	53	**0.015**	0.204	0.058
Shoulders last 12 months	20	14	12	0.059	0.209	0.569
Shoulders last 7 days	22	27	16	0.338	0.411	**0.013**
Elbows	18	14	14	0.071	0.42	1
Elbows last 12 months	6	4	2	0.657	0.322	0.322
Elbows last 7 days	4	4	4	0.368	1	0.159
Wrists	41	47	22	0.087	0.159	**0.014**
Wrists last 12 months	12	12	6	0.083	0.261	0.083
Wrists last 7 days	10	20	10	1	1	**0.024**
Upper back	24	14	14	0.09	0.133	1
Upper back last 12 months	6	8	0	0.741	0.083	**0.044**
Upper back last 7 days	18	10	2	0.619	**0.004**	**0.044**
Lower back	35	29	22	0.1	0.07	**0.044**
Lower back last 12 months	22	14	4	**0.049**	**0.011**	**0.024**
Lower back last 7 days	25	14	10	**0.041**	**0.031**	0.159
One or both Hips/Thighs	22	16	14	0.059	0.159	0.322
Hips/Thighs last 12 months	10	2	2	0.058	**0.044**	0.322
Hips/Thighs last 7 days	18	10	6	0.132	**0.032**	0.159
One or both knees	27	22	20	**0.038**	0.159	0.322
Knees last 12 months	12	10	4	0.259	0.103	0.083

Knees last 7 days	16	10	2	0.096	**0.018**	**0.044**
One or both ankles/feet	14	12	8	0.25	0.261	0.159
Ankles/feet last 12 months	6	2	0	0.058	0.083	0.322
Ankles/feet last 7 days	10	4	0	0.158	**0.024**	0.159

[a] McNemar test.

Table S4. Standardised Nordic questionnaire. Comparison of the variables only within the late intervention group at the three time points.

	Baseline 1	**Baseline 2**	**Late evaluation**	**P-value between baseline 1 and baseline 2 evaluation**	**P-value between baseline 1 and late evaluation**	**P-value between baseline 2 and late evaluation**
	Percentage	**Percentage**	**Percentage**			
Neck	60	63	48	0.81	0.49	**0.01**
Neck last 12 months	21	23	15	1	0.096	0.083
Neck last 7 days	46	45	29	0.657	**0.005**	**0.019**
Shoulders	54	46	31	0.138	**0.017**	0.091
Shoulders last 12 months	21	26	7	0.202	**0.004**	**<0.001**
Shoulders last 7 days	41	41	25	1	**0.011**	**0.019**
Elbows	13	15	12	0.426	1	0.686
Elbows last 12 months	4	5	4	0.566	1	0.658
Elbows last 7 days	6	5	6	0.708	1	0.708
Wrists	45	51	21	0.449	**0.029**	**0.005**
Wrists last 12 months	20	20	4	0.81	0	**0.002**
Wrists last 7 days	21	21	14	0.82	0.159	0.203
Upper back	21	30	15	0.181	0.254	**0.01**
Upper back last 12 months	11	10	5	0.741	0.096	0.251
Upper back last 7 days	16	18	9	0.798	0.109	0.052
Lower back	40	30	24	0.145	**0.008**	0.3
Lower back last 12 months	25	16	11	0.052	**0.002**	0.32

Lower back last 7 days	26	23	14	0.64	**0.024**	0.145
One or both Hips/Thighs	14	15	11	0.596	0.53	0.369
Hips/Thighs last 12 months	9	10	4	0.741	0.103	0.096
Hips/Thighs last 7 days	5	10	9	0.158	0.259	0.783
One or both knees	21	26	26	0.64	0.208	1
Knees last 12 months	10	11	6	0.741	0.181	0.208
Knees last 7 days	15	18	19	0.596	0.32	0.82
One or both ankles/feet	10	15	7	0.198	0.418	0.135
Ankles/feet last 12 months	5	6	4	0.657	0.658	0.483
Ankles/feet last 7 days	4	4	4	1	1	1

[a]McNemar test.

Table S5. Post intervention MSD pain (answer yes) by sex in both groups.

	Early intervention group			Late intervention group		
	Male	**Female**	**p-value**	**Male**	**Female**	**p-value**
Neck last 12 months	0	2/3.9%	0.5	4/5%	8/10%	0.367
Neck last 7 days	3/5.9%	6/11.76%	0.714	6/7.5%	17/7.5%	**0.027**
Shoulders last 12 months	2/3.9%	4/7.8%	0.688	1/1.25%	5/6.25%	0.209
Shoulders last 7 days	2/3.9%	6/11.76%	0.44	7/7.85%	13/16.25%	0.305
Elbows last 12 months	0	1/1.96%	0.431	1/1.25%	2/2.5%	1
Elbows last 7 days	1/1.96%	1/1.96%	1	1/1.25%	4/5%	0.366
Wrists last 12 months	1/1.96%	2/3.9%	1	1/1.25%	2/2.5%	1
Wrists last 7 days	1/1.96%	4/7.8%	0.375	3/3.75%	8/10%	0.208
Upper back last 12 months	0	0	0	2/2.5%	2/2.5%	1
Upper back last 7 days	0	1/1.96%	1	0	1/1.25%	1
Lower back last 12 months	0	2/3.9%	0.5	10/12.5%	9/11.25%	0.603
Lower back last 7 days	1/1.96%	4/7.8%	0.375	6/7.5%	4/5%	0.501
Hips/Thighs last 12 months	1/1.96%	0	0.431	2/2.5%	1/1.25%	0.597
Hips/Thighs last 7 days	0	3/5.9%	0.249	1/1.25%	6/7.5%	0.116
Knees last 12 months	0	2/3.9%	0.5	3/3.75%	2/2.5%	0.658
Knees last 7 days	0	1/1.96%	1	7/8.75%	8/10%	1
Ankles/feet last 12 months	0	0	0	2/2.5%	1/1.25%	0.593
Ankles/feet last 7 days	0	0	0	1/1.25%	2/2.5%	1