

Supplementary Table S1. Unadjusted change-score comparison (sensitivity analysis)

Outcome	Intervention Δ , median [IQR]	Control Δ , median [IQR]	Hodges–Lehmann median difference (95% CI)	p	q
VAS	-4.0 [-6.0, -3.0]	-2.0 [-4.0, -1.0]	-2.00 (-4.00 to 0.00)	.026	.183
Range of motion					
Flexion	34.0 [14.5, 58.0]	20.0 [6.0, 30.5]	16.00 (-2.00 to 37.00)	.093	.325
Extension	18.0 [2.0, 22.0]	12.0 [4.5, 15.0]	4.00 (-8.00 to 10.00)	.442	.687
Abduction	29.0 [9.5, 44.5]	8.0 [-2.0, 32.0]	18.00 (-1.00 to 39.00)	.089	.325
External rotation	16.0 [11.0, 26.0]	12.0 [1.5, 22.0]	7.00 (-3.00 to 17.00)	.177	.463
Internal rotation	18.0 [12.0, 26.0]	8.0 [2.0, 15.5]	11.00 (2.00 to 22.00)	.020	.183
Muscle strength					
Flexion	2.4 [1.4, 3.8]	2.3 [1.0, 4.2]	-0.10 (-2.35 to 1.70)	.934	1.000
Extension	2.1 [0.4, 3.1]	3.4 [0.9, 3.9]	-0.80 (-2.00 to 0.64)	.245	.491
Abduction	2.4 [1.5, 3.7]	2.4 [0.4, 3.6]	0.00 (-1.30 to 1.50)	1.000	1.000
External rotation	1.6 [1.1, 2.3]	2.1 [1.1, 3.6]	-0.60 (-2.40 to 0.70)	.198	.463
Internal rotation	1.3 [0.2, 3.0]	2.0 [0.3, 3.8]	-0.40 (-2.40 to 1.40)	.619	.789
Grip strength	2.0 [-1.0, 4.5]	2.0 [0.0, 5.5]	-1.00 (-3.00 to 2.00)	.676	.789
Function and quality of life					
DASH	-11.6 [-15.8, -10.0]	-10.8 [-17.9, -5.4]	-0.90 (-7.50 to 5.00)	.663	.789
SF-36	4.9 [1.0, 8.5]	4.7 [-1.7, 9.3]	2.69 (-4.04 to 10.92)	.320	.559

Abbreviations: VAS, Visual Analog Scale; DASH, Disabilities of the Arm, Shoulder and Hand; SF-36, 36-Item Short Form Health Survey; CI, confidence interval.

Values are the median [IQR] of the within-participant change from baseline to post-intervention, calculated as the post-intervention value minus the baseline value. Between-group differences are reported as Hodges–Lehmann location-shift estimates with distribution-free confidence intervals. Under a location-shift model, these estimates target the same between-group location-shift estimand to which the Mann–Whitney U comparison pertains. Positive values of the median difference indicate a larger change in the intervention group; for VAS and DASH, in which lower scores indicate improvement, negative values therefore favour the intervention. q = Benjamini–Hochberg false discovery rate across the outcomes in this table. Standardized effect sizes are not reported here; baseline-adjusted effect estimates for the same outcomes are given in Table 3 and Figure 3.