

Supplementary Table S2. Assumption diagnostics for the analysis of covariance models reported in Table 3

Outcome	Group $\times$ covariate interaction p	Maximum Cook's D	Shapiro–Wilk p
VAS	.364	0.194	.061
Range of motion			
Flexion	.643	0.153	.372
Extension	.290	0.285	.599
Abduction	.435	0.217	.135
External rotation	.534	0.261	.095
Internal rotation	.362	0.166	.431
Muscle strength			
Flexion	.688	0.253	.520
Extension	.365	0.167	.056
Abduction	.657	0.216	.675
External rotation	.732	0.242	.099
Internal rotation	.231	0.335	.935
Grip strength	.977	0.154	.302
Function and quality of life			
DASH	.621	0.290	.015
SF-36	.241	0.184	.049

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

Each row corresponds to the analysis of covariance model reported for that outcome in Table 3, with the post-intervention value as the dependent variable, group as a fixed factor, and the corresponding baseline value as a covariate. Homogeneity of regression slopes was assessed by adding a group-by-baseline interaction term to the model; a non-significant interaction indicates that the assumption is tenable. Cook's distance was computed for every observation and the maximum value across observations is reported, using a threshold of 1 to identify influential observations. Residual normality was assessed by the Shapiro–Wilk test. Two outcomes (DASH and SF-36) showed evidence of departure from residual normality; given the sample size and the robustness of analysis of covariance to moderate departures from normality, no transformation or alternative estimation was applied.