

Table 3: Between-group comparisons presented as mean differences (1st: CSM × TSM; 2nd: CSM × CPT; 3rd: TSM × CPT).

Variable	Groups	Baseline	4 weeks	8 weeks	6 months
	Mean difference 95% (upper limit – lower limit)				
CgH Frequency	CSM × TSM	?	2.9 (2.02 to 3.77)	3.3 (2.72 to 3.87)	3.2 (2.71 to 3.68)
	p-value; d	?	0.001. d = 1.93	0.001. d = 0.36	0.001. d = 5.33
	CSM × CPT	?	4.6 (3.72 to 5.47)	7.2 (6.62 to 7.77)	7.9 (7.41 to 8.38)
	p-value; d	?	0.001. d = 3.28	0.001. d = 7.20	0.001. d = 9.80
	TSM × CPT	?	1.7 (0.82 to 2.57)	3.9 (3.32 to 4.47)	4.7 (4.21 to 5.18)
CgH Pain Intensity	p-value; d	?	0.001. d = 1.13	0.001. d = 3.90	0.004. d = 5.22
	CSM × TSM	?	1.1 (0.80 to 1.39)	1.3 (1.06 to 1.53)	0.9 (0.71 to 1.08)
	p-value; d	?	0.001. d = 2.2	0.001. d = 0.32	0.001. d = 3.6
	CSM × CPT	?	2.1 (1.80 to 2.39)	2.3 (2.06 to 2.53)	2.9 (2.71 to 3.08)
	p-value; d	?	0.001. d = 4.2	0.003. d = 5.75	0.874. d = 9.66
CgH Disability	TSM × CPT	?	1.0 (0.70 to 1.29)	1.0 (0.76 to 1.23)	2.0 (1.81 to 2.18)
	p-value; d	?	0.001. d = 2.0	0.001. d = 2.5	0.108. d = 5.71
	CSM × TSM	?	3.6 (0.39 to 6.90)	5.3 (2.55 to 8.08)	8.3 (5.88 to 10.81)
	p-value; d	?	0.024. d = 0.65	0.001. d = 1.12	0.001. d = 2.01
	CSM × CPT	?	6.6 (3.39 to 9.90)	13.2 (10.49 to 16.02)	17.1 (14.7 to 19.6)
Neck pain frequency	p-value; d	?	0.000. d = 1.23	0.001. d = 3.01	0.001. d = 4.34
	TSM × CPT	?	3.00 (-0.25 to 6.25)	7.9 (5.17 to 10.70)	8.8 (6.3 to 11.2)
	p-value; d	?	0.774. d = 0.55	0.001. d = 1.65	0.001. d = 2.05
	CSM × TSM	?	2.7 (1.32 to 4.07)	3.0 (2.02 to 3.97)	4.8 (4.18 to 5.41)
	p-value; d	?	0.001. d = 1.17	0.001. d = 1.76	0.001. d = 7.38
Neck pain intensity	CSM × CPT	?	4.6 (3.22 to 5.97)	8.9 (7.92 to 8.97)	12.7 (12.08 to 13.31)
	p-value; d	?	0.001. d = 2.04	0.002. d = 2.04	0.874. d = 13.36
	TSM × CPT	?	1.9 (0.52 to 3.27)	5.9 (4.92 to 6.87)	7.9 (1.59 to 2.00)
	p-value; d	?	0.003. d = 0.80	0.001. d = 3.57	0.746. d = 6.58
	CSM × TSM	?	1.4 (1.08 to 1.71)	1.6 (1.34 to 1.85)	1.3 (1.09 to 1.50)
Neck pain threshold	p-value; d	?	0.001. d = 2.54	0.001. d = 3.55	0.001. d = 4.33
	CSM × CPT	?	1.3 (0.98 to 1.61)	2.5 (2.24 to 2.75)	3.1 (2.89 to 3.30)
	p-value; d	?	0.001. d = 2.60	0.001. d = 6.25	0.873. d = 10.3
	TSM × CPT	?	-0.1 (-0.41 to 0.21)	0.9 (0.64 to 1.15)	1.8 (1.59 to 2.00)
	p-value; d	?	0.736. d = 0.18	0.001. d = 2.0	0.001. d = 4.5
Flexion rotation (right)	CSM × TSM	?	-2.2 (-14.83 to 10.43)	-2.1 (-13.47 to 9.27)	-9.9 (-20.38 to 0.58)
	p-value; d	?	0.909. d = 0.10	0.899. d = 0.11	0.068. d = 0.55
	CSM × CPT	?	-5 (-17.63 to 7.63)	-6.7 (-18.07 to 4.67)	-18.7 (-29.18 to -8.21)
	p-value; d	?	0.614. d = 0.23	0.343. d = 0.35	0.000. d = 1.08
	TSM × CPT	?	-2.8 (15.43 to 9.83)	-4.6 (-15.97 to 6.77)	-8.8 (-19.28 to 1.68)
Flexion rotation (left)	p-value; d	?	0.857. d = 0.12	0.602. d = 0.23	0.118. d = 0.49
	CSM × TSM	?	-1.5 (-5.36 to 2.22)	-4.5 (-7.9 to -1.1)	-6.9 (-10.21 to -3.76)
	p-value; d	?	0.587. d = 0.24	0.005. d = 0.83	0.001. d = 1.34
	CSM × CPT	?	-4.64 (-8.43 to -0.84)	-8.3 (-11.7 to -4.91)	-12.9 (-16.12 to -9.67)
	p-value; d	?	0.012. d = 0.72	0.001. d = 1.42	0.001. d = 2.32
Neck Disability Index	TSM × CPT	?	-3.07 (-6.86 to 0.72)	-3.74 (-7.13 to -0.34)	-5.91 (-9.13 to -2.68)
	p-value; d	?	0.136. d = 0.47	0.027. d = 0.65	0.001. d = 1.08
	CSM × TSM	?	-5.19 (-8.68 to -1.69)	-5.2 (-8.41 to -2.14)	-8.0 (-10.99 to -5.00)
	p-value; d	?	0.001. d = 0.87	0.001. d = 1.00	0.001. d = 1.56
	CSM × CPT	?	-6.4 (-9.98 to -2.99)	-7.8 (-11.02 to -4.75)	-12.31 (-15.30 to -9.31)
Quality of life	p-value; d	?	0.001. d = 1.10	0.001. d = 1.53	0.001. d = 2.46
	TSM × CPT	?	-1.3 (-4.79 to 2.19)	-2.61 (-5.74 to 0.52)	-4.31 (-7.30 to -1.31)
	p-value; d	?	0.650. d = 0.22	0.122. d = 0.49	0.002. d = 0.86
	CSM × TSM	?	5.98 (0.17 to 11.78)	6.49 (2.67 to 10.30)	12.28 (9.19 to 15.36)
	p-value; d	?	0.041. d = 0.62	0.001. d = 1.05	0.001. d = 2.79
Quality of life	CSM × CPT	?	7.96 (2.15 to 13.76)	13.7 (9.88 to 17.51)	23.64 (20.55 to 26.72)
	p-value; d	?	0.004. d = 0.82	0.001. d = 1.43	0.001. d = 4.87
	TSM × CPT	?	1.98 (-3.82 to 7.78)	7.21 (3.39 to 11.02)	11.36 (8.27 to 14.44)
	p-value; d	?	0.696. d = 0.19	0.001. d = 1.10	0.001. d = 1.95
	CSM × TSM	?	-12.0 (-14.76 to -9.23)	-9.2 (-12.2 to -6.1)	-16.8 (-20.19 to -13.40)
Quality of life	p-value; d	?	0.001. d = 2.5	0.001. d = 1.73	0.001. d = 2.77
	CSM × CPT	?	-13.4 (-16.16 to -10.63)	-24.4 (-27.4 to -21.37)	-32.5 (-35.89 to -29.10)
	p-value; d	?	0.001. d = 2.94	0.001. d = 4.83	0.002. d = 5.85
	TSM × CPT	?	-1.4 (-4.16 to 1.36)	-15.20 (-18.22 to -12.17)	-15.7 (-19.09 to -12.30)
	p-value; d	?	0.452. d = 0.30	0.001. d = 5.85	0.001. d = 2.90

CSM – Cervical spine manipulation, TSM – Thoracic spine manipulation, CPT- Conventional physiotherapy, CgH – Cervicogenic Headache