

Participant Flow

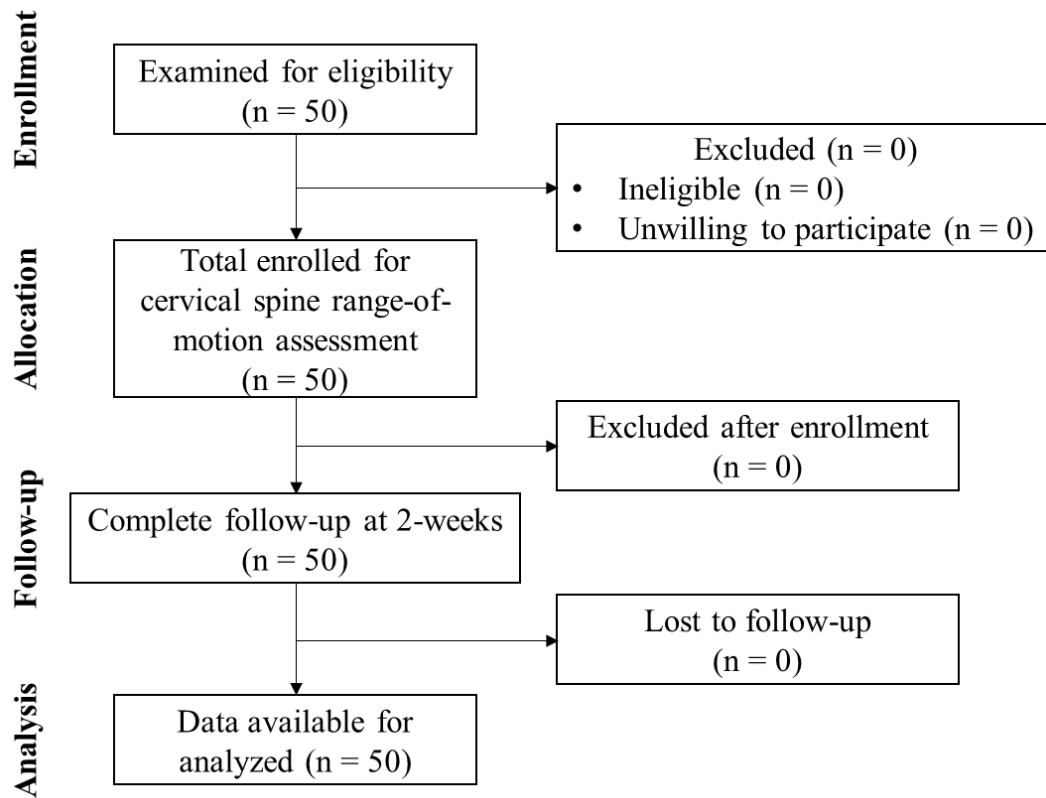


Figure 1. Participant flow of the first 50 participants

Baseline Characteristics

Table 1. Baseline demographic characteristics of the first 50 participants

Gender	Number	Age (y)	Height (cm)	Weight (kg)	Body mass index (kg/m ²)
Male	24	30.3 ± 5.4	165.1 ± 4.8	66.9 ± 10.3	24.6 ± 3.9
Female	26	27.2 ± 6.2	157.0 ± 5.9	61.6 ± 7.8	25.1 ± 3.9
Total	50	28.7 ± 6.0	160.9 ± 6.7	64.2 ± 9.4	24.9 ± 3.9

Outcome Measures

Table 2. Summary results for intrareliability assessment of goniometry (n = 50)

Outcome	Neck movement					
	Flexion	Extension	Right side bending	Left side bending	Right rotation	Left rotation
Primary outcome						
Mean range-of-motion ROM (°)	44.83	36.49	43.19	40.81	75.09	70.04
Secondary outcome						
Intraclass correlation ICC	0.912	0.955	0.943	0.891	0.892	0.936
Standard error of measurement SEM (°)	1.02	1.31	1.03	1.24	1.45	1.32
Minimal detectable change MDC (°)	2.83	3.64	2.85	3.44	4.01	3.67
Pearson's correlation coefficient r	0.911	0.961	0.943	0.892	0.896	0.938

Adverse Events

There were no adverse events associated with this study.