

Supplementary Appendix A: Description of the intervention

ON-SITE SESSION	VIRTUAL SESSION
<p>1. Preparation: records, equipment, and individual considerations. 5'</p>	<p>1. Preparation: individual considerations. 5'</p>
<p>2. Breathing, flexibility and body weight strengthening. 10'</p> <p><i>* 1 set, 7-10 repetitions/exercise</i></p> <p><i>Supine position</i></p> <ul style="list-style-type: none"> - Conscious and costo-diaphragmatic breathing + pelvic floor - Shoulder flexion - Cervical rotation - Internal/external shoulder rotation (Captus Pose) - Dead Bugs (legs only) - Shoulder Bridge - Internal/external hip rotation with knees bent <p><i>Quadrupedia</i></p> <ul style="list-style-type: none"> - Cat-Cow <p><i>Biped stance</i></p> <ul style="list-style-type: none"> - Shoulder abduction - Ankle flexion-extension - Monopodal balance - Squat - Lunge 	<p>2. Breathing, flexibility and body weight strengthening. 15'</p> <p><i>* 1 set, 7-10 repetitions/exercise</i></p> <p><i>Supine position</i></p> <ul style="list-style-type: none"> - Conscious and costo-diaphragmatic breathing + pelvic floor - Shoulder flexion - Cervical rotation - Internal/external shoulder rotation (Captus Pose) - Dead Bugs (legs only) - Shoulder Bridge - Dead Bugs (legs and arms) <p><i>Lateral decubitus, leg series</i></p> <ul style="list-style-type: none"> - The Clam - Up and down - Circles - Inner thigh <p><i>*Lateral transition, internal/external hip rotation</i></p> <p><i>Quadrupedia</i></p> <ul style="list-style-type: none"> - Cat-Cow and Bird-Dog

<p>3. Strengthening with elastic bands, standing. 10-15'</p> <p><i>* 1-2 sets, 7-10 reps/exercise</i></p> <ul style="list-style-type: none"> - Bilateral shoulder external rotation - Shoulder abduction stepping the elastic band <p><i>In pairs or individually with a fixed anchor:</i></p> <ul style="list-style-type: none"> - Pullover - Squat + Press Pallof - Lunge + Row 	<p>3.1 Balance and body weight, standing. 10'</p> <ul style="list-style-type: none"> - Ankle flexion-extension. <i>7-10 repetitions</i> - Monopodal balance * Variants: knee off centre line, facing opposite side, up-down arms. - Sumo squat: <i>3 slow reps with breathing and arms in a circle</i> - Lunges and variants with trunk rotation <p>3.2 Strengthening with elastic bands, standing. 5'</p> <p><i>* 1-2 sets, 7-10 reps/exercise</i></p> <ul style="list-style-type: none"> - Squat; shoulder abduction; Lunge + Row
<p>4. Cardiovascular training. 25-30'</p> <p><i>* Continuous or intervallic method, aiming 3-7 on the modified Borg scale (0-10) and a target heart rate between 50-85% of the reserve heart rate.</i></p> <ul style="list-style-type: none"> - Treadmill, elliptical or bicycle 	<p>4. Interval circuit. 15'</p> <p><i>* 40 s work/10 s rest, 3 rounds, 20 s rest between rounds.</i></p> <ul style="list-style-type: none"> - Exercise 1: Full-body aerobic movement - Exercise 2: Leg strength - Exercise 3: Abdominals - Exercise 4: Shoulder Bridge with variants - Exercise 5: Full-body aerobic movement
<p>5. Flexibilization. 5'</p> <ul style="list-style-type: none"> - Sacral, lumbar and brachial plexus - Latissimus dorsi + quadratus lumborum - Cervico-dorsal region 	<p>5. Flexibilization. 5'</p> <ul style="list-style-type: none"> - Sacral, lumbar and brachial plexus - Latissimus dorsi + quadratus lumborum - Cervico-dorsal region <p style="text-align: center;"><i>Note: All exercises are adapted to the patient's signs and symptoms</i></p>