

Enrollment

Triage to determine participant eligibility

Randomisation (n=86)

Allocation

Follow-Up
6 weeks

Follow-Up
6 months

Patients will be assigned to the
Mat Group (n=43)

Pain, Disability, Kinesiophobia,
Global Impression of Recovery and
Patient-Specific Functional Status

Pain, Disability, Kinesiophobia,
Global Impression of Recovery and
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Patients will be assigned to the
Equipment-based Group (n=43)

Pain, Disability, Kinesiophobia,
Global Impression of Recovery and
Patient-Specific Functional Status

Pain, Disability, Kinesiophobia,
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Patient-Specific Functional Status