

**Table 4 Univariate multilevel linear regression (MLR) showing the effects of each prognostic indicator on Pain Score (VAS) at each study time point after adjusting for baseline pain on VAS**

Covariates	6 weeks		12 weeks		26 weeks		52 weeks	
	$\beta$ (95 % CI)	P-value	$\beta$ (95 % CI)	P-value	$\beta$ (95 % CI)	P-value	$\beta$ (95 % CI)	P-value
Age	0.002 (-0.34, 0.35)	0.99	-0.06 (-0.40, 0.29)	0.74	0.45 (0.02, 0.87)	0.04	-0.08 (-0.39, 0.23)	0.61
Female (ref: male) x time	-1.86 (-8.74, 5.03)	0.60	0.02 (-6.87, 6.90)	1.00	3.74 (-4.76, 12.23)	0.39	0.05 (-6.17, 6.27)	0.99
Marital status (ref: unmarried or widow(er)) x time								
Married/cohabiting	-5.40 (-13.29, 2.49)	0.18	10.73 (2.93, 18.53)	0.01	-0.54 (-9.93, 8.85)	0.91	0.31 (-7.00, 7.61)	0.94
Level of education x time (ref. primary or secondary school)								
<i>College or University</i>	-5.19 (-12.59, 2.21)	0.17	0.83 (-6.55, 8.20)	0.83	-0.77 (-10.78, 9.24)	0.88	-4.61 (-11.15, 1.92)	0.17
Exercises regularly	4.54 (-2.21, 11.29)	0.19	-2.93 (-9.66, 3.79)	0.39	-5.61 (-14.03, 2.81)	0.19	-0.63 (-6.65, 5.40)	0.84
On paid work	6.51 (-3.33, 16.35)	0.19	14.99 (4.82, 25.17)	< 0.01	-8.02 (-20.89, 4.85)	0.22	4.27 (-4.51, 13.06)	0.34
Manual labour	3.24 (-3.78, 10.25)	0.37	0.05 (-7.02, 7.13)	0.99	-3.83 (-12.64, 4.98)	0.40	6.17 (-0.07, 12.40)	0.06
On paid sick-leave now	-3.76 (-11.40, 3.88)	0.33	-3.24 (-10.88, 4.40)	0.41	1.49 (-7.80, 10.79)	0.75	0.09 (-6.96, 7.15)	0.98
Duration of complaints in weeks	0.27 (-0.82, 1.35)	0.63	-0.19 (-1.30, 0.92)	0.74	1.35 (0.03, 2.66)	0.04	-0.10 (-1.12, 0.92)	0.85
Dominant elbow affected	-0.42 (-7.87, 7.03)	0.91	2.84 (-4.72, 10.40)	0.46	-1.91 (-11.26, 7.44)	0.69	-1.08 (-7.78, 5.61)	0.75
Pain every day last week	12.14 (-5.01, 29.28)	0.17	8.72 (-8.25, 25.68)	0.31	-1.03 (-23.45, 21.39)	0.93	2.42 (-12.62, 17.46)	0.75
Use of analgesics last week	-0.32 (-7.86, 7.22)	0.93	3.72 (-3.96, 11.40)	0.34	3.97 (-5.26, 13.21)	0.40	3.12 (-3.89, 10.13)	0.38
Acute start of symptoms	6.15 (-0.61, 12.91)	0.08	3.26 (-3.54, 10.06)	0.35	-9.40 (-17.92, -0.87)	0.03	4.95 (-1.12, 11.02)	0.11
Similar complaints earlier	-5.86 (-13.96, 2.25)	0.16	-1.09 (-9.29, 7.11)	0.80	10.49 (0.87, 20.11)	0.03	2.02 (-5.40, 9.45)	0.59
Probable over-use usual activity	4.60 (-2.34, 11.55)	0.19	2.91 (-4.11, 9.93)	0.42	6.17 (-2.39, 14.73)	0.16	8.79 (2.45, 15.14)	0.01
Probable over-use unusual activity	-5.46 (-12.40, 1.48)	0.12	-4.19 (-11.22, 2.83)	0.24	-7.00 (-15.59, 1.58)	0.11	-8.71 (-15.03, -2.38)	0.01
Patients preference for treatment: Physiotherapy	-5.96 (-12.91, 0.98)	0.09	-2.80 (-9.77, 4.17)	0.43	8.48 (-0.39, 17.36)	0.06	0.26 (-5.92, 6.44)	0.94
Patients preference for treatment: Injection	2.96 (-5.27, 11.19)	0.48	-2.15 (-10.37, 6.07)	0.61	2.45 (-6.92, 11.81)	0.61	-4.42 (-12.06, 3.22)	0.26
Patients preference for treatment: Wait and see	-0.61 (-14.43, 13.21)	0.93	4.26 (-10.74, 19.26)	0.58	-8.87 (-27.30, 9.57)	0.35	10.27 (-2.83, 23.37)	0.12
Patients preference for treatment: No preference	4.06 (-3.17, 11.29)	0.27	2.89 (-4.29, 10.07)	0.43	-9.53 (-18.61, 0.45)	0.04	0.28 (-6.20, 6.75)	0.93
Baseline pain on VAS	0.45 (0.28, 0.61)	< 0.01	0.40 (0.24, 0.57)	< 0.01	0.46 (0.26, 0.67)	< 0.01	0.21 (0.05, 0.36)	0.01
Affected function on VAS	0.60 (0.51, 0.70)	< 0.01	0.67 (0.58, 0.77)	< 0.01	0.78 (0.65, 0.91)	< 0.01	0.73 (0.61, 0.84)	< 0.01
Overall complaints on VAS	0.73 (0.67, 0.79)	< 0.01	0.82 (0.76, 0.88)	< 0.01	0.95 (0.87, 1.04)	< 0.01	0.83 (0.76, 0.91)	< 0.01
Pain free grip strength ratio	-42.74 (-52.01, -33.48)	< 0.01	-29.52 (-37.90, -21.15)	< 0.01	-25.12 (-34.07, -16.17)	< 0.01	-31.94 (-41.46, -22.42)	< 0.01
Maximum grip strength ratio	-44.16 (-56.26, -32.06)	< 0.01	-28.42 (-40.24, -16.59)	< 0.01	-44.29 (-61.09, -27.49)	< 0.01	-28.05 (-43.88, -12.22)	< 0.01
Pain Free Function Index	6.49 (5.18, 7.81)	< 0.01	6.12 (4.93, 7.31)	< 0.01	6.62 (5.24, 8.00)	< 0.01	3.14 (2.27, 4.02)	< 0.01
Pressure-pain threshold	-20.59 (-32.28, -8.89)	< 0.01	-13.88 (-24.01, -3.74)	0.01	-30.73 (-42.66, -18.81)	< 0.01	-8.43 (-17.58, 0.72)	0.07
Pain free isometric (wrist): ref. None								
<i>Some or distinct pain</i>	22.44 (13.79, 31.09)	< 0.01	19.34 (10.97, 27.70)	< 0.01	20.15 (11.57, 28.74)	< 0.01	15.98 (10.21, 21.75)	< 0.01
Pain free isometric(finger): ref. None								
<i>Some or distinct pain</i>	20.62 (13.53, 27.70)	< 0.01	22.54 (15.59, 29.49)	< 0.01	16.39 (8.61, 24.17)	< 0.01	15.67 (9.54, 21.79)	< 0.01