

Table 1

Primary and secondary outcomes by randomization group

	Week 4			Week 8		
	Posture group*	Standard group**	p-value	Posture group*	Standard group**	p-value
Day of follow-up	28.7 +/- 6.4	27 +/- 5.8	p=0.33	56.5 +/- 7.9	57.3 +/-9.7	p=0.73
Term (weeks)	30.42 +/- 3.43	30.56 +/- 3.76	p=0.90	34.45 +/-3.9	34.75 +/-3.11	p=0.78
Weigh (kg)	69 +/- 9.6	74 +/-12.7	p=0.14	71.5 +/- 10.2	74.7 +/-12.2	p=0.33
Gain of wiegh (kg)	9.3 +/- 5.6	9.6 +/- 4.9	p=0.84	11 +/- 6.9	12.1 +/-5.2	p=0.52
Regular practice > 1h a week	22 (96%)	18 (75%)	p=0.01	21 (88%)	14 (50%)	p=0.01
Kinesitherapy or osteopathy	3 (13%)	3 (13%)	p=1	0	5 (18%)	p=0.05
Acupuncture	1 (4%)	0	p=0.49	0	0	
Worst pain	4.1 +/- 2.7	6.5 +/-1.7	p<0.01	3.3 +/- 2.24	5.9 +/- 2.8	p<0.01
Least pain	0.8 +/- 1.5	0.8 +/- 1.3	p=0.93	0.3 +/- 0.6	1.3 +/- 1.5	p<0.01
Average pain	2.5 +/- 2	4.5 +/-1.5	p<0.01	1.6 +/- 1.4	4.1 +/- 2.2	p<0.001
BPI 1 (severity score)	9.1 +/- 7.3	13.2 +/- 5.1	p=0.03	6.8 +/- 5.3	13.8 +/- 7.9	p<0.001
BPI 2 (interference score)	11.5 +/- 11	18.9 +/-11.6	p=0.03	5.3 +/- 6.7	16.7 +/- 16.2	p<0.001
No painkiller medication	20 (87%)	22 (92%)	p=0.51	20 (83%)	22 (79%)	p=0.53
PGIC score	5.4 +/- 1.8	3.7 +/- 1.6	p<0.01	6.1 +/- 1.5	3.9 +/- 2.3	p<0.001
Kinesiophobia	0.3 +/- 1.5	0.2 +/- 0.6	p=0.68	0.4 +/- 1.6	0.0 +/- 1.9	p=0.28
SF-12 score (PCS)	42.1 +/- 8	40.2 +/- 5.9	p=0.36	45.7 +/- 7.8	37.4 +/- 8.5	p<0.001
SF-12 score (MCS)	51.9 +/- 6.5	51 +/- 5.8	p=0.63	54.3 +/- 5.8	50.4 +/- 7.1	p=0.04
Sick leave due to pain	5 (22%)	4 (17%)	p=0.40	5 (21%)	6 (21%)	p=0.43

*n=24 **n=28