

Table 1. Outcome measures

	Initial assessment		At 6-week review	Discharge at 14 weeks
HIT-6 Questionnaire[#]	68 [*]		62 [*]	54
Short Form Orebro	58/100 ⁺		52/100 ⁺	41/100
DASS-21	Depression	10 ^	9 ^	6
	Anxiety	2	2	2
	Stress	12 ^	10 ^	7
Patient Specific Functional Scale	Driving > 20mins	3/10	5/10	7/10
	Carrying > 20kg	2/10	4/10	9/10
	Using mobile phone > 10mins	2/10	4/10	6/10
	Sleeping > 5hours	2/10	3/10	6/10

^{*} consider high disability (Houts et al 2019) ⁺ indicates higher estimated risk of future work disability (Hockings et al 2008)

[^] indicates moderate level (Henry & Crawford 2005) [#] minimally important difference (MID) = 2.5.