Assessed for eligibility (n = 56)

Excluded (n = 6)
- Not meeting inclusion criteria (n = 4)
- Declined to participate (n = 0)
- Other reasons (n = 2)

Randomized (n=50)

Allocated to continuous US group (n = 25)
- Received allocated intervention (n = 24)
- Did not receive allocated intervention (n = 1) (Discontinued intervention after session 9th (travelling))

Allocated to placebo US group (n = 25)
- Received allocated intervention (n = 24)
- Did not receive allocated intervention (n = 1) (Discontinued intervention after session 9th (travelling))

Lost to follow-up (didn’t attend the follow up measurement session because of personal reasons other than not being satisfied with the treatment) (n = 3)

Lost to follow-up (didn’t attend the follow up measurement session because of personal reasons other than not being satisfied with the treatment) (n = 6)

Analysed (n = 25)
- Excluded from analysis (n = 0)

Analysed (n = 25)
- Excluded from analysis (n = 0)