Self-Derived
Primary Health Care

Secondary Health Care

Health Section
Physiotherapy Service

Voluntary
N=317

Minus duplicates
N=15

Participants with unspecified sessions N=1

Relevant Sample
N=302

Participants lost to follow up N=58

Participants in Study
N=244

Participants with 2 sessions per week of MMPTP (60 min)
N=192

CLBP N=154

CNP N=48

OA N=42

MMPTP: Multimodal Physical Therapy program.
CLBP: Low Back Pain.
CNP: Chronic neck pain.