Informed Consent/Assent
Self-report Outcomes
Screening Exam
Objective Biomechanical Outcomes

Treatment Assignment

Phone Interview

Baseline Evaluation 1

Baseline Evaluation 2

Baseline Evaluation 3

Exercise & Spinal Manipulative Therapy (8-16 visits over 12 weeks) n=92

Exercise (8-16 visits over 12 weeks) n=92

Week 4 & 8

Self-report Outcomes
Objective Biomechanical Outcomes
Qualitative Interview

Self-report Outcomes

Week 12 Evaluation

Self-report Outcomes
Objective Biomechanical Outcomes

Week 26 Evaluation

Self-report Outcomes
Objective Biomechanical Outcomes

Week 52 Evaluation

Self-report Outcomes