**CODEBOOK**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Variable** | **1** | **2** | **3** | **4** | **5** |
| **Treatment Group** | Manual therapy + Exercise Group | Exercise Group | x | x | x |
| **Sex** | Men | Women |  |  |  |
| **NDI\_Baseline** | No disability | Mild disability | Moderate disability | Severe disability | Complete disability |
| **NDI\_1month** | No disability | Mild disability | Moderate disability | Severe disability | Complete disability |
| **NDI\_3months** | No disability | Mild disability | Moderate disability | Severe disability | Complete disability |
| **NDI\_6months** | No disability | Mild disability | Moderate disability | Severe disability | Complete disability |