Supplementary figure 1

Check Sheet of Evaluation

No.	Question	Answer	Recommended Exercise
Q1	Which makes your low back comfortable after repeating 10 times? Forward bending or Backward bending?	Forward bending	❷, ❺
		Backward bending	❶
Q2	Check your spine alignment (Evaluated by PT)	Kyphosis	❶
		Neutral	—
		Lordosis	❷, ❺
Q3	Thomas test	Negative result	—
		Positive result	❷
Q4	Finger-Floor Distance test	Reached floor	—
		Did not reach floor	Qualitative check by PT ( )
Q5	Which makes you feel low back pain more? Sitting or Standing	座位	❶, ❸, ❹
		立位	❷, ❸, ❺

Supplementary figure 2

My Exercise Program

✓	No.	Exercise Name	Picture
	❶	Back Extension Stretch	
	❷	Iliopsoas Stretch	
	❸	Trunk Twist Stretch	
	❹	Lateral Trunk Stretch	
	❺	Trunk Bending Stretch	
	❻	Chest Stretch	

Supplementary table 1. Comparison of characteristics stratified by adherence

	Adherence >= median	Adherence < median	*p*-value
N	15	14	
Age, median (IQR)	38.0 (27.0, 45.0)	36.5 (31.0, 46.0)	0.73
Sex			0.58
Male	13 (87%)	13 (93%)	
Female	2 (13%)	1 (7%)	
BMI, median (IQR)	21.7 (20.2, 26.3)	22.2 (19.8, 24.2)	0.57
Lumbar disc herniation	2 (13%)	1 (7%)	
Lumbar canal stenosis	1 (7%)	1 (7%)	
Pain intensity, median (IQR)	2.0 (1.0, 2.5)	1.6 (0.5, 2.2)	0.42
RDQ, median (IQR)	1.0 (0.0, 2.0)	0.5 (0.0, 1.0)	0.71
STarT Back, median (IQR)	0.0 (0.0, 1.0)	0.0 (0.0, 0.0)	0.39
Medicine			0.22
None	13 (87%)	10 (71%)	
Rarely	0 (0%)	3 (21%)	
Sometimes	1 (7%)	1 (7%)	
Often	1 (7%)	0 (0%)	
Always	0 (0%)	0 (0%)	
Seek for clinic care	1 (7%)	1 (7%)	0.96
Seek for alternative care	1 (7%)	1 (7%)	0.96
Physical activity			
Sedentary time (%)	79.4 (65.8, 84.2)	80.2 (70.5, 81.8)	0.94
Low physical activity (%)	16.5 (12.0, 25.1)	16.2 (13.2, 22.2)	0.91
Moderate-vigorous physical activity (%)	4.1 (2.9, 6.7)	4.6 (3.5, 7.5)	0.73
Step	4518.2 (3407.6, 5896.8)	5056.0 (4117.5, 7159.2)	0.39
Wearing time (minutes)	701.6 (632.8, 759.4)	712.2 (696.8, 754.6)	0.60
Other musculoskeletal pain			
Neck	6 (43%)	11 (73%)	0.03
Shoulder	7 (50%)	11 (73%)	0.59
Elbow	1 (7%)	2 (14%)	0.23
Hand	2 (13%)	2 (14%)	0.13
Hip	3 (21%)	1 (7%)	0.31
Knee	5 (36%)	2 (14%)	0.22
Foot	5 (36%)	2 (14%)	0.41
Sleep quality			0.57

Good	8 (57%)	7 (47%)	
Bad	6 (43%)	8 (53%)	
Productivity Loss, mean (IQR)	3.0 (1.2, 6.9)	1.8 (0.4, 2.6)	0.39
Time Management, median (IQR)	0.0 (0.0, 15.0)	0.0 (0.0, 5.0)	0.55
Physical Demand, median (IQR)	0.0 (0.0, 8.3)	0.0 (0.0, 16.7)	0.54
Mental-Interpersonal Demand, median (IQR)	13.9 (0.0, 22.2)	6.9 (0.0, 11.1)	0.32
Output Demand, median (IQR)	20.0 (0.0, 40.0)	5.0 (0.0, 15.0)	0.22

IQR: Interquartile Range, SD: Standard Deviation, RDQ: Roland-Morris Disability Questionnaire, STarT Back: STarT Back Screening Tool