

Supplementary Table 1. Time schedule of participant enrollment, interventions, assessments and visits

Items	Screening	Cycle 1				Cycle 2				Cycle 3			
		Washout period 1	Treatment period 1	Washout period 2	Treatment period 2	Washout period 1	Treatment period 1	Washout period 2	Treatment period 2	Washout period 1	Treatment period 1	Washout period 2	Treatment period 2
	Day -3 to -1	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Eligibility criteria	X												
Informed consent	X												
Baduanjin training	X												
Demographic characteristic		X											
Randomization			X		X		X		X		X		X
VAS			X		X		X		X		X		X
ODI			X		X		X		X		X		X
JOABPEQ			X		X		X		X		X		X
SF-12			X		X		X		X		X		X
Drug combination		X	X	X	X	X	X	X	X	X	X	X	X
Safety		X	X	X	X	X	X	X	X	X	X	X	X

VAS, Visual Analogue Scale; ODI, Oswestry Disability Index; JOABPEQ, Japanese Orthopaedic Association Back Pain Evaluation Questionnaire; SF-12, Short Form Health Survey 12