

Supplementary Figure 1: The content of the *Intervention Group*

Intervention Group (IG)



1. Referral to the specialised Orthopaedic Department at Vejle Hospital
2. The shoulder expert assessment is performed by specialists with 6+ years experience in diagnosing shoulder impairments in the Orthopaedic Department at Vejle Hospital



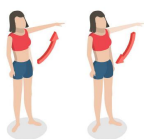
History



X-ray



Ultrasonography



5 standard clinical shoulder tests  
(flexion, abduction, rotation)

3. Examples of individualised treatments, based on results from the shoulder assessment



Ultrasound-guided  
corticosteroid injection



Specialised rehabilitation or  
oncological physiotherapist  
at the hospital



Rehabilitation in  
the municipality



Private practice



Surgery

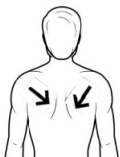
Supplementary Figure 2: The content of the *Control comparator Group*

Control comparator Group (CG)

1. Written introduction
2. Three mobility exercises  
1 set with 5-10 repetitions  
Twice a day
3. Three stretching exercises  
1 set in 30 seconds  
Twice a day
4. One tissue displacement  
1 set in a few minutes  
Twice a day
5. Four strength exercises  
3 sets of 12 repetitions  
Once a day



Rolling of the shoulder



**Supplementary Table 1:** Description of treatments received in *IG* (N=16)

|   |
|---|
| <p><b>1. Ultrasound-guided corticosteroid injection in the shoulder</b></p> <p>(performed at the Orthopaedic Department, Vejle Hospital)</p> <p><b>Physiotherapy at Vejle Hospital</b></p> <p>(strength training with weights/machines, elastic bands; self training after following instructions from a physiotherapist)</p> <p><b>Follow-up</b> (physical or telephone)</p>   |
| <p><b>2. Ultrasound-guided corticosteroid injection in the shoulder</b></p> <p>(performed at the Orthopaedic Department, Vejle Hospital)</p> <p><b>Physiotherapy at Vejle Hospital</b></p> <p>(strength training with weights/machines, elastic bands; self training after following instructions from a physiotherapist)</p> <p><b>Follow-up</b> (physical or telephone)</p> <p><b>Physiotherapist in private practice</b> (massage)</p> |
| <p><b>3. Ultrasound-guided corticosteroid injection in the shoulder &amp; follow-up</b></p> <p>(performed at the Orthopaedic Department, Vejle Hospital)</p> <p><b>Masseuse in private practice</b> (massage)</p>   |
| <p><b>4. Physiotherapy at Vejle Hospital</b> (mobility training and stretching)</p> <p><b>Follow-up</b> (physical or telephone)</p>   |
| <p><b>5. Referral to another professional in the municipality</b></p> <p>(performed at the Orthopaedic Department, Vejle Hospital)</p> <p><b>Physiotherapy in the municipality</b></p> <p>(strength training with weights/machines, elastic bands; self training after following instructions from a physiotherapist, mobility training and stretching, tape)</p>   |
| <p><b>6. Referral to another professional in the private practice; self-payment</b></p> <p>(performed at the Orthopaedic Department, Vejle Hospital)</p> <p><b>Physiotherapist in private practice</b> (group training)</p>   |
| <p><b>7. Referral to another professional in the private practice; self-payment</b></p> <p>(performed at the Orthopaedic Department, Vejle Hospital)</p>  |

**Supplementary Table 2:** Sensitivity Analysis at 12 weeks in the ITT population using a single-step non-responder (BOCF) imputation

| Outcome                                | 12 weeks after initiating the treatment |                               | Between-Group Difference in Mean Improvement |         |
|--|---|-------------------------------|--|---------|
|  | Intervention group (IG)                 | Control comparator group (CG) | Difference in LSMeans (95%CI)†               | P-Value |
|  | LS Means (SE)†                          | LS Means (SE)†                |  |         |
| <b>Primary endpoint</b>                |   |                               |  |         |
| Change SPADI overall score* (0 to 100) | -9.6 (2.7)                              | -14.5 (2.8)                   | -4.8 (-12.5 to 2.9)                          | 0.22    |
| <b>Key secondary outcome measures</b>  |   |                               |  |         |
| Change SPADI pain* (0-100)             | -12.2 (3.7)                             | -17.0 (3.8)                   | -4.7 (-15.4 to 6.0)                          | 0.38    |
| Change SPADI function* (0-100)         | -7.2 (2.3)                              | -11.9 (2.4)                   | -4.7 (-11.3 to 1.9)                          | 0.16    |

\* SPADI ranges from 0 (best) to 100 (worst), with lower scores indicating better disease status

† Estimates are least squares means (LSMeans) and standard errors (SE) with the difference between groups reported with 95% confidence intervals (CI)