

Supplementary material S1 – Supplementary 1: Data Collection Tool

Data Collection Tool used to determine whether audit criteria were met.

Criteria	Yes (1) No (0) Not Recorded (0)
Exercises are prescribed with a dosage of 5 times, 5 second hold, 3 times a week on the initial prescription.	
Exercises are prescribed in the following format: 3x cervical flexion, 1x cervical extension, 3x lateral flexion bilaterally.	
Exercise programs for DME are 6 weeks	
DME are prescribed in conjunction with gym exercises (pelvic tilt, backing up, tight circles, pole work)	
The correct technique was taught to and achieved by the client in the initial appointment, which is annotated in the clinical notes.	
Clinical notes indicate the prescribed direction, number of repetitions, amount of time held, repeatable explanation of procedure, required repetitions per week	(score out of 5 for each present criterion)
Total Score	