Supplementary Material

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Subject Number | Date | Age | Height (cm) | Weight (kg) |
| Before DI | After DI | Before DI | After DI |
|  |  |  |  |  |  |  |
|  |  |
| **Numeric Rating Scale (0-10)** | **Left side of the back** | **Right side of the back** |
| Lumbar | Thoracic | Cervical | Lumbar | Thoracic | Cervical |
| **2h before DI** |  |  |  |  |  |  |  |
| **1h DI** |  |  |  |  |  |  |  |
| **6h DI** |  |  |  |  |  |  |  |
| **30m after DI** |  |  |  |  |  |  |  |
| **Notes** |  |
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|  |
|  |

**Supplementary Figure 1.** Dry Immersion Data Collection Form



**Supplementary Figure 2.** Body Pain Map



**Supplementary Figure 3.** Pain Numeric Rating Scale (Hawker et al., 2011).