

	Item	MTU (Experimental)	PT (Control)
Diagnostic process	Interview and clinical tests.	Yes	Yes
	Test and measuring of total mobility	Yes, only to evaluate the treatment	Yes
	Testing muscle tension	No	Yes
	Testing muscle strength	Only in case of expected neurological entrapments	Yes
	Testing coordination	No	Yes
	Analysing individual preference of movement	Yes	No
	Analysing asymmetric posture and movements	Yes	No
Therapeutic process	Planning and intervention of the treatment	Yes	Yes
	Active exercise to increase total mobility	Only to stimulate the function	Yes
	Active exercise to increase muscle tension in neck and shoulder muscle	No	Yes
	Active exercise to increase muscle strength	No	Yes
	Active exercise to optimize stability	No	Yes
	Active exercise to optimize coordination	No	Yes
	Massage therapy	No	Yes
	passive angular arthrokinematic three dimensional mobilizations of the joints	Yes	No, only global mobilizations
	Treatment of total body function	Yes	Is not common
	Informing and advising the patient	Yes	Yes
	Evaluation of the treatment	Yes	Yes
	Ending treatment	Yes	Yes