**Supplemental material**

Table 5 Disaggregated unadjusted mean costs (£) over 12-month follow-up by group.

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|  | **REFS (n=10)****mean ±SD** | **‘Usual care’ (n=11)****mean ±SD** |
| **REFS intervention** | **275 ±0** | **-** |
| Inpatient | 62 ±195 | 62 ±195 |
| X-ray\* | 100 ±63 | 86 ±56 |
| MRI\* | 34 ±64 | 82 ±130 |
| CT scan\* | 15 ±55 | 31 ±47 |
| Root nerve block\* | 63 ±227 | 0 ±0 |
| Outpatient | 243 ±416 | 257 ±461 |
| Accident and emergency | 28 ±58 | 28 ±58 |
| **Total hospital\*\*** | **468 ±492** | **508 ±593** |
| GP | 282 ±288 | 288 ±319 |
| Physiotherapy (NHS) | 0 ±0 | 162 ±351 |
| Social worker | 4 ±12 | 0 ±0 |
| Nurse | 12 ±25 | 29 ±71 |
| **Total community\*\*** | **298 ±307** | **499 ±370** |
| **Total NHS\*\*** | **907 ±669** | **1124 ±747** |
| Exercise | 92 ±141 | 72 ±121 |
| Home help | 200 ±623 | 0 ±0 |
| **Total private\*\*** | **292 ±642** | **55 ±109** |
| **Total costs\*\*** | **1474 ±1168** | **1179 ±748** |
| Absenteeism | 4455 ±5935 | 1462 ±2629 |