

APPENDIX A: SAMS Clinical Classification Criteria

Minimum diagnostic criteria for SAMS:

1. Smartphone use ≥ 3 hours/day for ≥ 6 months; AND
2. Two or more of: cervical pain, thoracic stiffness, shoulder girdle tension, wrist/thumb pain, reduced cervical ROM, DCF inhibition, forward head posture $\geq 43^\circ$ CVA.

Phenotype assignment is based on dominant symptom cluster and cluster analysis of objective findings as described in Section 2.5.

APPENDIX B: SAMS-PT Home Exercise Program (HEP Card)

Exercise	Dosage	Frequency
Chin Tuck (DCF Activation)	3 sets \times 10 reps \times 10-sec hold	Daily
Thoracic Extension over Foam Roller	2 min \times 3 segments	Daily
Scapular Retraction/Depression	3 sets \times 15 reps	Daily
Thumb Eccentric Extension	3 sets \times 15 reps (each hand)	Twice daily
Cervical Rotation Stretch	30-sec hold each direction \times 3	Twice daily

Appendix Table. SAMS-PT Home Exercise Program (HEP Card).

Note: All exercises should be performed within pain-free range. Consult your physiotherapist if symptoms worsen.