

Supplementary information

Table. Mean (SD) values of Oxford Knee Score (OKS) questionnaire, Timed Up and Go (TUG) test and knee pain intensity in the control and intervention groups at baseline, 2 months and 4 months.

	Control N=25 Mean (SD)	Intervention N=21 Mean (SD)
OKS		
Baseline	26.9 (6.5)	26.7 (6.7)
2 months	30.3 (5.5)	33.4 (6.3)
4 months	36.7 (6.7)	38.6 (6.1)
TUG		
Baseline	8.3 (1.7)	9.4 (3.6)
2 months	8.7 (1.6)	8.2 (1.5)
4 months	7.7 (1.2)	7.6 (1.5)
Pain (VAS)		
Baseline	54.2 (21.6)	57.1 (18.3)
2 months	28.7 (20.0)	30.5 (21.0)
4 months	27.0 (27.5)	20.8 (20.3)