

Table S1. Questionnaires and clinical testing outcomes and change between baseline and post-observation.

| | Baseline | Post-Observation | |
|--------------------------------------|-----------------------|-----------------------|--------------|
| | Md [X] 25-75% | Md [X] 25-75% | p-value |
| RAND-36 | | | |
| Physical function PF | 70 [60] 35-85 | 70 [59] 35-80 | 0.435 |
| Role Physical RP | 25 [39] 0-75 | 50 [50] 0-100 | 0.485 |
| Bodily Pain BP | 45 [49] 45-63 | 45 [51] 45-68 | 0.609 |
| General Health GH | 55 [52] 28-73 | 60 [56] 35-78 | 0.158 |
| Vitality VT | 55 [55] 33-73 | 65 [56] 38-78 | 0.677 |
| Social Function SF | 75 [75] 50-100 | 75 [72] 50-100 | 0.108 |
| Role Emotional RE | 100 [65] 33-100 | 100 [73] 33-100 | 0.491 |
| Mental Health MH | 76 [73] 66-88 | 84 [75] 58-92 | 0.366 |
| Qualeffo-41 | | | |
| Pain | 55 [51] 35-65 | 40 [49] 33-70 | 0.327 |
| Activities of Daily Life | 13 [19] 6-25 | 19 [21] 13-28 | 0.323 |
| Jobs Around the House | 20 [27] 10-45 | 25 [28] 7,5-40 | 0.980 |
| Mobility | 22 [25] 9-46 | 19 [25] 11-39 | 0.878 |
| Social Function | 40 [41] 22-61 | 33 [40] 23-64 | 0.629 |
| General Health Perception | 58 [56] 38-71 | 58 [54] 33-75 | 0.530 |
| Mental Function | 36 [39] 31-50 | 36 [38] 26-50 | 0.923 |
| Total score | 32 [36] 25-48 | 28 [36] 25-48 | 0.602 |
| EQ-5D | | | |
| EQ-5D Index | 0.73 [0.63] 0.62-0.80 | 0.73 [0.66] 0.62-0.80 | 0.646 |
| Pain | | | |
| Current pain, NRS | 3.5 [3.2] 0.3-5.3 | 1.0 [1.7] 0.0-3.0 | 0.019 |
| Pain last week, NRS | 5.0 [5.2] 4.0-6.9 | 5.0 [5.0] 4.0-6.0 | 0.794 |
| Worst pain, NRS | 7.8 [7.3] 6.3-8.3 | 8.0 [7.2] 5.0-9.0 | 0.805 |
| Fall | | | |
| FES-I | 21 [26] 19-34 | 21 [26] 19-31 | 0.627 |
| Physical activity | | | |
| Physical exercise weekly (min) | 30 [42] 8-75 | 30 [41] 0-75 | 0.743 |
| Everyday activity weekly (min) | 225 [198] 98-300 | 225 [215] 150-300 | 0.196 |
| Total Physical activity weekly (min) | 255 [235] 116-323 | 300 [256] 150-345 | 0.348 |
| Daily sitting/resting (hours) | 5 [5] 2-7 | 5 [5] 2-7 | 0.85 |

Clinical tests

| | | | |
|----------------------------|-----------------------|---------------------|--------------|
| Distance C7-wall (cm) | 6.5 [7.9] 5-11 | 6 [7] 5-9 | 0.025 |
| Hand force right | 20 [20] 17-24 | 20 [21] 17-26 | 0.338 |
| Hand force left | 18 [19] 14-23 | 17 [19] 15-23 | 0.691 |
| Chair-stand test | 9 [9] 7-11 | 11 [12] 10-14 | 0.002 |
| Right leg, eyes open (s) | 30 [23] 15-30 | 20 [19] 8-30 | 0.32 |
| Left leg, eyes open (s) | 27 [21] 12-30 | 29 [21] 9-30 | 0.674 |
| Right leg, eyes closed (s) | 3 [4] 2-5 | 3 [3] 2-4 | 0.931 |
| Left leg, eyes closed (s) | 2 [3] 1-4 | 3 [4] 1-5 | 0.114 |
| Walking forwards (steps) | 15 [12] 10-15 | 15 [12] 10-15 | 0.953 |
| Walking backwards (steps) | 15 [11] 5-15 | 15 [11] 2-15 | 0.465 |
| Weight (kg) | 63.8 [66.7] 55.8-74.4 | 63 [66.7] 55.0-76.0 | 0.972 |
| Height (cm) | 160 [161] 154-169 | 160 [161] 153-169 | 0.275 |

Abbreviations: Md, Median; [X], Mean; Bold text: $p < 0.05$. All $n=21$