

Supplementary Table S1. Outcomes for adjusted and unadjusted analyses between-group differences (per protocol)

	Mean ± SD		Change from baseline, Mean (95% CI)		Time × group interaction
	Week 4	Week 8	Week 4	Week 8	
FRT, cm					
MHR group	21.6 ± 8.0	27.1 ± 9.6	-3.6 (-5.4 to -1.8)	-9.5 (-11.2 to -4.1)	0.044
Home exercise group	19.5 ± 7.1	23.1 ± 8.2	-0.7 (-1.8 to 0.4)	-3.9 (-6.4 to -1.3)	
MHR vs. home exercise			2.9 (1.0 to 4.9)	5.8 (1.4 to 9.6)	
TUG, sec					
MHR group	28.4 ± 11.4	25.9 ± 11.1	8.2 (5.3 to 11.1)	12.9 (8.3 to 18.8)	0.050
Home exercise group	28.5 ± 8.2	26.3 ± 6.4	5.3 (2.7 to 7.9)	7.9 (5.1 to 11.1)	
MHR vs. home exercise			-2.9 (-6.6 to 0.8)	-4.7 (-10.6 to -1.9)	
Pain NRS (0-10)					
MHR group	3.4 ± 1.4	2.2 ± 1.4	1.3 (0.6 to 2.0)	2.4 (1.6 to 3.2)	0.150
Home exercise group	3.6 ± 1.2	3.3 ± 1.4	1.4 (0.6 to 2.1)	1.6 (0.9 to 2.4)	
MHR vs. home exercise			0.2 (-0.8 to 1.2)	-0.6 (-1.6 to 0.3)	
K-MBI (0-100)					
MHR group	76.5 ± 20.7	82.2 ± 17.4	-6.1 (-10.5 to -1.6)	-11.8 (-18.4 to -5.2)	0.560
Home exercise group	80.6 ± 15.1	88.5 ± 8.8	-3.5 (-10.4 to 3.4)	-10.2 (-18.6 to -2.8)	
MHR vs. home exercise			2.6 (-5.2 to 10.4)	1.4 (-6.3 to 10.5)	
K-FES (0-100)					
MHR group	40.9 ± 27.0	33.3 ± 26.9	10.1 (3.2 to 16.4)	17.7 (11.1 to 24.3)	0.879
Home exercise group	37.1 ± 17.6	30.3 ± 15.0	9.0 (4.5 to 13.5)	15.8 (11.0 to 20.7)	
MHR vs. home exercise			-1.1 (-8.8 to 6.7)	-1.9 (-10.1 to 6.3)	
K-SF-36 (PCS) (0-100)					
MHR group	40.4 ± 13.8	46.3 ± 18.7	-6.9 (-11.9 to -1.8)	-12.8 (-20.2 to -5.4)	0.072
Home exercise group	39.3 ± 15.4	42.2 ± 15.0	-1.9 (-5.5 to 1.7)	-4.8 (-8.9 to -0.7)	
MHR vs. home exercise			5.0 (-0.9 to 10.9)	8.0 (0.1 to 16.1)	
K-SF-36 (MCS) (0-100)					
MHR group	50.2 ± 10.4	53.6 ± 11.1	-8.9 (-14.5 to -3.2)	-12.2 (-17.9 to -6.5)	0.237
Home exercise group	53.0 ± 13.9	54.6 ± 12.2	-5.2 (-9.1 to -1.4)	-6.8 (-11.9 to -1.8)	
MHR vs. home exercise			3.6 (-2.9 to 10.1)	5.4 (-1.9 to 12.6)	
K-CES-D (0-60)					
MHR group	15.9 ± 10.6	11.2 ± 8.5	12.3 (4.7 to 19.9)	17.0 (10.2 to 23.8)	0.009 / 0.953 [†]
Home exercise group	11.4 ± 8.3	7.4 ± 5.0	1.8 (-4.2 to 7.7)	5.8 (-0.7 to 12.3)	
MHR vs. home exercise			-10.5 (-19.7 to -1.3)	-11.2 (-20.2 to -2.3)	
Muscle strength					
Hip flexor, kg					
MHR group	64.8 ± 23.8	80.3 ± 24.3	-13.7 (-22.8 to -4.)	-29.1 (-40.3 to -17.9)	0.096
Home exercise group	59.2 ± 21.7	66.8 ± 20.8	-8.9 (-16.9 to -0.9)	-16.4 (-25.2 to -7.7)	
MHR vs. home exercise			4.7 (-6.8 to 16.3)	12.7 (-0.9 to 26.2)	
Hip abductor, kg					
MHR group	69.4 ± 19.4	80.8 ± 22.6	-8.9 (-13.8 to -4.0)	-21.3 (-30.2 to -12.5)	0.340
Home exercise group	65.7 ± 19.1	72.5 ± 16.6	-8.3 (-16.8 to 0.2)	-15.2 (-22.0 to -8.3)	
MHR vs. home exercise			0.6 (-8.6 to 9.7)	6.1 (-4.7 to 16.9)	
Knee flexor, kg					
MHR group	71.5 ± 23.5	83.2 ± 30.2	-14.5 (-23.8 to -5.1)	-26.1 (-37.2 to -14.9)	0.428
Home exercise group	68.8 ± 23.6	77.5 ± 16.6	-9.5 (-18.6 to -0.3)	-18.1 (-25.3 to -10.8)	
MHR vs. home exercise			5.0 (-7.5 to 17.5)	8.0 (-4.9 to 20.9)	
Knee extensor, kg					
MHR group	74.1 ± 24.5	95.8 ± 32.0	-10.8 (-17.9 to -3.6)	-32.4 (-42.0 to -22.8)	0.021
Home exercise group	78.2 ± 14.9	88.5 ± 13.5	-8.6 (-13.9 to -3.3)	-18.9 (-26.7 to -11.1)	
MHR vs. home exercise			2.2 (-6.4 to 10.8)	13.5 (1.5 to 25.4)	
Grip strength, kg					
MHR group	17.5 ± 6.1	19.9 ± 4.8	-0.2 (-2.7 to 2.3)	-2.5 (-4.8 to -0.2)	0.471
Home exercise group	16.7 ± 5.4	17.21 ± 6.3	-0.2 (-2.5 to 2.1)	-0.8 (-4.2 to 2.5)	
MHR vs. home exercise			0.0 (-3.2 to 3.2)	1.7 (-2.1 to 5.5)	

[†] Adjusted for baseline. Abbreviations: NRS, numeric rating scale; FRT, functional reach test; TUG, Timed Up and Go Test; K-MBI, Korean version of the Modified Barthel Index; K-FES, Korean version of the Fall Efficacy Scale; K-SF-36, Korean version of the 36-item Short Form Survey; PCS, physical component score; MCS, mental component score; K-CES-D, Korean version of the Center for Epidemiological Studies Depression Scale.