



Supplementary file

Table S1. Elastic resistance exercise.

Movement	Training volume (repetition × set)	Targeted muscle group	Duration (min)
A. Warm-up			
1. Mobility exercise of the neck, upper limbs, and back		Upper quarter flexors and extensors	5
2. Global flexion-extension of the lower limb		Lower quarter flexors and extensors	5
B. Upper quarter			
1. Seated chest press	10–20 × 3	Upper quarter extensors	5–10
2. Seated row	10–20 × 3	Upper quarter flexors	5–10
3. Seated shoulder press	10–20 × 3	Shoulder girdle muscle groups	5–10
C. Lower quarter			
1. Concentric–eccentric hip circumduction	10–20 × 3	Hip girdle muscle groups	5–10
2. Leg press	10–20 × 3	Lower quarter extensors	5–10
3. Leg curl	10–20 × 3	Lower quarter flexors	5–10
D. Cool down			
			5



Table 2. Exercise progression protocol.

	Week	1	2	3	4	5	6	7	8
Theraband color	Yellow	X	X						
	Red			X	X				
	Green					X	X		
	Blue							X	X
	Black								
	Silver								
Exercise loading	Repetition	10	20	10	20	10	20	10	20
	Set	3	3	3	3	3	3	3	3
	RPE ^a	13–14	14–15	13–14	14–15	13–14	14–15	13–14	14–15

X = the used Theraband color. ^aRatings of perceived exertion according to the Borg scale.

Table S3. Categories of the Brief ICF Core Set for osteoarthritis.

ICF component	Chapter	ICF code	ICF category title
Body functions	Sensory functions and pain	b280	Sensation of pain
	Neuromusculoskeletal and movement-related functions	b710	Mobility of joint functions
Body structures	Structures related to movement	b730	Muscle power functions
		s730	Structure of upper extremity
		s750	Structure of lower extremity
		s799	Structures related to movement, unspecified
Activities and participation	Mobility	d445	Hand and arm use
	Self-care	d450	Walking
		d540	Dressing
Environmental factors	Products and technology	e115	Products and technology for personal living

	e150	Design, construction and building products and technology of buildings for public use	None identified
Support and relationships	e310	Immediate family	None identified
Services, systems and policies	e580	Health services, systems and policies	None identified

ROM, range of motion (degree); GS, gait speed (m/s); TCS, Timed chair stand (repetition); WOMAC–Pain, Western Ontario & McMaster Universities Osteoarthritis Index, pain subscale; WOMAC–PF, Western Ontario & McMaster Universities Osteoarthritis Index, physical difficulty subscale; AMI, appendicular mass index (kg/m²). WOMAC–PF difficulty-ranked items: 9, Putting on socks; 11, Taking off socks.