Additional File 1

**Demographic and Clinical Characteristics of axSpA patients without exercise therapy and comparison to axSpA patients with exercise intervention**

| | All (n=29) | AS (n=14) | nr-axSpA (n=15) | Comparison between AS and nr-xSpA | Comparison between Exercise group and Group without intervention* |
|---|---|---|---|---|---|
| Age | 34.83±1.68 | 36.36±2.82 | 33.40±1.93 | ns | ns[1], ns[2], ns[3] |
| Gender (% of Female) | 31.0 | 21.4 | 40.0 | ns | ns[1], ns[2], ns[3] |
| BMI visit 1 | 25.25±0.87 | 25.01±1.06 | 25.47±1.41 | ns | ns[1], ns[2], ns[3] |
| Disease duration since First symptoms (years) | 10.26±1.88 | 12.69±3.36 | 7.99±1.76 | ns | ns[1], ns[2], ns[3] |
| Disease duration since Diagnosis (years) | 3.31±0.80 | 3.93±1.20 | 2.73±1.09 | ns | ns[1], ns[2], ns[3] |
| HLA B27 positivity (%) | 96.5 | 100 | 93.3 | ns | ns[1], ns[2], ns[3] |
| History of uveitis/exacerbation (%) ** | 37.9 / 10.34 | 35.7 / 14.3 | 40.0 / 6.7 | ns | all ns[1], ns[2], ns[3] |
| History of peripheral arthritis/exacerbation (%) ** | 24.1 / 0 | 7.2 / 0 | 40.0 / 0 | ns | ns[1]/ns[1], p[2]=0.014/ns[2], ns[3]/ns[3] |
| Hip involvement (%) | 24.1 | 21.4 | 26.7 | ns | ns[1], ns[2], ns[3] |
| Therapy - NSA (daily use/on demand) (%) | 96.5 (17.8/82.2) | 93 (15.4/84.6) | 100 (20/80) | ns | all ns[1], ns[2], ns[3] |
| Therapy - Sulfasalazin (%) | 44.8 | 14.3 | 53.3 | ns | p[1]=0.013, ns[2], ns[3] |

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|---|---|---|---|---|---|
| Therapy - Biologicals (%) *** | 6.9% | 14.3 | 0 | ns | ns[1], ns[2], ns[3] |
| Smokers ever/current (%) | 37.9 / 37.9 | 50.0 / 50.0 | 26.6 / 26.6 | ns | all ns[1], ns[2], ns[3] |
| BASDAI visit 1 / visit 2 | 2.18±0.36 / 2.46±0.41 | 1.79±0.37 / 1.91±0.50 | 2.55±0.61 / 2.98±0.63 | ns | all ns[1], ns[2], ns[3] |
| BASFI visit 1 / visit 2 | 1.56±0.32 / 1.39±0.31 | 1.25±0.41 / 1.20±0.37 | 1.85±0.48 / 1.57±0.49 | ns | all ns[1], ns[2], ns[3] |
| ASDAS-CRP visit 1 / visit 2 | 1.87±0.23 / 1.82±0.24 | 1.89±0.28 / 1.76±0.30 | 1.84±0.36 / 1.87±0.37 | ns | all ns[1], ns[2], ns[3] |
| CRP visit 1/ visit 2 (mg/l) | 7.72±1.47 /7.39±2.56 | 8.66±2.00 / 5.90±1.62 | 6.84±2.17 / 8.78±4.14 | ns | all ns[1], ns[2], ns[3] |

**Abbreviations:** axSpA- axial spondyloarthritis, AS- ankylosing spondylitis, nr-axSpA - nonradiographic axial spondyloarthritis, BMI - body mass index, NSA - non-steroidal antirheumatic drugs, BASDAI - Bath AS activity index, BASFI - Bath AS functional index, CRP - C reactive protein, ASDAS-CRP - AS disease activity score, TNFi - tumor necrosis factor alpha inhibitors

*All parameters were compared between all axSpA (1), AS (2) and nr-axSpA (3) in exercise group and group without intervention. Data for Exercise group see Table 1 and 2. All data are at baseline, only exacerbation and visit 2 after 6 months.
**Exacerbations of uveitis/arthritis occurring during 6 months of follow up
*** Only TNFi was used in long-term therapy for high disease activity.

Statistical analysis: The intergroup P value was calculated using either Mann-Whitney test or chi-squared/Fisher´s exact test. Data are characterised as mean ± standard deviation.