**S2 Table. Results for estimated mean change. *) P-values from non-parametric, Mann-Whitney U-tests, and means and CIs from bootstrapping, otherwise results from linear mixed models (LMMs) on original scale or backtransformed from LMMs on transformed scales.**

| | Change from T1 to T2 | | | | | | Change from T1 to T3 | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| | Intervention | | | Control | | | Intervention | | | Control | | |
| | Mean | 95% CI | p-value | Mean | 95% CI | p-value | Mean | 95% CI | p-value | Mean | 95% CI | p-value |
| Gait speed, preferred (m/sec) | 0.13 | (0.09,0.16) | <0.001 | 0.03 | (0.00,0.07) | 0.051 | 0.08 | (0.05,0.12) | <0.001 | 0.02 | (-0.02,0.05) | 0.349 |
| Upright time (min/day) | 4.82 | (-13.91,24.61) | 0.614 | -13.66 | (-31.35,3.73) | 0.132 | -13.78 | (-31.8,4.58) | 0.144 | -25.85 | (-43.85,-7.61) | 0.006 |
| Events (no./day) | 4.60 | (1.10,8.20) | 0.010 | -0.34 | (-3.64,2.96) | 0.838 | -0.05 | (-3.44,3.38) | 0.975 | -2.34 | (-5.67,1.04) | 0.179 |
| Step Length (cm) | 4.84 | (3.18,6.5) | <0.001 | 0.99 | (-0.65,2.62) | 0.236 | 4.71 | (3.02,6.41) | <0.001 | 1.00 | (-0.69,2.70) | 0.247 |
| Cadence (steps/min) | 7.14 | (4.36,9.93) | <0.001 | 4.42 | (1.68,7.16) | 0.002 | 4.96 | (2.11,7.81) | 0.001 | 3.83 | (0.99,6.68) | 0.008 |
| Asymmetry (%) | -1.96 | (-3.73,-0.12) | 0.036 | -0.54 | (-2.39,1.38) | 0.571 | -3.20 | (-4.92,-1.41) | <0.001 | -1.79 | (-3.60,0.07) | 0.062 |
| SPPB (0-12) *) | 1.6 | (1.1,2.2) | <0.001 | 0.2 | (-0.2,0.5) | 0.397 | 1 | (0.4,1.6) | 0.003 | -0.1 | (-0.6,0.5) | 0.621 |
| MMSE (0-30) *) | -0.4 | (-1.2,0.4) | 0.302 | -0.6 | (-1.3,0.1) | 0.140 | -0.1 | (-0.8,0.7) | 0.697 | -1.4 | (-2.4,-0.6) | 0.006 |
| CDR (sum of boxes, 0-18) *) | 0.2 | (-0.3,0.8) | 0.374 | -0.2 | (-0.7,0.3) | 0.661 | 0 | (-0.5,0.5) | 0.951 | 0 | (-0.5,0.4) | 0.874 |
| Barthel Index (0-20) *) | -0.1 | (-0.5,0.2) | 0.959 | 0 | (-0.6,0.4) | 0.350 | 0 | (-0.5,0.4) | 0.922 | -0.2 | (-0.7,0.2) | 0.515 |
| Nottingham E-ADL (0-66) *) | 3.8 | (1.8,6.1) | 0.001 | 2.6 | (0.8,4.7) | 0.014 | 1.3 | (-2.1,4.1) | 0.183 | 0.1 | (-2.3,2.3) | 0.926 |
| GDS (Short Form, 0-15) *) | 0.2 | (-0.4,0.8) | 0.607 | -0.5 | (-1.1,0.1) | 0.138 | 0.3 | (-0.2,0.9) | 0.299 | 0.2 | (-0.5,0.9) | 0.801 |
| Variability (SD) Step Length (cm) | 0.14 | (-0.14,0.43) | 0.336 | 0.31 | (0.03,0.62) | 0.034 | 0.5 | (0.18,0.83) | 0.002 | 0.62 | (0.29,0.98) | <0.001 |
| Variability (SD) Base of support (cm) | 0.06 | (-0.12,0.25) | 0.526 | 0.05 | (-0.13,0.24) | 0.580 | 0.06 | (-0.13,0.26) | 0.553 | 0.17 | (-0.03,0.38) | 0.098 |
| EQ-5D-3L-Index *) | 0.03 | (-0.03,0.08) | 0.059 | 0.04 | (-0.03,0.10) | 0.156 | -0.03 | (-0.10,0.02) | 0.717 | -0.03 | (-0.13,0.05) | 0.732 |
| Short FES-I (0-7) *) | -0.8 | (-1.7,0.1) | 0.042 | -0.6 | (-1.2,0.1) | 0.061 | -0.8 | (-2,0.2) | 0.202 | -0.9 | (-1.7,-0.3) | 0.023 |
| Chalder Fatigue Scale (0-33) *) | -1 | (-1.8,-0.1) | 0.021 | 0 | (-0.8,0.8) | 0.706 | -0.2 | (-1.5,0.8) | 0.803 | 0.7 | (-0.2,1.7) | 0.271 |