

Supplemental material

Characteristics of randomised and not-recruited participants

	Overall (n=4264)	Recruited (n=334)	not-recruited (n=3930)
Sex, n (%) female	2399 (56.3)	205 (61.4)	2194 (55.8)
Age, mean (SD)	69.54 (9.55)	67.52 (9.46)	69.72 (9.54)
Baseline OKS, mean (SD)	28.39 (8.84)	20.24 (4.78)	29.21 (8.33)

Preoperative Oxford Knee Score

	Overall (n=153)	Therapist-led (n=77)	Home-exercise (n=76)
Preoperative OKS, mean (SD)*	17.06 (7.18)	17.86 (7.39)	16.25 (6.91)

*linked data retrospectively available for patients undergoing TKA in NHS Lothian and NHS Fife

Timed-get-up-and-go

	Overall (n=286)	Therapist-led (n=143)	Home-exercise (n=143)
Timed- up-and-go, mean (SD)	18.58 (60.84)	14.65 (38.00)	22.50 (77.16)

Adjusted mean difference* 4.65 (95%CI -14.3-4.7) p=0.34

*Adjusting factors: baseline (8-week) timed-get-up-and-go and study centre