

Supplementary material 7. Changes in exercise capacity and physical function after six months.

	Outcome	Usual Care	Exercise	Difference (95% CI)	
ISWT (m)	n	16	15	36 (-12 to 84)	
	Baseline	184 ± 130	237 ± 173		
	Final	158 ± 154	248 ± 192		
	Change	-26 ± 68	11 ± 63		
ESWT (secs)	n	14	15	181 (-92 to 453)	
	Baseline	347 ± 384	401 ± 375		
	Final	193 ± 304	428 ± 423		
	Change	-153 ± 286	27 ± 413		
STS60 (n)	n	17	15	0 (-5 to 4)	
	Baseline	10 ± 12	13 ± 11		
	Final	10 ± 13	13 ± 12		
	Change	0 ± 7	0 ± 6		
SPPB	Total score	n	17	15	0.5 (-0.7 to 2)
		Baseline	7 ± 3	9 ± 3	
		Final	6 ± 2	8 ± 3	
		Change	-1 ± 2	-0.5 ± 1	
	4m walk time (secs)	n	17	15	1 (-1 to 4)
		Baseline	7 ± 6	4 ± 1	
		Final	6 ± 4	5 ± 2	
		Change	1 ± 5	0 ± 1	
	Gait speed (m/s)	n	17	15	0.05 (-0.12 to 0.22)
		Baseline	0.74 ± 0.29	0.96 ± 0.28	
		Final	0.74 ± 0.28	0.91 ± 0.31	
		Change	0.00 ± 0.22	-0.05 ± 0.24	
	STS5 (secs)	n	9	10	5 (-4 to 15)
		Baseline	17 ± 7	16 ± 14	
		Final	23 ± 13	16 ± 10	
		Change	6 ± 11	0 ± 8	

Abbreviations: CI, confidence interval; ESWT, Endurance Shuttle Walk Test; ISWT, Incremental Shuttle Walk Test; m/s, metres per second; Secs, seconds; SPPB, Short Physical Performance Battery; STS5, Sit to Stand Five Repetitions; STS60, Sit to Stand in Sixty Seconds.