

Supplementary Table S1.
Summary of Study Assessments

| A. Major Elements of the Physical Therapy Evaluation | |
|---|---|
| Gait Quality | Subjectively examined by a trained physical therapist |
| Balance | Berg Balance Scale (BBS) ¹ or Mini Balance Evaluation Systems Test (Mini-BEST) ¹ |
| Strength | Via manual muscle testing [MMT] ² |
| Flexibility | Via range of motion; - together with MMT this ensured that appropriate and feasible physical recommendations were made |
| Walking Speed | Timed 25-Foot Walk (T25FW) ³ |
| Endurance | 2-minute walk test (2MWT) ^{4, 5} |
| Functional mobility | Timed-up and go (TUG) ⁶ |
| B. Questionnaires Administered at Baseline, 6 & 12 Weeks | |
| Questionnaire (Acronym) | Domain / Use |
| 12-Item MS Walking Scale (MSWS-12) | How MS has affected walking ability in the past 4 weeks |
| 5-Item Modified Fatigue Index (MFIS-5) | Assessment of mental and physical fatigue |
| 5-Item Mental Health Inventory (MHI-5) | Assessment of mental health (depression and anxiety) |
| Pain Effects Scale (PES) | Assessment of pain |
| Bladder Control Scale (BLCS) | Impact of bladder dysfunction and control issues |
| Bowel Control Scale (BWCS) | Impact of bowel dysfunction and control issues |
| WHO Disability Assessment Schedule (WHODAS 2.0) | General quality of life assessment |
| Center for Epidemiological Studies-Depression (CES-D) | Assessment of depression |
| MS Quality of Life-54 (MSQOL-54) | MS specific quality of life assessment |

Legend: MS = multiple sclerosis