Supplementary file 5: COVID-19 Project changes implemented April 2020

Changes made	Reason for the changes
Suspension of Phase 1 of study (n=22 participants).	Normally, phase 1 of the study is provided through weekly face to face sessions over 12 weeks administered by study physiotherapists. Due to COVID-19 restrictions we were no longer able to undertake this phase of the study. We explored telehealth options but decided the validity of the treatment would be significantly impacted without face to face contact. Therefore, we decided to suspend this phase of the study until face to face treatment was able to be used again. Participants were offered the opportunity to withdraw or recommence treatment once it is safe. All participants chose to remain in the study until it recommenced. The chief investigator (JLK) maintained fortnightly contact with these participants over this time to check on their wellbeing and answer any questions.
Provision of telehealth treatment sessions (n=23 participants) in Phase 2 of study	Normally, phase 2 of the study is provided through once-monthly face to face sessions administered by study physiotherapists. We decided to use telehealth appointments to undertake these treatment sessions during the COVID-19 shutdown. This enabled this phase of the study to continue and also protect the health of investigators and study participants.
Postpone the time point of follow-up clinical and biomechanics (secondary outcome) assessment from 6 months post randomization to as soon as is safe following COVID-19 closure.	As it was no longer safe or legally possible for participants to attend the laboratory at La Trobe University, we postponed all face to face follow-up testing until it was safe to do so. The primary outcome of the study, collected via online questionnaires, is not impacted by this postponement.