

**Figure S1.** Study Population Flow-Diagram

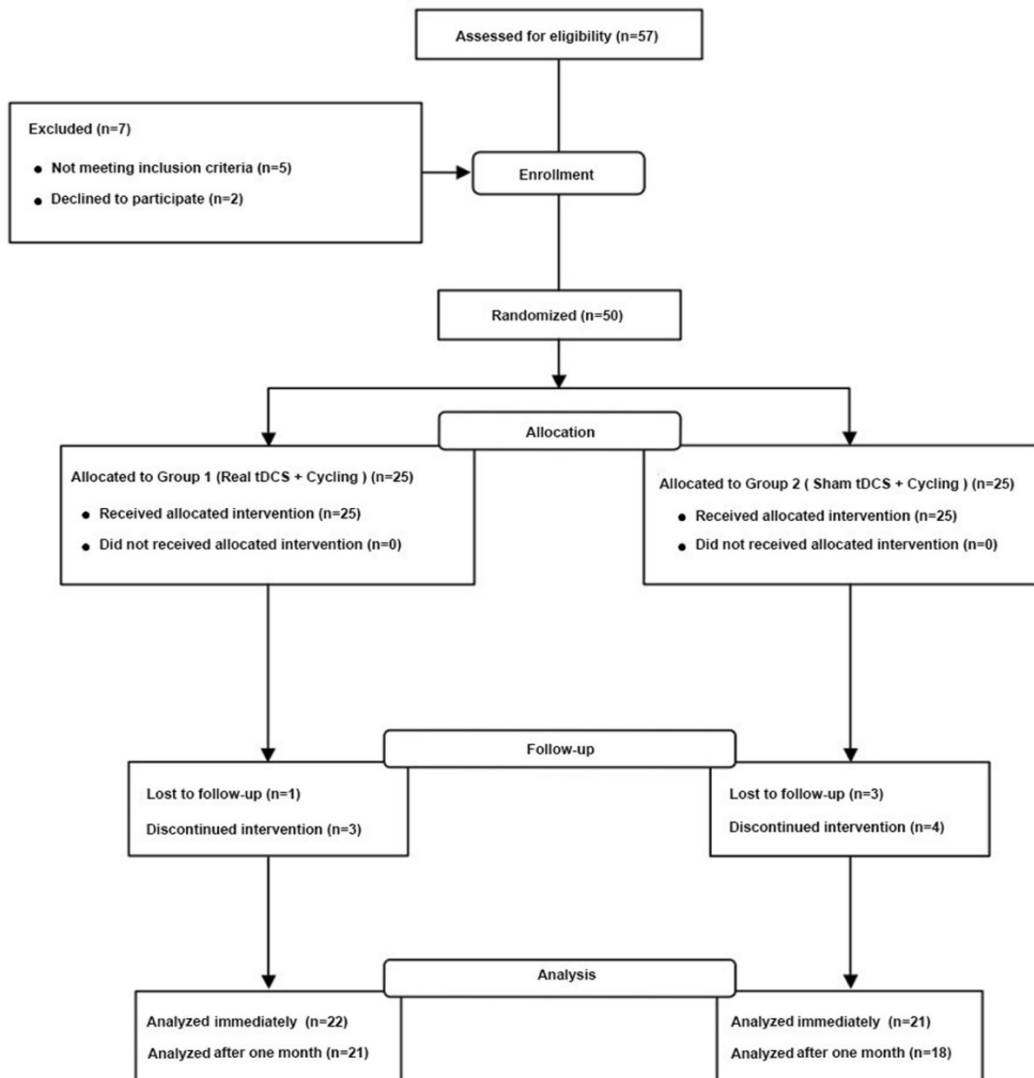
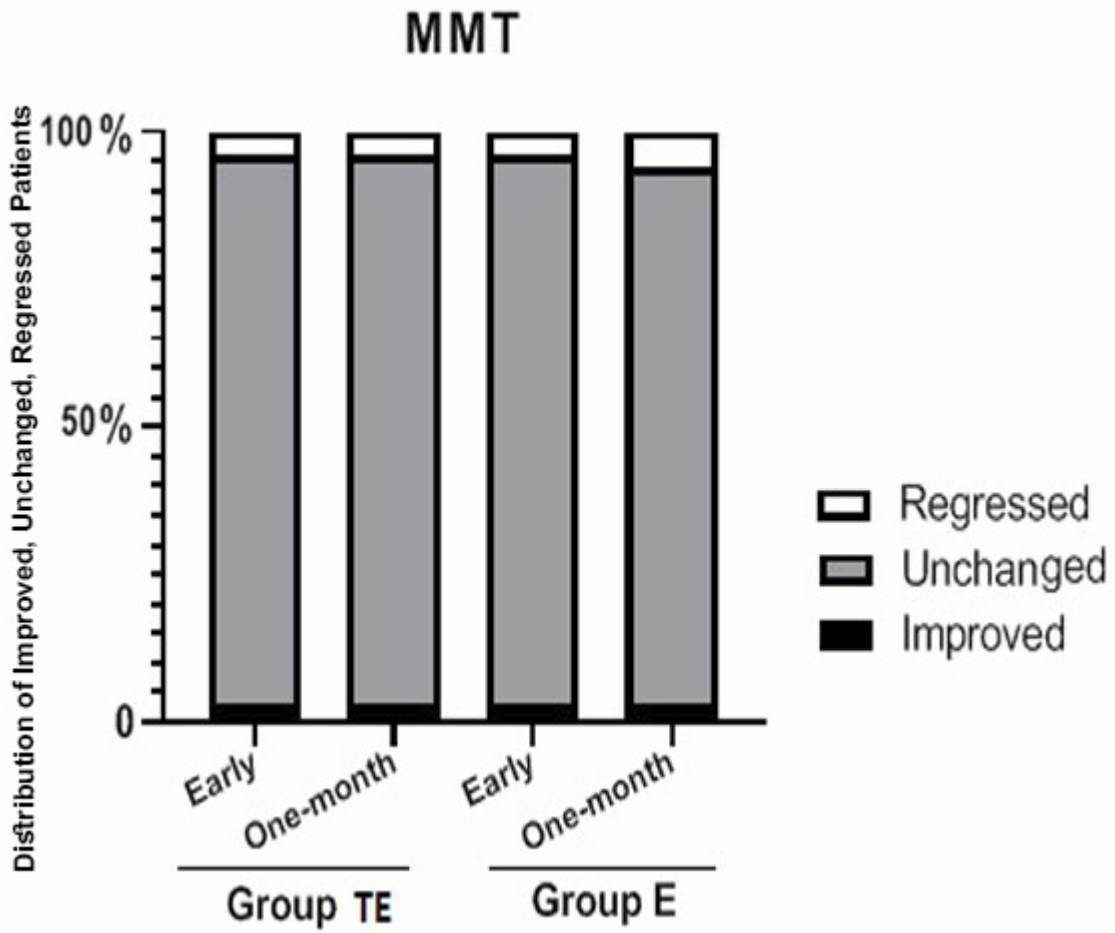


Figure S2. MMT Changes in Both Intervention Protocols



Group E, control group; Group TE, study group; MMT, Manual Muscle Test.

**Table S1.** Comparison of the Two Groups in Terms of MD in MSQOL-54 and FSS

| Variable  | TE group      | E group      | <i>P</i> value |
|---|---------------|--------------|----------------|
| <b>MSQOL-54 physical health composite score</b> |               |              |                |
| <b>Postintervention</b>                         | 53.99 ± 2.9   | 50.23 ± 4.2  | 0.99           |
| <b>Follow-up (4 weeks)</b>                      | 50.00 ± 1.4   | 45.71 ± 1.1  | 0.70           |
| <b>MSQOL-54 mental health composite score</b>   |               |              |                |
| <b>Postintervention</b>                         | 45.72 ± 3.2   | 46.39 ± 2.5  | 0.59           |
| <b>Follow-up (4 weeks)</b>                      | 44.84 ± 3.0   | 45.61 ± 2.4  | 0.55           |
| <b>FSS</b>                                      |               |              |                |
| <b>Postintervention</b>                         | 43.54 ± 7.92  | 41.90 ± 9.67 | 0.510          |
| <b>Follow-up (4 weeks)</b>                      | 42.33 ± 10.73 | 39.55 ± 9.96 | 0.410          |

E group, control group; FSS, Fatigue Severity Scale; MD, mean difference; MSQOL-54, Multiple Sclerosis Quality of Life–54 (tool); TE group, study group.