

**SUPPLEMENTARY FILE 2: Efficacy Outcomes without Participant 62**

**Table 5: SOAR Efficacy Outcomes (sensitivity analysis)**

Outcome	Women (n=18)			Men (n=12)		
	Baseline Median (min-max)	End Median (min-max)	Change Mean (95%CI)	Baseline Median (min-max)	End Median (min-max)	Change Mean (95%CI)
KOOS <sub>Pain</sub>	83 (58-100)	86 (53-100)	3.0 (-.4,6.3)	88 (69-97)	86 (75-100)	2.1 (-3.3,7.5)
KOOS <sub>Symp</sub>	57 (39-79)	54 (39-75)	1.7 (-2.0,5.4)	57 (43-71)	63 (43-68)	1.2 (-4.2,6.6)
KOOS <sub>ADL</sub>	96 (79-100)	99 (75-100)	1.0 (-2.3,4.4)	98 (81-100)	96 (81-100)	0.6 (-3.4,4.6)
KOOS <sub>SR</sub>	70 (45-95)	90 (55-100)	<b>12.1 (4.4,19.7)</b>	75 (50-100)	75 (50-100)	3.8 (-6.7,14.1)
KOOS <sub>QoL</sub>	50 (25-81)	56 (25-88)	<b>8.8 (4.4,19.7)</b>	50 (25-88)	56 (44-88)	6.8 (-2.5,16.1)
KOOS <sub>PF</sub>	75 (41-91)	82 (55-96)	<b>9.2 (1.9,15.7)</b>	76 (50-91)	71 (57-96)	1.5 (-6.2,9.2)
PSFS <sup>1</sup>	5 (0-7)	6 (2-9)	<b>1.7 (0.5,2.9)</b>	6 (3-8)	6 (4-8)	-0.4 (-1.9,1.1)
PHS	19 (5-37)	8 (0-32)	<b>-7 (-11,-3)</b>	20 (0-41)	11 (2-30)	-5 (-13,4)
GLTQ <sup>2</sup>	55 (13-118)	70 (37-224)	<b>23 (7,39)</b>	66 (23-92)	90 (35-185)	<b>31 (8,54)</b>

<sup>1</sup>Average across three goals

<sup>2</sup>Metabolic equivalents