

SUPPLEMENTARY DIGITAL MATERIAL 1

Supplementary Table I.—Group scores, Between and within group differences for Function and Pain outcome measures#.

Outcome	Baseline	End of Treatment 4wk	Follow-up 2mo	4wk - Baseline	2mo - Baseline	2mo - 4wk
<b>Primary Outcome</b>						
<b>K-AKPS (0-100)<sup>a</sup></b>						
Group 1 (n=30)	74.1 (71.66, 76.54)	94.1 (92.25, 96.09)	98.7 (97.38, 99.95)	20.0 (17.95, 22.12)*	24.6 (22.39, 26.74)*	4.5 (3.43, 5.63)*
Group 2 (n=30)	72.7 (69.89, 75.57)	94.9 (93.19, 96.61)	98.9 (97.81, 99.99)	22.1 (18.82, 25.51)*	26.2 (22.56, 29.77)*	
Between Groups dif.	1.4 (-2.65, 5.38)	-0.7 (-3.18, 1.65)	-0.2 (-1.77, 1.30)			4 (2.32, 5.68)*
<b>Secondary Outcomes</b>						
<b>Worst Pain (VAS, 0-10cm)<sup>b</sup></b>						
Group 1 (n=30)	5.73 (5.21, 6.24)	1.30 (0.91, 1.68)	0.2 (0.06, 0.34)	-4.43 (-4.85, -4.01)*	-5.53 (-6.03, -5.03)*	-1.1 (-1.46, -0.73)*
Group 2 (n=30)	5.40 (4.96, 5.85)	0.76 (0.48, 1.04)	0.07 (-0.004, 0.13)	-4.64 (-5.03, -4.26)*	-5.34 (-5.76, -4.91)*	-0.7 (-0.95, -0.44)*
Between Groups dif.	0.32 (-0.34, 0.99)	0.54 (0.07, 1.00)*	0.13 (-0.02, 0.28)			
<b>Usual Pain (VAS, 0-10cm)<sup>b</sup></b>						
Group 1 (n=30)	3.80 (3.39, 4.20)	0.40 (0.14, 0.65)	0.06 (-0.04, 0.16)	-3.4 (-3.72, -3.08)*	-3.73 (-4.12, -3.35)*	-0.3 (-0.57, -0.11)*
Group 2 (n=30)	3.64 (3.37, 3.91)	0.22 (0.07, 0.38)	0.01 (-0.003, 0.02)	-3.4 (-3.75, -3.09)*	-3.64 (-3.91, -3.36)*	-0.2 (-0.37, -0.05)*

Between Groups dif.	0.15 (-0.32, 0.63)	0.17 (-0.12, 0.47)	0.05 (-0.04, 0.15)			0.06)*
<b>SLSQ-Shallow (VAS, 0-10cm)<sup>b</sup></b>						
Group 1 (n=30)	3.50 (3.20, 3.80)	0.21 (-0.04, 0.46)	0.05 (-0.02, 0.12)	-3.28 (-3.59, -2.98)*	-3.44 (-3.71, -3.17)*	-0.16 (-0.35, 0.03)
Group 2 (n=30)	3.35 (3.12, 3.59)	0.15 (0.02, 0.30)	0.01 (-0.01, 0.02)	-3.21 (-3.45, -2.97)*	-3.35 (-3.57, -3.12)*	-0.14 (-0.26, -0.02)*
Between Groups dif.	0.14 (-0.23, 0.50)	0.06 (-0.21, 0.33)	-0.04 (-0.11, 0.03)			
<b>SLSQ-Deep (VAS, 0-10cm)<sup>b</sup></b>						
Group 1 (n=30)	4.84 (4.41, 5.28)	0.78 (0.34, 1.21)	0.14 (-0.01, 0.29)	-4.06 (-4.49, -3.64)*	-4.70 (-5.13, -4.28)*	-0.64 (-0.96, -0.32)*
Group 2 (n=30)	4.46 (4.09, 4.83)	0.51 (0.22, 0.79)	0.05 (-0.01, 0.12)	-3.95 (-4.31, -3.58)*	-4.40 (-4.75, -4.06)*	-0.45 (-0.69, -0.21)*
Between Groups dif.	0.38 (-0.18, 0.94)	0.27 (-0.24, 0.78)	0.08 (-0.08, 0.25)			
<b>DSDT-MPFFA (deg.<sup>o</sup>)<sup>a</sup></b>						
Group 1 (n=30)	64.5 (62.36, 66.64)	91 (89.62, 92.38)	98.1 (96.73, 99.59)	26.5 (24.14, 28.86)*	33.6 (30.03, 37.27)*	7.1 (4.72, 9.58)*
Group 2 (n=30)	67.6 (65.56, 69.64)	90.6 (88.10, 93.24)	96.8 (94.87, 98.75)	23.1 (19.37, 26.75)*	29.2 (25.81, 32.61)*	6.1 (3.53, 8.76)*
Between Groups dif.	-3.1 (-5.99, -0.20)*	0.34 (-2.52, 3.19)	1.34 (-1.01, 3.70)			

K-AKPS: Kujala Anterior Knee Pain Scale, VAS: Visual Analog Scale, cm: centimeters, SLSQ: Single Leg Squat, deg.<sup>o</sup>: degrees, DSDT: Decline Step Down Test, MPFFA: Maximum Pain Free Flexion Angle, a. High score indicates better value, b. Low score indicates better value, # Values are presented as mean (95%CI), \*P<0.05.