

SUPPLEMENTARY DIGITAL MATERIAL 4

Supplementary Table I.—Baseline characteristics of GOLD-3 COPD subjects in both groups.

Variables	Study intervention (N = 48)	control intervention (N = 49)	<i>P</i>
6-minute walking distance (m) *	425.76 ± 60.00	443.96 ± 52.17	0.114
mMRC			
mMRC grade1 N (%) †	26(54.17%)	24(48.98%)	0.950
mMRC grade2 N (%) †	16(33.33%)	21(42.86%)	
mMRC grade3 N (%) †	6(12.50%)	4(8.16%)	
Spirometry			
FEV ₁ (L) *	1.23 ± 0.24	1.18 ± 0.22	0.247
FEV ₁ %predicted (%) ‡	45.45 (38.09, 48.05)	43.00 (38.60, 46.40)	0.166
FVC (L) *	2.56 ± 0.53	2.55 ± 0.54	0.952
FEV ₁ / FVC (%) ‡	45.97 (42.42, 55.21)	47.20 (41.45, 54.40)	0.591
Maxima ventilation volume (L/min) *	47.74 ± 13.59	44.69 ± 13.08	0.290
Peak expiratory flow (L/s) *	3.68 ± 1.09	3.48 ± 1.07	0.383
PaCO ₂ (mmHg) ‡	40.65(38.30, 42.75)	39.00 (37.00, 42.40)	0.311
PaO ₂ (mmHg) ‡	78.70 (74.75, 85.30)	77.70 (73.00, 83.20)	0.611
Diaphragm motion in quiet breathing (cm) ‡	2.30 ± 0.67	2.26 ± 0.55	0.732
Diaphragm motion in deep breathing (cm) ‡	4.59 ± 1.22	4.50 ± 1.00	0.706

Data are reported as the mean ± standard deviation, or median (25th centile, 75th centile) unless stated otherwise; * Independent T-Test or ‡ Wilkison rank test for non-normally distributed data or † Chi-Squared test was used to compare groups.

Abbreviations: FEV₁ = forced expiratory volume in 1 second; FVC = forced vital capacity; mMRC = modified Medical Research Council; Lower scores indicate fewer symptoms; PaCO₂ = partial pressure of carbon dioxide; PaO₂ = partial pressure of oxygen.