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Appendix 1: outcome scores per treatment allocation per timepoint, and adjusted differences(β) for the non-operatively treated subgroup.

		Routine care <i>n</i> =51 median (IQR)	Reduced imaging <i>n</i> =42 mean (IQR)	UC vs RI Adjusted β (95%CI)
OMAS 0-100	BL	100 (90-100)	100 (100-100)	-
	W6	50 (35-65)	55 (30-70)	1.9 (-6.3 to 10.1)
	W12	70 (60-85)	75 (60-85)	1.2 (-6.9 to 9.3)
	W26	90 (75-100)	90 (76-100)	5.3 (-2.9 to 13.4)
	W52	95 (85-100)	100 (85-100)	2.7 (-5.9 to 11.2)
AAOS 0-100	BL	100 (98-100)	100 (99-100)	-
	W6	77 (62-87)	76 (63-82)	3.8 (-1.6 to 9.1)
	W12	89 (83-95)	86 (75-94)	5.0 (-0.3 to 10.2)
	W26	96 (90-99)	98 (93-100)	2.4 (-3.1 to 7.8)
	W52	95 (95-100)	99 (96-100)	2.5 (-3.1 to 8.0)
AAOS shoe 0-100	BL	100 (81-100)	100 (88-100)	-
	W6	38 (25-100)	29 (25-100)	5.4 (-7.0 to 17.8)
	W12	64 (50-100)	50 (33-100)	-1.4 (-12.0 to 9.1)
	W26	100 (50-100)	100 (50-100)	-3.6 (-15.2 to 8.0)
	W52	100 (62-100)	80 (55-100)	8.9 (-2.6 to 20.4)
EQ-5D 0-1	BL	1.0 (0.85-1.0)	1.0 (0.84-1.0)	-
	W6	0.78 (0.65-0.86)	0.78 (0.78-0.86)	-0.01 (-0.08 to 0.05)
	W12	0.85 (0.78-1.0)	0.84 (0.78-1.0)	-0.01 (-0.07 to 0.06)
	W26	1.0 (0.84-1.0)	1.0 (0.81-1.0)	0.02 (-0.05 to 0.09)
	W52	1.0 (0.89-1.0)	1.0 (0.84-1.0)	0.01 (-0.06 to 0.09)
SF36 PCS 0-100 50 = average	BL	57.0 (52.8-59.3)	56.7 (53.4-58.7)	-
	W6	38.7 (32.1-48.1)	36.3 (30.5-42.2)	2.6 (-0.6 to 5.9)
	W12	49.9 (39.6-54.7)	47.9 (39.5-53.6)	0.8 (-2.6 to 4.1)
	W26	55.2 (49.2-58.4)	52.9 (49.3-57.2)	2.7 (-0.8 to 6.1)
	W52	54.7 (50.7-58.0)	54.6 (50.4-57.3)	1.6 (-2.0 to 5.1)
SF36 MCS 0-100 50 = average	BL	52.8 (46.4-59.2)	54.2 (48.6-56.6)	-
	W6	54.0 (46.9-60.3)	51.4 (44.2-59.1)	3.6 (0.1 to 5.6)
	W12	56.0 (53.4-60.7)	58.1 (45.3-60.1)	2.2 (-1.0 to 5.3)
	W26	54.0 (48.9-59.2)	55.5 (49.8-58.6)	-0.4 (-3.6 to 2.9)
	W52	52.6 (48.8-58.0)	56.4 (50.8-58.5)	-0.3 (-3.6 to 3.1)
VAS pain rest 0-10	BL	0.0 (0.0-1.0)	0.0 (0.0-1.0)	-
	W6	1.0 (0.4-2.0)	1.7 (0.4-4.0)	-0.4 (-1.2 to 0.4)
	W12	1.0 (0.0-1.8)	0.1 (0.0-1.5)	-0.0 (-0.8 to 0.8)
	W26	0.0 (0.0-1.0)	0.0 (0.0-1.7)	0.0 (-0.8 to 0.8)
	W52	0.0 (0.0-1.0)	0.0 (0.0-1.0)	-0.0 (-0.8 to 0.8)
VAS pain movement 0-10	BL	0.0 (0.0-1.0)	0.0 (0.0-1.0)	-
	W6	3.1 (2.0-5.3)	3.7 (1.0-5.0)	0.2 (-0.6 to 1.1)
	W12	1.4 (1.0-2.9)	2.0 (0.5-4.2)	-0.4 (-1.2 to 0.5)
	W26	1.0 (0.0-1.2)	0.4 (0.0-2.0)	0.2 (-0.7 to 1.1)
	W52	0.2 (0.0-1.0)	0.0 (0.0-1.0)	0.1 (-0.8 to 1.1)
VAS Health status 0-10	BL	8.9 (7.6-9.1)	8.0 (7.0-9.0)	-
	W6	8.0 (7.0-9.0)	7.2 (7.0-8.0)	0.2 (-0.5 to 1.0)
	W12	8.0 (7.0-9.0)	8.0 (7.0-8.4)	-0.1 (-0.8 to 0.7)

	<i>W26</i>	8.1 (7.0-9.0)	8.0 (7.0-9.0)	0.5 (-0.3 to 1.2)
	<i>W52</i>	8.0 (7.0-9.0)	8.0 (6.8-9.0)	0.4 (-0.4 to 1.2)
Recovered 1-5 higher = better	<i>W6</i>	3 (3-4)	3 (3-4)	0.1 (-0.2 to 0.4)
	<i>W12</i>	4 (4-4)	4 (4-4)	0.2 (-0.1 to 0.5)
	<i>W26</i>	4 (4-5)	4 (4-5)	0.1 (-0.3 to 0.4)
	<i>W52</i>	5 (4-5)	5 (4-5)	0.2 (-0.1 to 0.5)
Regained function 1-5 higher = better	<i>W6</i>	2 (2-3)	2 (2-3)	0.1 (-0.4 to 0.5)
	<i>W12</i>	4 (3-4)	4 (3-4)	0.3 (-0.1 to 0.7)
	<i>W26</i>	4 (4-5)	5 (4-5)	0.0 (-0.4 to 0.5)
	<i>W52</i>	5 (4-5)	5 (4-5)	0.1 (-0.4 to 0.5)

Appendix 2: outcome scores per treatment allocation per timepoint, and adjusted differences(β) for the operatively treated subgroup.

		Routine care n=77 median (IQR)	Reduced imaging n=76 mean (IQR)	UC vs RI Adjusted β (95%CI)
OMAS 0-100	BL	100(100-100)	100 (100-100)	-
	W6	35 (24-55)	43 (25-60)	-5.4 (-12.1 to 1.3)
	W12	60 (40-75)	55 (45-75)	1.5 (-7.9 to 5.0)
	W26	80 (63-90)	78 (55-90)	0.5 (-6.1 to 7.0)
	W52	85 (78-100)	85 (75-100)	-2.1 (-8.9 to 4.6)
AAOS 0-100	BL	100 (98-100)	100 (95-100)	-
	W6	70 (55-82)	74 (63-88)	-6.0 (-11.3 to -0.8)
	W12	80 (72-91)	80 (71-89)	0.0 (-4.6 to 4.7)
	W26	92 (94-96)	90 (78-96)	0.0 (-4.7 to 4.8)
	W52	94 (90-98)	96 (86-98)	1.1 (-3.7 to 5.8)
AAOS shoe 0-100	BL	100 (100-100)	100 (71-100)	-
	W6	50 (25-100)	50 (25-100)	-5.8 (-17.8 to 6.1)
	W12	50 (33-100)	50 (25-100)	-2.6 (-12.8 to 7.5)
	W26	75 (40-100)	71 (40-100)	-6.1 (-16.0 to 3.7)
	W52	100 (50-100)	88 (50-100)	-3.8 (-13.8 to 6.3)
EQ-5D 0-1	BL	1.0 (1.0-1.0)	1.0 (0.84-1.0)	-
	W6	0.69 (0.52-0.78)	0.78 (0.59-0.85)	-0.07 (-0.1 to -0.0)
	W12	0.81 (0.78-0.89)	0.81 (0.78-0.89)	-0.02 (-0.1 to 0.0)
	W26	0.90 (0.79-1.0)	0.84 (0.76-1.0)	0.03 (-0.0 to 0.1)
	W52	1.0 (0.83-1.0)	0.93 (0.81-1.0)	-0.01 (-0.1 to 0.0)
SF36 PCS 0-100 50 = average	BL	57.7 (55.3 -59.2)	57.1 (52.2 -59.1)	-
	W6	34.2 (28.9-40.1)	34.5 (28.1-38.6)	-0.5 (-3.1 to 2.2)
	W12	44.3 (37.6-50.2)	40.4 (35.6-49.7)	0.2 (-1.2 to 1.5)
	W26	51.6 (46.1-54.9)	48.7 (39.5-54.3)	0.8 (-0.6 to 2.2)
	W52	53.7 (48.6-56.5)	53.3 (46.0-56.7)	-0.2 (-2.9 to 2.6)
SF36 MCS 0-100 50 = average	BL	54.0 (48.8-58.2)	54.0 (47.5-56.5)	-
	W6	51.3 (42.8-58.0)	53.6 (47.6-58.9)	-2.6 (-5.3 to -0.0)
	W12	52.6 (49.5-59.9)	56.1 (49.4-60.1)	-1.1 (-3.7 to 1.6)
	W26	55.3 (49.6-58.3)	55.7 (50.3-59.2)	-1.2 (-3.9 to 1.5)
	W52	55.6 (50.6-58.9)	54.5 (49.3-57.5)	-0.3 (-1.7 to 1.1)
VAS pain rest 0-10	BL	0.0 (0.0-1.0)	0.2 (0.0-1.0)	-
	W6	1.2 (0.2-3.0)	1.0 (0.0-2.0)	0.8 (0.3 to 1.4)
	W12	1.0 (0.2-2.0)	1.0 (0.0-2.0)	0.0 (-0.6 to 0.6)
	W26	1.0 (0.0-2.0)	1.0 (0.0-2.0)	0.5 (-0.1 to 1.0)
	W52	0.7 (0.0-1.5)	0.5 (0.0-1.4)	0.2 (-0.4 to 0.8)
VAS pain movement 0-10	BL	0,1 (0,0-1,0)	0,2 (0,0-1,0)	-
	W6	3.0 (2.0-5.0)	2.0 (1.0-4.0)	0.5 (-0.1 to 1.2)
	W12	2.1 (1.0-3.7)	2.0 (1.0-4.0)	-0.0 (-0.7 to 0.7)
	W26	2.0 (0.5-3.0)	1.0 (0.7-3.2)	0.2 (-0,5 to 0.8)
	W52	1.0 (0.5-2.1)	1.0 (0.6-2.4)	-0.1 (-0.8 to 0.6)
VAS Health status 0-10	BL	8.0 (7.0-9.0)	8.0 (7.0-9.0)	-
	W6	8.0 (6.0-9.0)	7.5 (6.9-9.0)	-0.1 (-0.7 to 0.4)
	W12	8.0 (6.8-8.8)	7.9 (6.5-8.0)	0.2 (-0.4 to 0.7)
	W26	8.0 (7.5-9.0)	8.0 (6.5-8.5)	0.5 (-0.0 to 1.1)
	W52	8.0 (7.6-9.0)	8.0 (7.0-8.7)	0.1 (-0.5 to 0.7)

Recovered 1-5 higher = better	<i>W6</i>	3 (3-4)	3 (2-4)	0.2 (0.0 to 0.3)
	<i>W12</i>	4 (3-4)	3 (3-4)	0.1 (-0.1 to 0.4)
	<i>W26</i>	4 (4-4)	4 (4-4)	0.0 (-0.3 to 0.3)
	<i>W52</i>	4 (4-5)	4 (4-5)	0.1 (-0.1 to 0.4)
Regained function 1-5 higher = better	<i>W6</i>	2 (1-2)	2 (1-3)	-0.2 (-0.6 to 0.1)
	<i>W12</i>	3 (2-4)	3 (2-4)	0.0 (-0.3 to 0.4)
	<i>W26</i>	4 (3-4)	4 (3-4)	0.1 (-0.3 to 0.4)
	<i>W52</i>	4 (4-4)	4 (4-5)	0.0 (-0.3 to 0.4)

Appendix 3: outcome scores per treatment allocation per timepoint, and adjusted differences(β) for the per-protocol analysis.

		Routine care <i>n</i> =77 median (IQR)	Reduced imaging <i>n</i> =76 mean (IQR)	UC vs RI Adjusted β (95%CI)
OMAS 0-100	BL	100 (100-100)	100 (100-100)	-
	W6	40 (25-55)	55 (38-70)	-9.4 (-16.2 to -2.6)
	W12	65 (45-75)	70 (55-85)	-6.8 (-13.5 to 0.01)
	W26	80 (65-90)	85 (70-100)	-0.2 (-7.0 to 6.5)
	W52	85 (80-100)	90 (80-100)	-0.5 (-7.5 to 6.6)
AAOS 0-100	BL	100 (99-100)	99 (97-100)	-
	W6	74 (59-81)	78 (66-87)	-7.9 (-12.9 to -2.9)
	W12	83 (74-92)	85 (75-94)	-3.5 (-8.3 to 1.3)
	W26	92 (84-96)	96 (88-99)	-2.8 (-7.7 to 2.0)
	W52	95 (90-99)	99 (93-100)	-1.5 (-6.4 to 3.3)
AAOS shoe 0-100	BL	100 (100-100)	100 (95-100)	-
	W6	33 (25-100)	50 (25-100)	-9.0 (-19.8 to 1.8)
	W12	50 (33-81)	60 (33-100)	-8.6 (-18.6 to 1.4)
	W26	67 (40-100)	100 (58-100)	-15.9 (-26.1 to -5.6)
	W52	75 (50-100)	100 (52.5-100)	-6.7 (-16.8 to 3.4)
EQ-5D 0-1	BL	1.0 (0.89-1.0)	1.0 (0.81-1.0)	-
	W6	0.69 (0.52-0.78)	0.78 (0.72-0.86)	-0.09 (-0.16 to -0.04)
	W12	0.81 (0.78-0.97)	0.84 (0.78-1.0)	-0.03 (-0.10 to 0.03)
	W26	0.89 (0.81-1.0)	0.89 (0.75-1.0)	0.01 (-0.05 to 0.07)
	W52	1.0 (0.84-1.0)	1.0 (0.81-1.0)	0.03 (-0.04 to 0.09)
SF36 PCS 0-100 50 = average	BL	58.3 (55.0-59.3)	57.0 (49.8-59.6)	-
	W6	35.3 (28.5-42.6)	37.2 (30.0-43.3)	-1.1 (-3.9 to 1.7)
	W12	44.8 (38.1-51.6)	45.6 (37.4-53.3)	0.9 (-0.6 to 2.4)
	W26	51.5 (46.0-55.4)	51.3 (42.5-56.1)	0.5 (-2.5 to 3.4)
	W52	53.8 (49.1-57.2)	53.4 (48.8-57.1)	0.4 (-2.6 to 3.4)
SF36 MCS 0-100 50 = average	BL	53.8 (48.8-58.6)	52.0 (45.1-55.5)	-
	W6	52.3 (44.0-58.4)	53.0 (43.3-57.3)	-0.2 (-2.8 to 2.4)
	W12	55.5 (49.6-60.7)	56.2 (45.3-60.1)	0.5 (-2.2 to 3.2)
	W26	55.7 (49.5-58.4)	54.3 (49.4-58.5)	0.1 (-2.6 to 2.8)
	W52	54.4 (49.4-59.3)	54.5 (48.8-57.7)	1.7 (0.3 to 3.1)
VAS pain rest 0-10	BL	0.0 (0.0-1.0)	0.0 (0.0-1.0)	-
	W6	1.4 (0.3-2.9)	1.0 (0.0-2.3)	0.2 (-0.4 to 0.8)
	W12	1.0 (0.1-2.0)	0.9 (0.0-1.4)	0.1 (-0.6 to 0.7)
	W26	1.0 (0.0-2.0)	0.2 (0.0-2.0)	0.3 (-0.3 to 1.0)
	W52	0.6 (0.0-1.2)	0.0 (0.0-1.0)	0.2 (-0.5 to 0.8)
VAS pain movement 0-10	BL	0.0 (0.0-1.0)	0.1 (0.0-1.0)	-
	W6	3.1 (2.0-5.0)	2.5 (1.1-4.3)	0.5 (-0.3 to 1.2)
	W12	2.0 (1.0-3.9)	1.5 (0.6-4.0)	0.2 (-0.5 to 1.0)
	W26	1.2 (0.4-3.0)	1.0 (0.0-3.0)	0.3 (-0.5 to 1.0)
	W52	1.0 (0.5-2.0)	0.9 (0.0-1.7)	0.2 (-0.5 to 0.9)
VAS Health status 0-10	BL	8.5 (7.5-9.0)	8.0 (7.0-9.0)	-
	W6	8.0 (6.5-9.0)	7.3 (6.8-8.2)	0.2 (-0.1 to 0.4)
	W12	8.0 (7.0-9.0)	7.5 (6.6-8.0)	0.6 (0.02 to 1.2)
	W26	8.0 (7.2-9.0)	8.0 (7.0-8.9)	0.4 (-0.2 to 1.0)
	W52	8.0 (7.2-9.0)	8.0 (6.0-9.0)	0.4 (-0.2 to 1.0)

Recovered 1-5 higher = better	<i>W6</i>	3 (3-4)	3 (3-4)	-0.0 (-0.3 to 0.2)
	<i>W12</i>	4 (3-4)	4 (4-4)	-0.0 (-0.3 to 0.2)
	<i>W26</i>	4 (4-4)	4 (4-5)	-0.1 (-0.4 to 0.2)
	<i>W52</i>	4 (4-5)	5 (4-5)	0.1 (-0.2 to 0.4)
Regained function 1-5 higher = better	<i>W6</i>	2 (1-3)	2.5 (2-3)	-0.4 (-0.8 to -0.1)
	<i>W12</i>	3 (2-4)	4 (3-4)	-0.1 (-0.4 to 0.3)
	<i>W26</i>	4 (3-4)	4 (4-5)	-0.0 (-0.4 to 0.3)
	<i>W52</i>	4 (4-5)	5 (4-5)	-0.2 (-0.5 to 0.2)