**Supplementary Table 4.** Comparisons of pairs for dual-energy X-ray absorptiometry (DXA) values of areal bone mineral density measurement (g/cm2)

|  |  |  |  |
| --- | --- | --- | --- |
| **Change between baseline and follow-up, mean (SD)** | **Mean Difference (95% CI)****between-group** | **P value\*** | **Cohen’s d** |
| **Lumbarspine (L1-L4)** |  |  |  |
| Vibration Group | 0.015 (0.013) | Pilates Group | 0.017 (0.017) | -0.002 (-0.012, 0.008) | 1.000 | 0.13 |
| Vibration Group | 0.015 (0.013) | Control Group | 0.001 (0.010) | 0.014 (0.006, 0.022) | 0.018 | 1.21 |
| Pilates Group | 0.017 (0.017) | Control Group | 0.001 (0.010) | 0.016 (0.007, 0.025) | 0.008 | 1.15 |
| **Femoral neck** |  |  |  |
| Vibration Group | 0.013 (0.036) | Pilates Group | 0.008 (0.050) | 0.005 (-0.024, 0.034) | 1.000 | 0.11 |
| Vibration Group | 0.013 (0.036) | Control Group | 0.003 (0.028) | 0.010 (-0.012, 0.032) | 1.000 | 0.31 |
| Pilates Group | 0.008 (0.050) | Control Group | 0.003 (0.028) | 0.005 (-0.022, 0.032) | 1.000 | 0.12 |
| **Total hip** |  |  |  |
| Vibration Group | 0.007 (0.024) | Pilates Group | 0.016 (0.031) | -0.009 (-0.028, 0.010) | 1.000 | 0.32 |
| Vibration Group | 0.007 (0.024) | Control Group | 0.002 (0.012) | 0.005 (-0.008, 0.018) | 1.000 | 0.26 |
| Pilates Group | 0.016 (0.031) | Control Group | 0.002 (0.012) | 0.014 (-0.002, 0.030) | 0.304 | 0.60 |
| **Trochanter** |  |  |  |
| Vibration Group | 0.019 (0.018) | Pilates Group | 0.021 (0.014) | -0.002 (-0.013, 0.009) | 1.000 | 0.12 |
| Vibration Group | 0.019 (0.018) | Control Group | 0.001 (0.017) | 0.018 (0.006, 0.030) | 0.012 | 1.03 |
| Pilates Group | 0.021 (0.014) | Control Group | 0.001 (0.017) | 0.020 (0.010, 0.031) | 0.005 | 1.28 |
| **Intertrochanter** |  |  |  |
| Vibration Group | 0.005 (0.021) | Pilates Group | 0.011 (0.041) | -0.006 (-0.028, 0.016) | 1.000 | 0.18 |
| Vibration Group | 0.005 (0.021) | Control Group | -0.001 (0.024) | 0.006 (-0.009, 0.021) | 1.000 | 0.27 |
| Pilates Group | 0.011 (0.041) | Control Group | -0.001 (0.024) | 0.012 (-0.011, 0.035) | 0.764 | 0.36 |
| **Ward’sarea** |  |  |  |
| Vibration Group | 0.006 (0.039) | Pilates Group | 0.017 (0.057) | -0.011 (-0.044, 0.022) | 1.000 | 0.23 |
| Vibration Group | 0.006 (0.039) | Control Group | -0.001 (0.040) | 0.007 (-0.020, 0.034) | 1.000 | 0.18 |
| Pilates Group | 0.017 (0.057) | Control Group | -0.001 (0.040) | 0.018 (-0.015, 0.051) | 0.915 | 0.37 |

Abbreviations: SD, standard deviation; 95% CI, 95% confidence interval.

\*Multiple comparisons (Post Hoc Bonferroni test).