Supplementary Table 2. Intent to treat analyses for chair rise, stair climb and 6-minute walk test performance and pain measures. Values are means ± SD.

 CONT CNCRT ECCRT

 (n=29) (n=27) (n=27) time group group Partial

 × time  2

Chair rise time (s) Baseline 1.24 ± 0.74 1.48 ± 1.10 1.20 ± 0.64

Month 4 0.95 ± 0.65 0.87 ± 0.41 1.48 ± 3.33 0.118 0.810 0.447 0.026

 Change -0.25 ± 0.48 -0.61 ±1.08 0.29 ±3.50

Chair rise pain (points)

 Baseline 0.51 ± 0.97 1.86 ± 2.31 1.38 ± 1.58

 Month 4 0.47 ± 0.80 1.54 ± 1.98 0.98 ±1.19 0.412 0.011 0.861 0.005

 Change -0.07 ± 1.29 -0.32 ± 2.7 -0.40 ±1.85

Stair climb time (s) Baseline 5.09 ± 2.57 6.00 ± 2.73 4.58 ± 1.82

 Month 4 5.27 ± 2.48 5.95 ± 2.06 6.00 ± 3.27 0.169 0.516 0.452 0.025

 Change 0.18 ±1.66 -0.05 ± 3.06 1.43 ± 3.39

Stair climb pain (points)

 Baseline 1.43 ± 1.31 2.60 ±2.65 2.03 ±1.79

 Month 4 1.10 ± 1.40 1.52 ±2.22 1.24 ±2.05 0.661 0.411 0.207 0.049

 Change -0.34 ± 0.93 -1.09 ± 1.78 -0.79 ±1.37

6-min walk Baseline 492.6 ± 104.5 430.1 ± 80.7 487.1 ± 86.8

distance (m) Month 4 509.6 ± 34.5 427.0 ± 84.1 502.9 ± 96.9 0.835 0.050 0.362 0.032

 Change 17.4 ± 47.2 -3.0 ± 22.4 15.7 ± 73.1

6-min walk pain (points)

 Baseline 2.25 ± 1.65 3.46 ± 2.73 2.46 ± 1.93

 Month 4 1.98 ±1.38 2.52 ±2.72 1.80 ± 2.02 0.595 0.518 0.316 0.036

 Change -0.31 ± 1.40 -0.94 ±2.20 -0.65 ± 2.03

CON = wait-list, non-exercise control; CNCRT = concentric resistance exercise training; ECCRT = eccentric resistance exercise training; pain reported in the 11-point NRSpain rating scale.