## **Supplemental materials**

- Figure S1: Forest plots for WOMAC/KOOS/HOOS Pain subscales at 6-12 weeks (n=1013), 3-6 months (n=949) and 1 year (n=575) comparing multimodal versus control intervention.
- Figure S2: Forest plots for WOMAC/KOOS/HOOS Total at 6-12 weeks (n=1013), 3-6 months (n=949) and 1 year (n=575) comparing multimodal versus control intervention.
- Figure S3: Forest plots for Time Up and Go Test at 6-12 weeks (n=900), 3-6 months (n=651) and 1 year (n=575) comparing multimodal versus control intervention.
- Figure S4: Forest plots for 20-meters Walking Test at 6-12 weeks (n=256), 3-6 months (n=167) and 1 year (n=189) comparing multimodal versus control intervention.
- Figure S5: Forest plot for Functional Reach Test at 6-12 weeks (n=183) comparing multimodal versus control intervention.
- Figure S6: Forest plots for Quality of Life (EQ5D, Qualeffo-41, SF-12) at 6-12 weeks (n=351), 3-6 months (n=621) and 1 year (n=397) comparing multimodal versus control intervention.
- Figure S7: Forest plots for Quality of Life VAS at 6-12 weeks (n=293) and 3-6 months (n=193) comparing multimodal versus control intervention.
- Figure S8: Funnel plots for NRS-VAS Pain at 6-12 weeks, 3-6 months and 1 year comparing multimodal versus control interventions.
- Figure S9: Funnel plots for WOMAC/KOOS/HOOS Pain at 6-12 weeks, 3-6 months and 1 year comparing multimodal versus control intervention.
- Figure S10: Funnel plots for WOMAC/KOOS/HOOS Function at 6-12 weeks, 3-6 months and 1 year comparing multimodal versus control intervention.
- Figure S11: Funnel plots Time Up and Go Test at 6-12 weeks, 3-6 months and 1 year comparing multimodal versus control intervention.

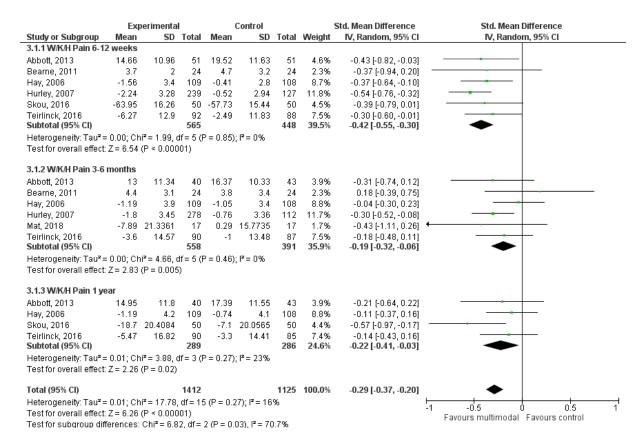


Figure S1: Forest plots for WOMAC/KOOS/HOOS Pain subscales at 6-12 weeks (n=1013), 3-6 months (n=949) and 1 year (n=575) comparing multimodal versus control intervention.

	Expe	rimental	Control				Std. Mean Difference	Std. Mean Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI	
4.4.1 W/K/H Total 6-	12 weeks									
Abbott, 2013	-19.82	37.94	40	-1.53	27.71	43	7.0%	-0.55 [-0.99, -0.11]	<del></del>	
Bearne, 2011	15.7	10.8	24	20.9	14.3	24	4.1%	-0.40 [-0.98, 0.17]	<del></del>	
Hurley, 2007	-10.04	13.8	235	-1.66	11.7	126	27.5%	-0.64 [-0.86, -0.42]	<del></del>	
Skou, 2016	-61.74	12.07	50	-56.8	13.52	50	8.6%	-0.38 [-0.78, 0.01]		
Subtotal (95% CI)			349			243	47.3%	-0.56 [-0.73, -0.39]	•	
Heterogeneity: Tau <sup>2</sup> :	= 0.00; Chi²:	= 1.54, df	= 3 (P :	= 0.67);	$I^2 = 0\%$					
Test for overall effect	t: Z = 6.47 (P	< 0.0000	1)							
4.4.2 W/K/H Total 3-0	6 months									
Abbott, 2013	-21.225	39.64	40	-3.258	29.72	43	7.0%	-0.51 [-0.95, -0.07]		
Bearne, 2011	17	14.8	24	19.4	16.3	24	4.2%	-0.15 [-0.72, 0.42]	<del></del>	
Hurley, 2007	-7.79	14.4	227	-3.01	14.4	111	25.9%	-0.33 [-0.56, -0.10]		
Subtotal (95% CI)			291			178	37.1%	-0.34 [-0.54, -0.15]	•	
Heterogeneity: Tau <sup>2</sup> :	= 0.00; Chi²:	= 1.01, df	= 2 (P :	= 0.60);	I <sup>2</sup> = 0%					
Test for overall effect	t: Z = 3.55 (P	= 0.0004	)							
4.4.3 W/K/H Total 1 y	/ear									
Abbott, 2013	-12.6	31	40	-3.7	33.4	43	7.2%	-0.27 [-0.71, 0.16]	<del></del>	
Skou, 2016	-18.2	18.2972	50	-7.1	20.0565	50	8.4%	-0.57 [-0.97, -0.17]	<del></del>	
Subtotal (95% CI)			90			93	15.6%	-0.44 [-0.73, -0.14]	•	
Heterogeneity: Tau <sup>2</sup> :	= 0.00; Chi²:	= 1.00, df	= 1 (P :	= 0.32);	$ ^2 = 0\%$					
Test for overall effect	t: Z = 2.90 (P	= 0.004)								
Total (95% CI)			730			514	100.0%	-0.46 [-0.58, -0.34]	•	
Heterogeneity: Tau <sup>2</sup> :	= 0.00; Chi²:	= 6.26. df	= 8 (P :	= 0.62);	I <sup>2</sup> = 0%			-	<del>-                                    </del>	
Test for overall effect			-1 -0.5 0 0.5 1 Favours multimodal Favours control							
Test for subgroup di				(P = 0.2)	6). $I^2 = 26.3$	2%			Favours mullimodal Favours control	

Figure S2: Forest plots for WOMAC/KOOS/HOOS Total at 6-12 weeks (n=1013), 3-6 months (n=949) and 1 year (n=575) comparing multimodal versus control intervention.

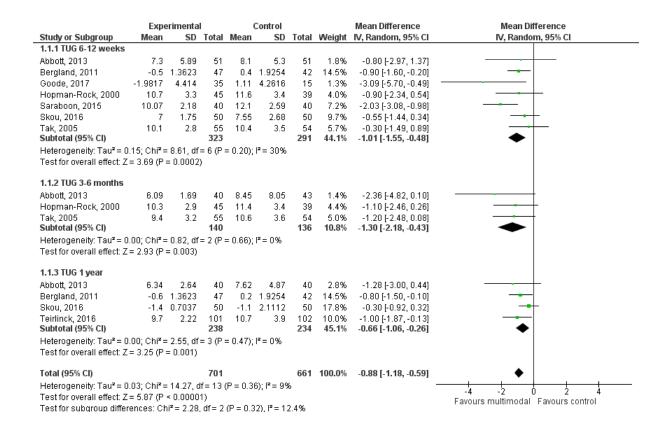


Figure S3: Forest plots for Time Up and Go Test at 6-12 weeks (n=900), 3-6 months (n=651) and 1 year (n=575) comparing multimodal versus control intervention.

	Experimental			Control				Mean Difference	Mean Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI		
5.1.1 20mWT 6-12 wee	eks										
Bergland, 2011	-1.3	2.3841	47	0.6	2.8881	42	16.5%	-1.90 [-3.01, -0.79]	<b></b>		
Hopman-Rock, 2000	19.7	3.9	45	21.2	5.1	39	5.2%	-1.50 [-3.46, 0.46]	<del></del>		
Tak, 2005	19.8	4.3	39	20.8	5	44	5.0%	-1.00 [-3.00, 1.00]	<del></del>		
Subtotal (95% CI)			131			125	26.7%	-1.65 [-2.52, -0.78]	•		
Heterogeneity: Tau <sup>2</sup> = 0	).00; Chi	z = 0.62, 0	df = 2 (	P = 0.73	3); $I^2 = 0\%$	)					
Test for overall effect: Z	= 3.72 (	P = 0.000	12)								
5.1.2 20mWT 3-6mont	hs										
Hopman-Rock, 2000	19.8	5	45	20.7	4.3	39	5.1%	-0.90 [-2.89, 1.09]			
Tak, 2005	19.4	5.1	39	21.1	5.8	44	3.7%	-1.70 [-4.04, 0.64]	<del></del>		
Subtotal (95% CI)			84			83	8.8%	-1.23 [-2.75, 0.28]			
Heterogeneity: Tau <sup>2</sup> = 0	0.00; Chi	<sup>2</sup> = 0.26, i	df=1 (	P = 0.61	); $I^2 = 0\%$	,					
Test for overall effect: Z	= 1.60 (	P = 0.11)									
5.1.3 20mWT 1 year											
Bergland, 2011	-0.9	1.7029	47	0.6	3.8508	42	12.7%	-1.50 [-2.76, -0.24]	<del></del>		
Skou, 2016	-1.2	1.4075	50	-0.6	1.7593	50	51.8%	-0.60 [-1.22, 0.02]	<del>-</del> ■-		
Subtotal (95% CI)			97			92	64.5%	-0.88 [-1.69, -0.06]	•		
Heterogeneity: Tau <sup>2</sup> = 0	).15; Chi	²= 1.57, i	df=1(	P = 0.21	); I <sup>2</sup> = 36 <sup>4</sup>	%					
Test for overall effect: Z	= 2.11 (	P = 0.03)	`								
Total (95% CI)			312			300	100.0%	-1.05 [-1.50, -0.60]	•		
Heterogeneity: Tau <sup>2</sup> = 0	).00; Chi	²= 5.26, i	df=6(	P = 0.51	); $I^2 = 0\%$	)		-			
Test for overall effect: Z	•	-4 -2 0 2 4 Favours multimodal Favours control									
Test for subgroup differ	rences: (	ravours mullimodal Favours control									

Figure S4: Forest plots for 20-meters Walking Test at 6-12 weeks (n=256), 3-6 months (n=167) and 1 year (n=189) comparing multimodal versus control intervention.

	Experimental			Control			Mean Difference			Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV, Random, 95% CI			
Bergland, 2011	-1.7	5.5102	48	2.2	5.4494	47	62.7%	-3.90 [-6.10, -1.70]					
Nicholas, 2013	-2.3	6.9	49	1.5	6.7	39	37.3%	-3.80 [-6.66, -0.94]					
Total (95% CI)			97			86	100.0%	-3.86 [-5.61, -2.12]		•			
Heterogeneity: Tau² = Test for overall effect:		•	(P = 0.9	96); I² = 0	%			-10	-5 Favours multimodal	D Favours co	5 ontrol	10	

Figure S5: Forest plot for Functional Reach Test at 6-12 weeks (n=183) comparing multimodal versus control intervention.

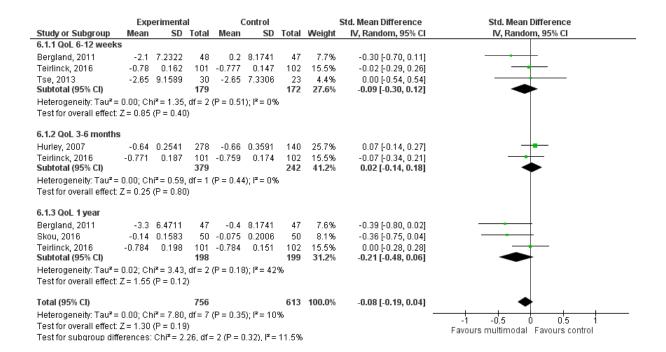


Figure S6: Forest plots for Quality of Life (EQ5D, Qualeffo-41, SF-12) at 6-12 weeks (n=351), 3-6 months (n=621) and 1 year (n=397) comparing multimodal versus control intervention.

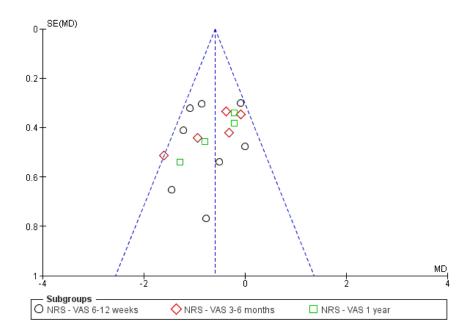


Figure S8: Funnel plots for NRS-VAS Pain at 6-12 weeks, 3-6 months and 1 year comparing multimodal versus control interventions.

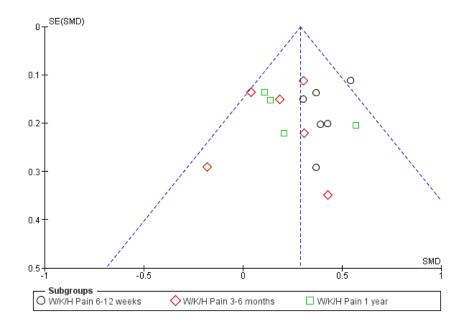


Figure S9: Funnel plots for WOMAC/KOOS/HOOS Pain at 6-12 weeks, 3-6 months and 1 year comparing multimodal versus control intervention.

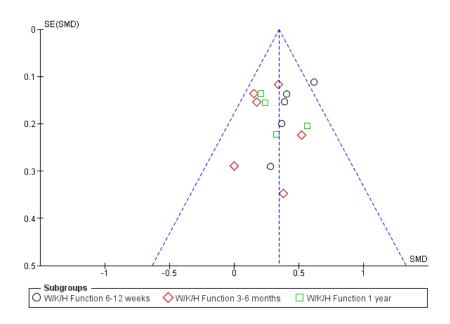


Figure S10: Funnel plots for WOMAC/KOOS/HOOS Function at 6-12 weeks, 3-6 months and 1 year comparing multimodal versus control intervention.

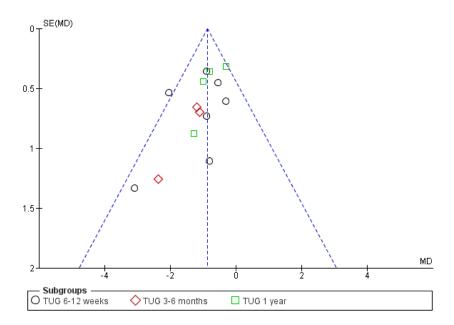


Figure S11: Funnel plots Time Up and Go Test at 6-12 weeks, 3-6 months and 1 year comparing multimodal versus control intervention.