**Supplemental Digital Content 4.** Tolerance, impact and performance indicators

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|  |  | **Frequency of assessment** |
| **Physical tolerance indicators** | -Local inflammatory signs -ROM limitation or joint stiffness -Leg swelling -Dyspnea -Pain (NS 0 to 10) -Ulceration, Pressure sore -Heart rate (max) BPM / Heart rate (mean) BPM / Heart rate (recovery after 5’ rest post training) BPM / Systolic/Diastolic pressure (recovery after 5’ rest post training) mmHg  | **At each training session** |
| **General tolerance indicators**  | -Satisfaction (NS 0 to 10) -Borg rating of perceived exertion scale (score from 6 to 20)  | **At each training session** |
| -Acceptability of constraints scale /65 | **Quarterly** |
| **Impact indicators** | -Rosenberg’s Self-esteem scale (/40) -WHOQOL-BREF  | **Quarterly** |
| -Thigh circumference (cm) at the upper edge of the patella, at +10 and +20 cm from the upper edge of the patella  | **Quarterly** |
| -Body composition (Fat mass, Lean mass, % fat mass) -Bone mineral density (gr/cm2)  | **Before starting training & 9 months after the start of training** |
| -Cardio-respiratory parameters (Heart rate at rest and at various thresholds of ventilation, Peak aerobic capacity, Metabolic equivalents, Peak respiratory exchange ratio, Peak ventilation, Systolic and diastolic arterial pressure) | **Before starting training & 8 months after the start of training** |
| **Performance indicators** | With the ergocycle -Total duration of pedaling -Longest duration of pedaling without the arms -Highest resistance level reached -Highest resistance level reached for 1 minute and for each level (from level 1 to level 8)With the competition bike -Longest distance covered (m) -Time required to cover the longest distance  | **At each training session** **Weekly****One time only halfway through training** |

NS, Numeric Scale; BPM, Beats Per Min