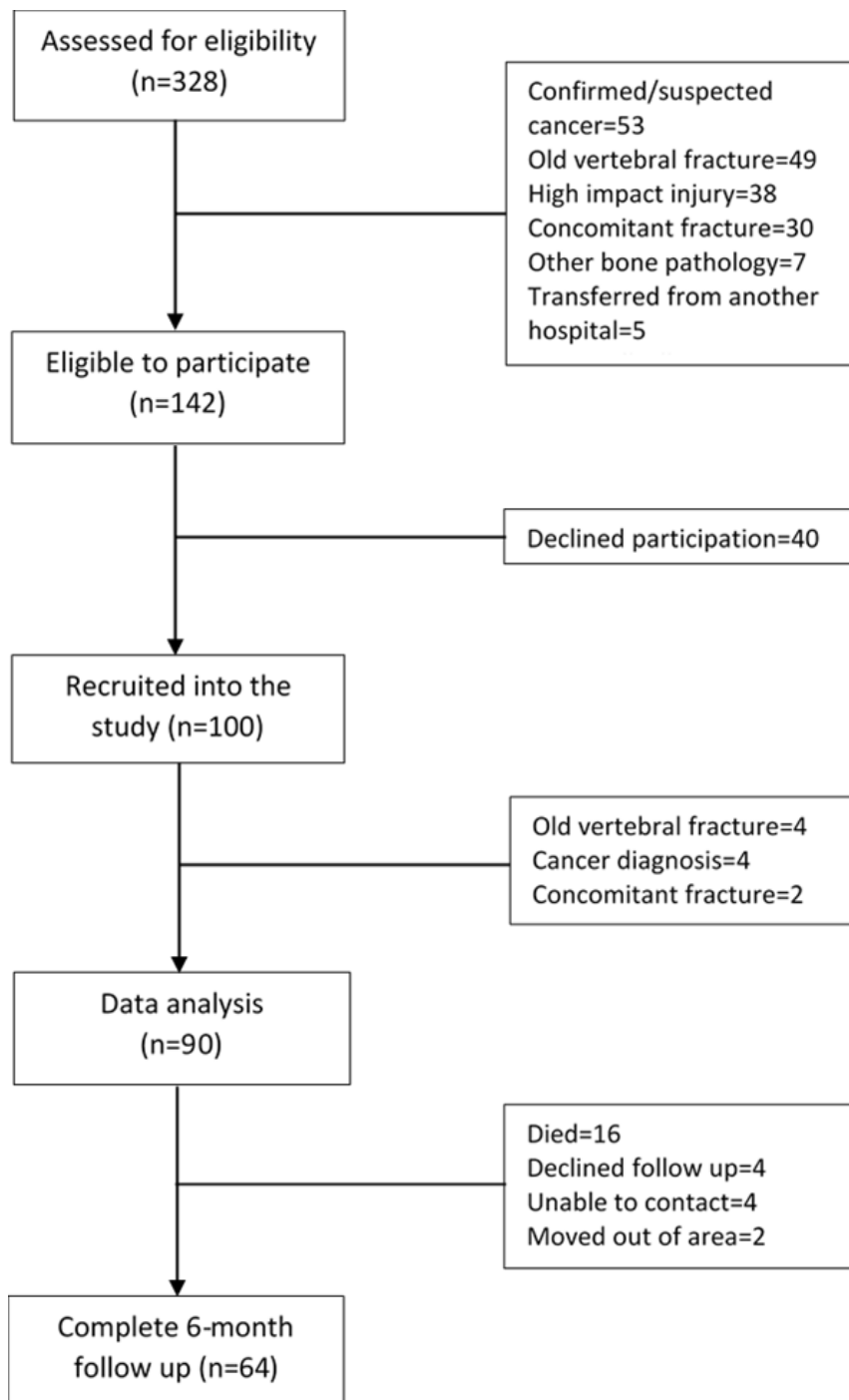


Participant flow



Baseline characteristics

Baseline characteristics of participants recruited into the Nottingham Spinal Health Study (n=90)

Characteristics	
Age, mean (SD) years	79.7 (11.2)
Female, n (%)	63 (70.0%)
Residential status, n (%)	
Own home with no formal care support	63 (70.0%)
Own home with formal care support	20 (22.2%)
Assisted (warden) living	3 (3.3%)
Residential home	1 (1.1%)
Nursing home	3 (3.3%)
Body mass index (BMI), n (%) kg/m ²	
<18.5	10 (11.1%)
18.5 - 24.9	37 (41.1%)
25 - 29.9	30 (33.3%)
≥30	13 (14.4%)
Malnutrition Universal Screening Tool (MUST) score, n (%)	
0	75 (83.3%)
1	3 (3.3%)
≥2	12 (13.3%)
Co-existing diagnosis, n (%)	
Congestive cardiac failure	6 (6.7%)
Ischaemic heart disease	12 (13.3%)
Peripheral vascular disease	1 (1.1%)
Stroke	11 (12.2%)
Dementia	12 (13.3%)
Chronic obstructive pulmonary disease	12 (13.3%)
Other respiratory disease	2 (2.2%)
Connective tissue disease	4 (4.4%)
Diabetes mellitus	12 (13.3%)
Chronic kidney disease	10 (11.1%)
Liver disease	5 (5.6%)
Parkinson's disease	3 (3.3%)
Osteoporosis	33 (36.7%)
Number of co-existing diagnoses, n (%)	
0	5 (5.6%)
1-2	23 (25.6%)
3-4	41 (45.6%)
≥5	21 (23.3%)

Clinical Frailty Scale (CFS), n (%)	
1 - very fit	3 (3.3%)
2 - well	9 (10.0%)
3 - managing well	11 (12.2%)
4 - vulnerable	13 (14.4%)
5 - mildly frail	18 (20.0%)
6 - moderately frail	26 (28.9%)
7 - severely frail	8 (8.9%)
8 - very severely frail	2 (2.2%)
Montreal Cognitive Assessment (MoCA) score, n (%)	
≥23	39 (43.3%)
<23	49 (54.4%)
Unknown	2 (2.2%)
Geriatric Depression Scale-15 item (GDS), n (%)	
0-4	45 (50.0%)
≥5	35 (38.9%)
Unknown	10 (11.1%)
Taking ≥4 regular medication, n (%)	67 (74.4%)

Outcome measures

Outcome scores presented as mean (SD) at different time points.

Mean (SD)	On admission	On discharge	At 6-months
Pain numeric rating scale^a			
At rest	6.0 (3.2)	3.4 (2.7)*	2.5 (2.4)*^
On mobilising	8.9 (1.5)	5.4 (2.9)*	4.8 (3.2)*
Average pain in the last 24 hours	7.4 (2.8)	3.9 (2.7)*	3.1 (2.8)*^
Roland Morris Disability Questionnaire^b	15.6 (5.2)	-	6.6 (6.4)*
Elderly Mobility Scale^c	8.4 (5.7) [†]	11.6 (5.7)* [†]	3.5 (5.4)*^ [†]
Barthel Index^c	13.0 (5.8) [†]	14.3 (5.4)* [†]	15.8 (5.0)*^ [†]
Nottingham Extended ADL scale^d	-	-	11.6 (7.5) [†]
Geriatric Depression Scale, n (%)^e	35 (39%)	-	22 (34%)
Montreal Cognitive Assessment^f	19.1 (9.0)	-	19.4 (10.1)

^a no data for participants: on admission = 3, on discharge = 7, at 6-months = 25

^b no data for participants: on admission = 8, at 6-months = 26

^c no data for participants: on admission = 1, on discharge = 6, at 6-months = 23

^d no data for participants: at 6-months = 26

^e no data for participants: at 6-months = 26

^f no data for participants: on admission = 2, at 6-months = 21

* Wilcoxon Signed Ranks Test compared to admission, $p < 0.05$

^ Wilcoxon Signed Ranks Test compared to discharge, $p < 0.05$

† Wilcoxon Signed Ranks Test compared to pre-admission, $p < 0.05$

Adverse events

There were no adverse events associated with this study.