**Participant Flow**



**Baseline Characteristics**

Baseline characteristics of participants (n=21)

|  |  |
| --- | --- |
| Variables | Mean ± SD / Median (range) |
| Age (years) | 45.3 ± 9.2 / 46 (23-60) |
| BMI (kg/m2) | 25.3 ± 4.7  |
| Cancer stage *n (%)* |  |
|  ll | 15 (71) |
|  lll |  6 (29) |
| Tumor size (mm) | 21.5 ± 12.9 / 18 (7-62) |
| Breast surgery *n (%)* |  |
|  Lumpectomy | 8 (38) |
|  Mastectomy | 13 (62) |
| Surgery on dominant side n *(%)* | 11 (52) |
| Axillary lymph nodes removed | 21.7 ± 7.8  |
| Metastatic lymph nodesa | 5.7 ± 7 / 2 (1-25)  |
| Seroma drainage *n (%)* |  5.5 ± 3.4 |
| Chemotherapy *n (%)* |  |
| 3-wkly CE x 3 -> 3 wkly docetaxel x 3 | 10 (48) |
| 3-wkly CE x 3 -> 1 wkly paclitaxel x 9  | 11 (52) |
| Axillary webbing at screening *n (%)* | 8 (38) |
| L-Dex at screening | -0.08 ± 2.23  |

Abbreviations: CE (cyclophosphamide and epirubicin)

a) micro- and macrometastases

**Outcome Measures**

Equivalence between resistance exercise loads for all outcomes (n=17)

|  |  |  |
| --- | --- | --- |
|  | **Estimated mean differenceb**  | **Equivalence 90% CI** |
| L-Dex (±3.0)a |
| Post- exercise | -0.97 | -2.09 to 0.16 |
| 24-hrs Post-exercise | -0,14 | -1.63 to 1.35 |
| 72-hrs Post-exercise | -1.00 | **-3.17 to 1.17c** |
| Inter-arm volume % difference (±3.0)a |
| Post- exercise | 0,21 | -0.89 to 1.31 |
| 24-hrs Post-exercise | 1,09 | 0.41 to 1.78 |
| 72-hrs Post-exercise | 0,96 | -0.09 to 2.02 |
| Inter-arm difference Pain (±1.0)a  |
| Post- exercise | 0 | -0.43 to 0.43 |
| 24-hrs Post-exercise | -0.06 | -0.58 to 0.46 |
| 72-hrs Post-exercise | -0,06 | -0.61 to 0.49 |
| Inter-arm difference Heaviness (±1.0)a  |
| Post- exercise | 0,24 | -0.23 to 0.70 |
| 24-hrs Post-exercise | 0,18 | -0.32 to 0.67 |
| 72-hrs Post-exercise | 0,24 | -0.38 to 0.85 |
| Inter-arm difference Tightness (±1.0)a  |
| Post- exercise | -0,06 | -0.45 to 0.34 |
| 24-hrs Post-exercise | -0.11 | -0.50 to 0.27 |
| 72-hrs Post-exercise | 0.20 | -0.37 to 0.77 |
| Inter-arm difference Swelling (±1.0)a  |
| Post- exercise | 0 | -0.33 to 0.33 |
| 24-hrs Post-exercise | 0 | -0.33 to 0.33 |
| 72-hrs Post-exercise | 0.06 | -0.42 to 0.54 |

L-Dex primary outcome. aEquivalence margin. b Estimated mean difference calculated using a generalized estimating equations model with heavy-load as comparator (heavy minus low). c equivalence not demonstrated

**Adverse Events**

There were no adverse events with this trial.