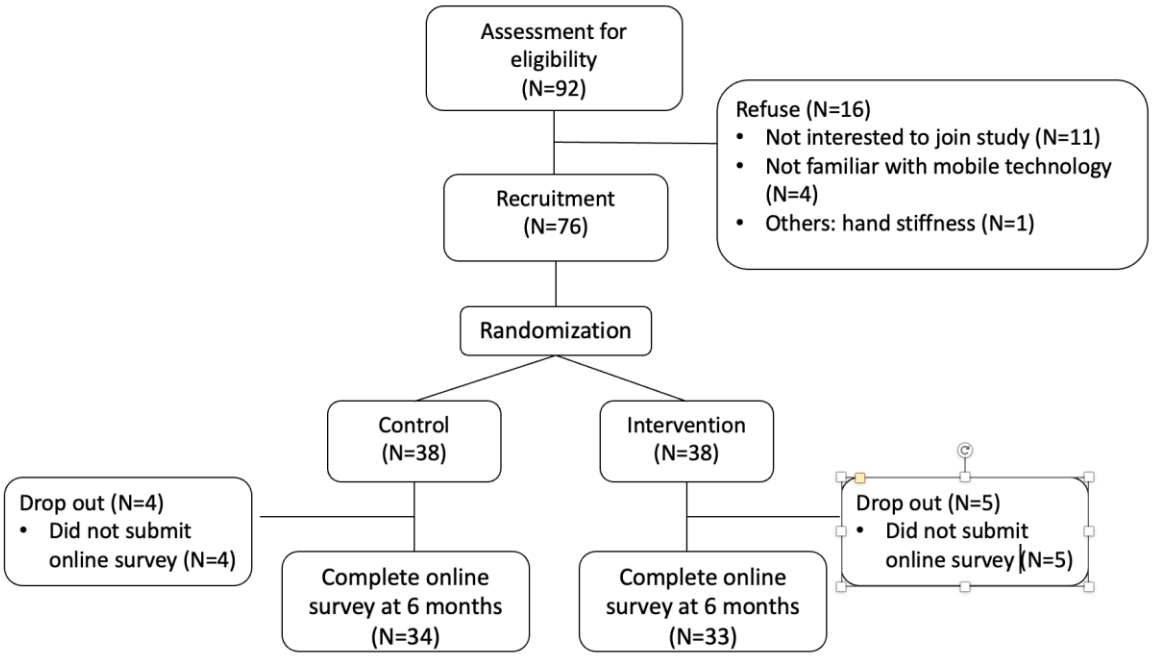
Participant Flow



Baseline Characteristic (mean ± standard deviation (SD) / count (col %)) [a]

	Intervention (n=38)	Control (n=38)	Total (n=76)	Mann Whitney U	X^2	P value
Age (years)	61.0 ±8.8	63.1 ± 8.3	62.1 ± 8.6	610		0.249
Female	27 (71.1.%)	20 (52.6%)	47 (61.8%)		2.73	0.156
Male	11 (28.9%)	18 (47.4%)	29 (38.2%)			
Symptoms duration (months)	5.2 ± 2.9	3.6 ± 2.6	4.42±2.9	430		0.002
Chronic illness	30 (78.9%)	33 (86.8%)	63 (82.9%)		0.83	0.544
Working class	18 (47.4%)	16 (42.1%)	34 (44.7%)		0.21	0.818
Hx injection	2(5.3%)	5(13.2%)	7(9.2%)		1.42	0.430
Quickdash	16.8 ± 14.4	14.4 ± 13.0	15.6 ± 13.7	655		0.487
Quinelle						
0	24 (63.2%)	26 (68.4%)	50 (65.8%)		0.805	
1	13 (34.2%)	10 (26.3%)	23 (30.3%)			0.708
2	1 (2.6%)	2 (5.3%)	3 (3.9%)			
NPRS	0.61 ± 0.9	0.71 ± 0.9	0.66 ± 0.9	673		0.575

[a], continuous variables were compared between study group using the Mann Whitney U test; categorical variables were compared between study groups using the chi-square test.

Outcome measures:

Exercise log response rate and compliance rate from intervention group (mean ± standard deviation (SD) / count (col %))

Exercise log no.	1	2	3	4	5	6	7	8	Total
Week	1	2	3	4	8	12	16	20	
No. of response to online exercise log N=33	25	30	30	31	28	28	28	26	28.6 ±2.2
Response rate (%)	75.8	90.9	90.9	93.9	84.8	84.8	84.8	78.8	85.6
Mean no. of exercise entries N=14	8.6 ±5.7	10.4 ±4.4	10.5 ±4.5	11.0 ±4.1	9.8 ±5.4	9.3 ±5.6	8.9 ±5.5	8.5 ±5.5	9.6 ±5.1
Compliance rate (%)	61.4	74.3	75.0	78.6	70.0	66.4	63.6	60.7	68.6

Trigger finger outcomes at 6 months

Outcome		Intervention	Control	P value
improvement	Same	1 (3%)	1 (2.9%)	
	Better	15 (45.5%)	12 (35.3%)	
	Worse	17 (51.5%)	21 (61.8%)	0.691
Recurrent of same finger	no	11 (33.3%)	10 (29.4%)	
	yes	22 (66.7%)	24 (70.6%)	0.734
Repeated injection	no	26 (78.8%)	30(88.2%)	
	yes	7 (21.2%)	4 (11.8%)	0.297
New occurrence of trigger finger	no	28 (84.8%)	30 (88.2%)	
	yes	5 (15.2%)	4 (11.8%)	0.684
6m grading	0	8 (24.2%)	9 (26.5%)	
	1	8 (24.2%)	10 (29.4%)	
	2	10 (30.3%)	6 (17.6%)	
	3	6 (18.2%)	8 (23.5%)	
	4	1 (3%)	1 (2.9%)	0.817
6m NPRS		3.27±2.9	3.79±3.2	0.848[a]

[a] Duration of symptoms as covariate

Adverse event

There were no adverse events associated with this study