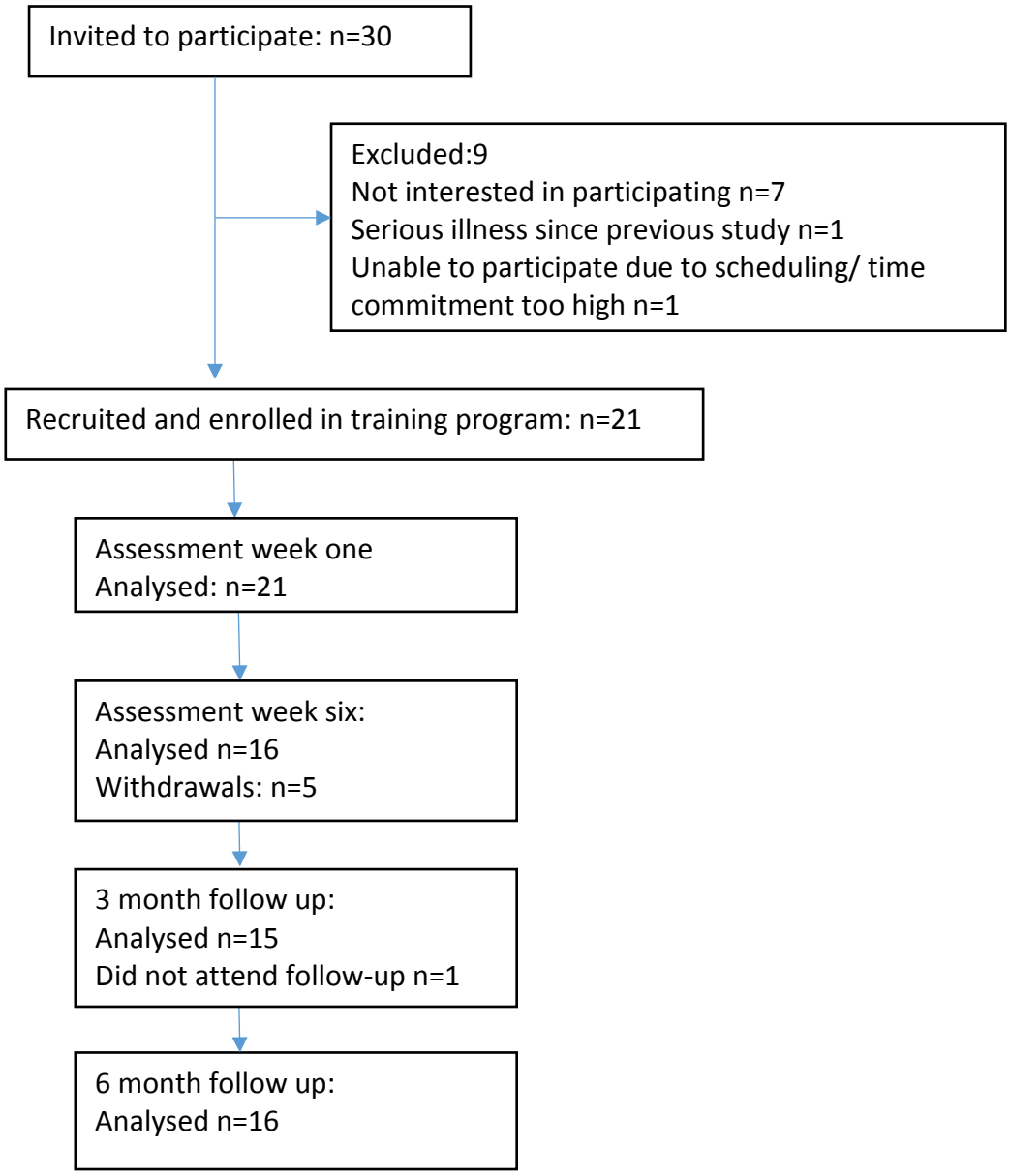
ISRCTN 14687588 Basic results

Section 1: Participant flow

Figure 1: Participant Flow



Section 2: Baseline Characteristics

Table 1: Baseline Characteristics

	Mean (standard deviation)
Age	61.3 (5.73)
Gender	15F 6M
Height	1.72 (0.08)
Weight	75.9 (11.0)
BMI	25.4 (2.6)
KL score	I 14, II 2, III 4, IV 1

Section 3: Primary Outcome measures

Table 2: Primary Outcome measures

	Mean and standard deviation Peak Knee Adduction moment (%BW*Ht) during normal walking	**Mean and standard deviation Peak Knee Adduction moment (%BW*Ht) during retention trial**
Week 1 (n=16)	3.65 (0.83)	3.31 (0.88)
Week 6 (n=16)	3.37 (0.79)	3.14 (0.89)
3 month follow up (n=15)	3.34 (0.76)	N/A
6 month follow up (n=16)	3.44 (0.84)	N/A

Table 3: Secondary Outcome measures *(all values reported as median and inter-quartile range)*

	Numeric rating scale		**WOMAC**		
	Pain during rest (maximum 10)	**Pain during walking (maximum 10)**	**Pain (maximum 36)**	**Function (maximum 68)**	**Stiffness (maximum 8)**
Week 1 (n=16)	2 (3)	1.5 (2)	10.5 (9)	14.5 (16)	3 (3)
Week 6 (n=16)	0.5 (2)	1 (2)	7 (6)	6.5 (10)	2.5 (3)
3 month follow up (n=15)	1 (2)	1 (1)	6 (7)	8 (8)	2 (1)
6 month follow up (n=15)	1 (2)	0 (1)	6 (8)	6 (6)	2 (1)

Section 4: Adverse events.

There were no serious adverse events associated with this trial. Some patients reported side effects (for details see DOI: https://doi.org/10.1016/j.knee.2018.05.014). A summary is provided in Table 4.

Table 4: Summary of side effects

	Side effects			
	Number of patients (%)			
	Muscle soreness	**Hip pain**	**Back pain**	**Other**
Week1	4 (19.0)	2 (9.5)	3 (14.3)	4 (19.0)
Week 6	1 (6.3)	1(6.3)	1 (6.3)	1 (6.3)
3 month follow up	1 (6.7)	0	0	0
6 month follow up	1 (6.3)	1 (6.3)	0	0