

Participant flow

Screening

Patients Screened:

n= 164

Excluded: Ineligible n= 71 (43.29%)**Reasons:**

- Cannot walk unaided: 14
- Not OA: 6
- BMI > 33: 26
- Unable to understand English: 1
- Unable to attend BEPKO appointments: 7
- Has balance disorder increasing risk of a fall: 3
- Systemic Inflammatory disorder: 5
- Dementia or cognitive impairment: 5

Excluded: Eligible: Consented but not randomised: n=4 (2.44%)**Reasons:**

- Did not complete baseline outcomes: 3
- Withdrawn before randomisation (Could not spare time): 1

Excluded: Eligible; not consented: n= 7 (4.26%)**Reasons:**

- Did not want to be in control arm: 1
- Did not want to travel to appointments: 2
- Thinks physio not beneficial: 1
- Opted to have steroid injection and no longer had symptoms: 1
- No reason given: 2

Randomised: n= 82

Allocation

Allocated to Intervention: n= 42

Allocated to Control: n= 40

20 week follow up

Intervention Group:

- Qs sent to Pt: 37
- Qs received/completed: 34
- Not received: 3

Control Group:

- Qs sent to Pt: 36
- Qs received/completed: 27
- Not received: 9

8 month follow up

Intervention Group:

- Qs sent to Pt: 36
- Qs received/completed: 25
- Not received: 11

Control Group:

- Qs sent to Pt: 35
- Qs received/completed: 21
- Not received: 14

Baseline characteristics

Table 1: Baseline demographic characteristics and baseline health outcomes. *Due to an error during data collection, WOMAC pain/composite are only available from n=41 in the CMT group.

	CMT (n= 42)	Control (n=40)	Total (n=82)
Age (years): Mean (SD)	66.4 (8.8)	66.45 (8.99)	81
Gender: Females n (%)	19 (46%)	18 (45%)	37/81
BMI: Mean (SD)) Kg/m ²	27.4 (3.09)	28.6 (2.81)	28.0 (2.8)
KL grade	KL1= 1, KL2=6, KL3=13, KL4=5	KL1= 2, KL2= 4, KL3= 8, KL4= 4	43/82
WOMAC pain*	8.5 (4.3)	8.9 (3.5)	8.7 (3.9)
WOMAC composite*	39.4 (18.7)	43.3 (16.6)	41.3 (17.8)
Pain catastrophizing scale	12.4 (12.5)	12.2 (11.4)	12.3 (11.9)
Tampa scale of kinesiophobia	39.9 (8.4)	40.3 (6.0)	40.1 (7.3)
GAD7	4.0 (5.5)	3.4 (4.4)	3.7 (5.0)
PHQ9	4.6 (5.4)	3.8 (3.4)	4.2 (4.5)

Outcome measures

Table 2: Health outcomes at 20 weeks and 8 months

	20 weeks		8 months	
	CMT (n=34)	Control (n=27)	CMT (n=25)	Control (n=21)
WOMAC pain: Mean (SD)	4.6 (4.4)	7.9 (3.5)	3.9 (3.8)	8.7 (2.6)
WOMAC composite: Mean (SD)	20.8 (18.8)	38.4 (16.3)	19.4 (18.5)	42.2 (12.6)
Pain catastrophizing scale: Mean (SD)	5.9 (9.3)	10.8 (9.9)	6.5 (10.9)	13.4 (11.5)
Tampa scale of kinesiophobia: Mean (SD)	36.6 (7.3)	39.5 (6.7)	36.0 (9.0)	40.0 (6.7)
GAD-7	2.3 (3.7)	4.7 (5.6)	4.1 (6.1)	4.3 (3.3)
PHQ-9	2.7 (4.1)	4.4 (5.2)	4.0 (5.2)	4.6 (3.7)

- 2 Table 3: Change in outcome measures at 20 weeks and 8 months from baseline with effect sizes. *Due to an error during data collection, baseline WOMAC
3 pain/composite are only available for n=33 in the CMT group.

	20 weeks – baseline				8 months - baseline			
	CMT (n=34)	Effect size	Control (n=27)	Effect size	CMT (n=25)	Effect size	Control (n=21)	Effect size
WOMAC pain*	-3.6	-0.81	-0.6	-0.18	-4.1	-0.99	0.7	0.25
WOMAC composite*	-17.1	-0.92	-2.8	-0.16	-18.6	0.97	3.0	0.21
Pain catastrophizing scale	-5.8	-0.51	-0.8	-0.08	-5.1	-0.42	0.1	0.01
Tampa scale of kinesiophobia	-0.4	-0.05	-0.3	-0.05	-0.5	-0.05	-0.3	-0.05
GAD-7	-1.6	-0.34	1.8	0.41	-0.2	-0.03	1.4	0.46
PHQ-9	-1.7	-0.36	0.7	0.17	-1.0	-0.18	1.2	0.35

4

5

6 Adverse results

- 7 There were no adverse events associated with this study.