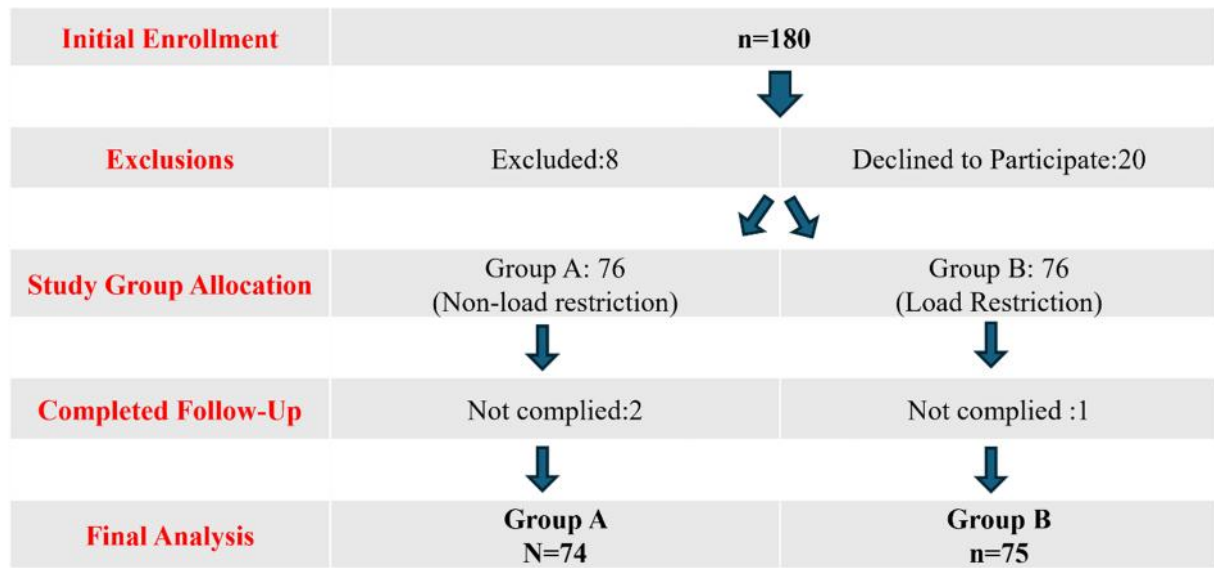


Participant Flow



Baseline Characteristics

	n (%)	Mean±SS	Median (Min-Max)
Group			
Group A: Non-Load Restriction	74 (49.7)		
Group B: Load Restriction	75 (50.3)		
Age (years)		46±11	46 (26-65)
Sex			
Female	101 (67.8)		
Male	48 (32.2)		
Weight (kg)		68.9±10.8	68 (48-91)
Height (cm)		160.2±7.7	160 (145-182)
BMI		26.9±4.4	26.4 (17.4-36.3)
Side			
Right	100 (67.1)		
Left	49 (32.9)		
Type of pain			
Constant pain	16 (10.7)		
Pain with every load	20 (13.4)		
Resting pain	22 (14.8)		
Pain at the first step	91 (61.1)		
VAS (pre-procedure)		8.5±0.6	9 (6-9)
PPT (pre-procedure)		228.3±50.2	233 (112-327)
Number of drugs used		3.7±2.4	3 (1-9)
Day of return to work		5±1.4	4 (2-9)

	Group A: Non-Load Restriction (n=74)	Group B: Load Restriction (n=75)	p-value
	n (%) or mean±SD	n (%) or mean±SD	
Age (years)	46±11	45±12	*0.478
Sex			
Female	51 (68.9)	50 (66.7)	**0.905
Male	23 (31.1)	25 (33.3)	
Weight (kg)	68.8±11.6	69.1±10	*0.862
Height (cm)	159.5±8.6	160.9±6.6	*0.255
BMI	27.2±4.8	26.7±4	*0.520
Side			
Right	49 (66.2)	51 (68)	**0.954
Left	25 (33.8)	24 (32)	
Type of pain			
Constant pain	8 (10.8)	8 (10.7)	
Pain with every load	13 (17.6)	7 (9.3)	**0.278
Resting pain	13 (17.6)	9 (12)	
Pain at the first step	40 (54.1)	51 (68)	
Number of paracetamol tablets used	5.6±1.9	1.8±1	*<0.001
Day of return to work	5.9±1.5	4.2±0.4	*<0.001

BMI: Body Mass Index, VAS: Visual Analogue Scale, PPT: Pressure Pain Threshold

*Student T Test, **Chi-Square Test

Outcome Measures

	Group A: Non-Load Restriction (n=74)	Group B: Load Restriction (n=75)	p-value
	Mean±SD	Mean±SD	
VAS0 (pre-procedure)	8.46±0.6	8.48±0.6	*0.829
VAS3 (3rd day)	8.49±0.5	8.23±0.7	*0.010
VAS30 (30th day)	5.99±0.9	5.53±0.9	*0.002
VAS90 (day 90)	2.66±0.8	2.84±0.8	*0.178
VAS1Y (Year 1)	1.89±0.9	1.82±0.7	*0.582

Sphericity test $p < 0.001$; Greenhouse-Geisser Test: 0.904 ;

For VAS scores, $p < 0.001$; For Groups X VAS scores $P < 0.001$

*Mann-Whitney U test, VAS: Visual Analog Scale

PPT0 (pre-procedure)	227.3±52.9	229.2±47.7	**0.815
PPT3 (day 3)	216.4±45.4	238.9±36.9	**0.001
PPT30 (day 30)	411.4±58.8	432.6±43.5	**0.014
PPT90 (day 90)	560.2±61.5	559.8±34.3	**0.957
PPT1Y (Year 1)	611.9±60.5	611.7±33.2	**0.983

Sphericity test $p < 0.001$; Greenhouse-Geisser Test: 0.835 ;

For PPT scores $P < 0.001$; For Groups X PPT scores $p: 0.076$

**Student T-test, PPT: Pressure Pain Threshold

	Mean	Standard	p*	95% Confidence Interval	
				Lower Bound	Upper Bound
VAS0 - VAS3	0.113	0.07	0.657	-0.075	0.301
VAS0 - VAS30	2.710	0.086	<0.001	2.48	2.94
VAS0 - VAS90	5.719	0.083	<0.001	5.498	5.939
VAS3 - VAS30	2.597	0.089	<0.001	2.359	2.834
VAS3 - VAS90	5.605	0.075	<0.001	5.404	5.807
VAS30 - VAS90	3.009	0.099	<0.001	2.743	3.275
PPT0 - PPT3	0.613	4.052	0.974	-10.225	11.45
PPT0 - PPT30	-193.754	6.09	<0.001	-210.04	-177.468
PPT0 - PPT90	-331.746	6.508	<0.001	-349.152	-314.34
PPT3 - PPT30	-194.367	5.337	<0.001	-208.641	-180.093
PPT3 - PPT90	-332.359	5.589	<0.001	-347.307	-317.411
PPT30 - PPT90	-137.992	5.474	<0.001	-152.631	-123.353

* Repeated Measures ANOVA, Bonferroni correction for multiple comparisons

VAS: Visual Analog Scale, PPT: Pressure Pain Threshold

Adverse events

No local or systemic complications were observed in any participant