Bone & Joint Open

Supplementary Material

10.1302/2633-1462.65.BJO-2024-0268

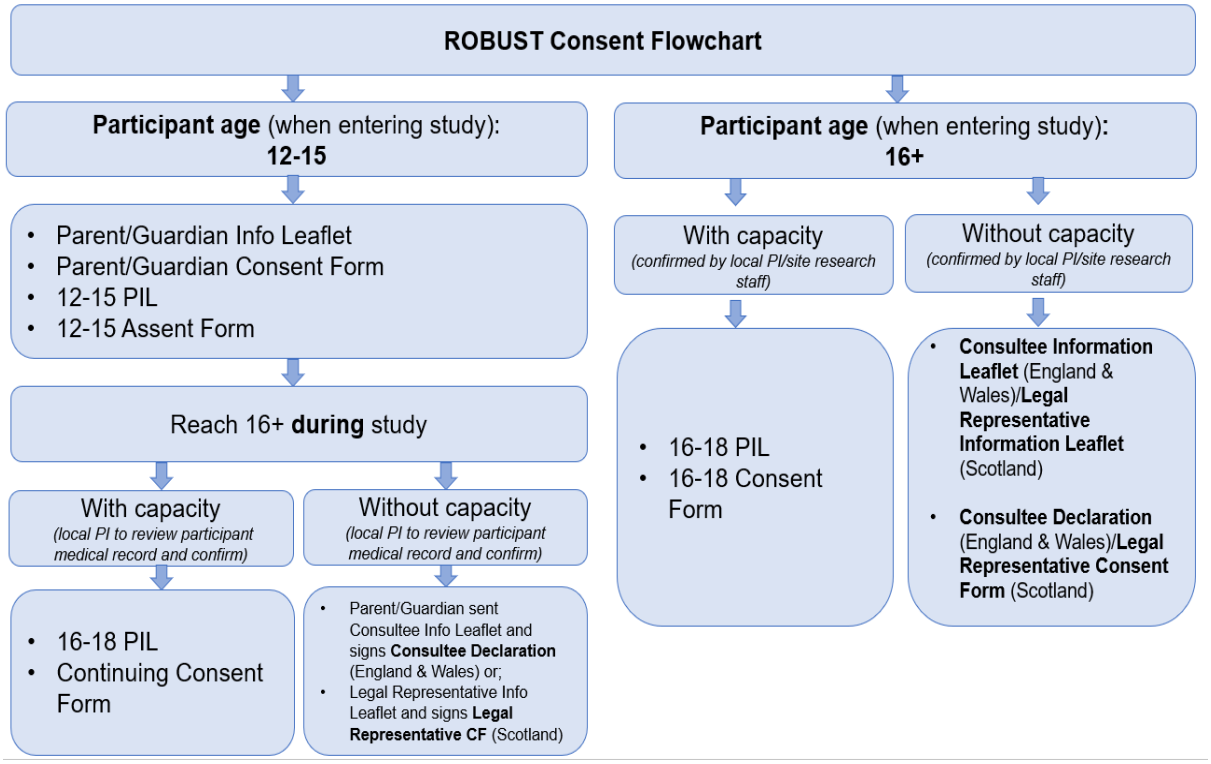

Fig a. Trial consent process. CF, consent form; PI, principal investigator; PIL, patient information leaflet.

Table i. Anticipated adverse events and serious adverse events related to the intervention.

Anticipated symptoms not requiring reporting	AEs	SAEs
Delayed onset muscle soreness lasting less than 7 days	Muscle soreness persisting for more than 7 days after performing the exercises	Significant cardiovascular event occurring during exercise (for example: fainting episodes related to hypotension or cardiac arrhythmia)
Mild and transient (less than 7 days) alteration in walking pattern (limping)	Acute onset of significant pain during the exercise intervention	
	Deterioration of walking pattern (limping) for more than 7 days	
	Bone fracture,	

	minor joint injury, swelling or inflammation, significant joint injury requiring admission to hospital and/or surgical treatment	
	Vasovagal episode (fainting) during the intervention exercise	