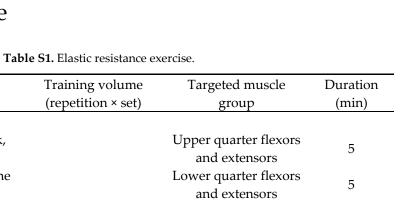


Supplementary file

Movement



MDF

	(repetition × set)	group	(mm)
A. Warm-up			
 Mobility exercise of the neck, upper limbs, and back 		Upper quarter flexors and extensors	5
2. Global flexion-extension of the lower limb		Lower quarter flexors and extensors	5
B. Upper quarter			
1. Seated chest press	10–20 × 3	Upper quarter extensors	5–10
2. Seated row	10–20 × 3	Upper quarter flexors	5-10
3. Seated shoulder press	10–20 × 3	Shoulder girdle muscle groups	5–10
C. Lower quarter			
1. Concentric–eccentric hip circumduction	10–20 × 3	Hip girdle muscle groups	5–10
2. Leg press	10–20 × 3	Lower quarter extensors	5–10
3. Leg curl	10–20 × 3	Lower quarter flexors	5–10
D. Cool down			5





	Week	1	2	3	4	5	6	7	8	
Theraband color -	Yellow	Х	Х							
	Red			Х	Х					
	Green					Х	Х			
	Blue							Х	Х	
	Black									
	Silver									
Exercise loading	Repetition	10	20	10	20	10	20	10	20	
	Set	3	3	3	3	3	3	3	3	
	RPE ^a	13–14	14–15	13–14	14–15	13–14	14–15	13–14	14–15	1
		X = th	e used The	raband col	or. ^a Ratings	s of perceiv	ved exertion	n accordin	g to the Bo	rg sc

 Table 2. Exercise progression protocol.

 Table S3. Categories of the Brief ICF Core Set for osteoarthritis.

ICF component	Chapter	ICF cod	e ICF category title
Body functions	Sensory functions and pain	b280	Sensation of pain
	Neuromusculoskeletal and movement- related functions	b710	Mobility of joint functions
		b730	Muscle power functions
Body structures	Structures related to movement	s730	Structure of upper extremity
		s750	Structure of lower extremity
		s799	Structures related to movement, unspe
	Mobility	d445	Hand and arm use
Activities and participation		d450	Walking
	Self-care	d540	Dressing
Environmental factors	Products and technology	e115	Products and technology for personal living

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		Design, construction and building products and	
	e150	technology of buildings	None identified
		for public use	
Support and relationships	e310	Immediate family	None identified
Services, systems and policies	e580	Health services, systems and policies	None identified

ROM, range of motion (degree); GS, gait speed (m/s); TCS, Timed chair stand (repetition); WOMAC–Pain, Western Ontario & McMaster Universities Osteoarthritis Index, pain subscale; WOMAC–PF, Western Ontario & McMaster Universities Osteoarthritis Index, physical difficulty subscale; AMI, appendicular mass index (kg/m²). WOMAC–PF difficulty-ranked items: 9, Putting on socks; 11, Taking off socks.