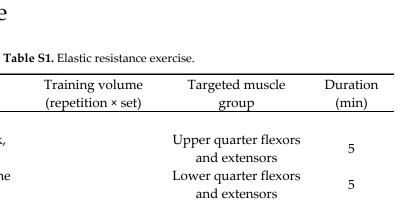


## Supplementary file

Movement



MDF

|  | (repetition × set) | group                                  | (mm) |
|--|--------------------|--|------|
| A. Warm-up   |                    |  |      |
| <ol> <li>Mobility exercise of the neck,<br/>upper limbs, and back</li> </ol> |                    | Upper quarter flexors<br>and extensors | 5    |
| 2. Global flexion-extension of the lower limb                                |                    | Lower quarter flexors<br>and extensors | 5    |
| <b>B. Upper quarter</b>  |                    |  |      |
| 1. Seated chest press  | 10–20 × 3          | Upper quarter<br>extensors             | 5–10 |
| 2. Seated row  | 10–20 × 3          | Upper quarter flexors                  | 5-10 |
| 3. Seated shoulder press   | 10–20 × 3          | Shoulder girdle<br>muscle groups       | 5–10 |
| C. Lower quarter   |                    |  |      |
| 1. Concentric–eccentric hip<br>circumduction                                 | 10–20 × 3          | Hip girdle muscle<br>groups            | 5–10 |
| 2. Leg press   | 10–20 × 3          | Lower quarter<br>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           |       |
|                   | <b>RPE</b> <sup>a</sup> | 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. <sup>a</sup> 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-<br>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 |

J. Clin. Med. 2019, 8, x; doi: FOR PEER REVIEW

www.mdpi.com/journal/jcm

## 2 of 3

|                                |      | 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/m<sup>2</sup>). WOMAC–PF difficulty-ranked items: 9, Putting on socks; 11, Taking off socks.