

Online Table S4: Frequency of grade 1-2 exercise-related adverse events

TITLE: A comparative, effectiveness trial evaluating high- versus low-level supervision of an exercise intervention for women with breast cancer: the SAFE trial.

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Online Resource Table S4: Frequency of grade 1-2^a exercise-related adverse events

Category / Description*	Total (n=126)	High (n=103)	Low (n=23)
Musculoskeletal and connective tissue disorders			
Myalgia (including delayed onset muscle soreness)	56	37	11
-Back pain	8	4	4
Muscle cramp	2	2	-
Arthralgia	1	1	-
Joint effusion	1	1	-
General Disorders			
Pain	40	33	7
Fatigue	9	8	1
Edema	2	-	2
Lymphoedema	2	2	-
Flu-like symptoms	2	2	-
Nervous system disorders			
Headache	3	3	-
Dizziness	5	3	2
Presyncope	1	1	-
Respiratory disorders			
Bronchospasm	1	1	-
Cough	1	1	-
Injury			
Bruising	1	1	-
Fall	1	1	-
Gastrointestinal disorders			
Gastroesophageal reflux disease	1	1	-
Nausea	2	2	-
Skin and subcutaneous tissue disorders			
Nail changes	1	1	-
Skin infection	1	1	-
Other (non-CTCAE terminology)			
Cording	1	1	-
TOTAL	126	103	23

CTCAE: Common Terminology Criteria for Adverse Events

^a No grade three or above adverse events occurred during the trial