|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | IG\_PP | CG |  | Mean between group-difference[95% CI] | f-value\* | p-value\* | Effect-size\*Partial eta sq |
|  | Baseline | Week 12 | Baseline | Week 12 |  |
|  | n = 23 | n = 23 | n = 34 | n = 34 |  |
| Motor function and aerobic fitness |
| 6 MWT (m) | 436.8 | (119.1) | 461.8 | (107.6) | 448.8 | (79.8) | 466.7 | (84.2) |  | -0.1 | [-46.7; 46.4] | 0.00 | >0.99 | <0.01 |
| 9 HPT dominant (sec) | 18.8 | (2.5) | 18.5 | (2.3) | 19.1 | (2.9) | 18.6 | (3.0) |  | -0.2 | [-0.9; 0.6] | 0.21 | 0.65 | <0.01 |
| 9 HPT non dominant (sec) | 19.2 | (2.2) | 19.1 | (2.2) | 19.8 | (4.1) | 19.0 | (3.5) |  | -0.6 | [-1.5; 0.4] | 1.43 | 0.24 | 0.03 |
| T25FW (sec) | 4.6 | (0.8) | 4.6 | (0.7) | 4.8 | (0.8) | 4.8 | (0.8) |  | 0.0 | [-0.2; 0.3] | 0.09 | 0.77 | <0.01 |
| V02peak (ml O2/min) | 2233.5 | (653.8) | 2326.1 | (726.3) | 1761.5 | (421.3) | 1779.4 | (427.4) |  | -81.4 | [-218.4; 55.6] | 1.42 | 0.24 | 0.03 |
| V02peak/kg ((ml O2/min)/kg) | 29.5 | (7.0) | 30.4 | (7.6) | 25.6 | (5.5) | 25.6 | (5.4) |  | -1.5 | [-3.4; 0.5] | 2.34 | 0.13 | 0.04 |
| Pmax (watt) | 168.0 | (43.7) | 192.0 | (49.1) | 139.5 | (31.1) | 139.6 | (31.0) |  | -26.1 | [-38.0; -14.2] | 19.23 | <0.01 | 0.27 |
| Patient-reported outcome measures |
| IDS-16SR | 5.1 | (3.8) | 5.0 | (3.5) | 6.1 | (4.3) | 6.3 | (4.6) |  | 0.6 | [-1.0; 2.2] | 0.53 | 0.47 | 0.01 |
| FSMC | 49.5 | (19.3) | 48.2 | (19.7) | 53.4 | (21.6) | 50.9 | (21.4) |  | -0.7 | [-6.8; 5.4] | 0.05 | 0.82 | <0.01 |
| MSWS-12 | 16.4 | (7.3) | 15.9 | (5.4) | 18.7 | (10.7) | 18.7 | (9.9) |  | 0.9 | [-1.1; 2.9] | 0.83 | 0.37 | 0.02 |
| HAQUAMS | 49.8 | (11.8) | 49.7 | (12.9) | 51.2 | (18.7) | 51.8 | (14.7) |  | 1.1 | [-3.5; 5.6] | 0.23 | 0.63 | <0.01 |
|  |