|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | IG\_RG | CG |  | Mean between group-difference[95% CI] | f-value\* | p-value\* | Effect-size\*Partial eta sq |
|  | Baseline | Week 12 | Baseline | Week 12 |  |
|  | n = 11 | n = 11 | n = 34 | n = 34 |  |
| Motor function and aerobic fitness |
| 6 MWT (m) | 430.6 | (121.2) | 461.7 | (95.1) | 448.8 | (79.8) | 466.7 | (84.2) |  | 1.7 | [-59.0; 62.4] | 0.00 | 0.95 | <0.01 |
| 9 HPT dominant (sec) | 18.3 | (2.0) | 18.4 | (2.6) | 19.1 | (2.9) | 18.6 | (3.0) |  | -0.5 | [-1.5; 0.5] | 1.02 | 0.32 | 0.02 |
| 9 HPT non dominant (sec) | 18.5 | (1.5) | 18.7 | (2.2) | 19.8 | (4.1) | 19.0 | (3.5) |  | -0.7 | [-2.1; 0.7] | 0.89 | 0.35 | 0.02 |
| T25FW (sec) | 4.5 | (0.8) | 4.5 | (0.7) | 4.8 | (0.8) | 4.8 | (0.8) |  | 0.0 | [-0.4; 0.4] | 0.04 | 0.85 | <0.01 |
| V02peak (ml O2/min) | 2415.5 | (647.2) | 2660.0 | (653.3) | 1761.5 | (421.3) | 1779.4 | (427.4) |  | -287.5 | [-468.1; -106.8] | 10.33 | <0.01 | 0.20 |
| V02peak/kg ((ml O2/min)/kg) | 28.5 | (6.4) | 31.6 | (7.1) | 25.6 | (5.5) | 25.6 | (5.4) |  | -3.6 | [-5.9; -1.2] | 8.98 | <0.01 | 0.18 |
| Pmax (watt) | 169.6 | (41.0) | 214.4 | (42.7) | 139.5 | (31.1) | 139.6 | (31.0) |  | -48.8 | [-62.6; -35.1] | 51.28 | <0.01 | 0.56 |
| Patient-reported outcome measures |
| IDS-16SR | 4.5 | (4.8) | 3.8 | (2.1) | 6.1 | (4.3) | 6.3 | (4.6) |  | 1.4 | [-0.7; 3.5] | 1.75 | 0.19 | 0.04 |
| FSMC | 42.3 | (16.5) | 39.9 | (14.3) | 53.4 | (21.6) | 50.9 | (21.4) |  | 1.5 | [-5.6; 8.7] | 0.18 | 0.67 | <0.01 |
| MSWS-12 | 15.4 | (9.2) | 14.3 | (3.9) | 18.7 | (10.7) | 18.7 | (9.9) |  | 1.8 | [-0.8; 4.5] | 1.92 | 0.17 | 0.04 |
| HAQUAMS | 46.3 | (7.6) | 45.3 | (7.2) | 51.2 | (18.7) | 51.8 | (14.7) |  | 3.4 | [-2.5; 9.2] | 1.37 | 0.25 | 0.03 |
|  |