**Supplementary Table 1** Exercise program

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Period | Habituation phase(Week 1-2) | Week 3-4 | Week 5-6 | Week 7-8 | Week 9-10 | Week 11-12 |
| Equipment | Machine | Machine/ Barbell | Machine /Barbell | Machine/ Barbell | Machine/ Barbell | Machine/ Barbell |
| Intensity | 20 RM | 15 RM | 12 RM | 10 RM | 8 RM | 6 RM |
| Sets  | 3 | 3 | 3 | 3 | 3 | 3 |
| Repetitions | 15 | 15 | 12 | 10 | 8 | 6 |
| Number ofexercises | Minimum 5 | Minimum 5 | Minimum 5 | Minimum 5 | Minimum 5 | Minimum 5 |
| Type ofexercises | Leg pressLeg curlsLeg extensionCalvesProprioceptive exercises | Leg pressLeg curlsLeg extensionLeg raisekettlebell-swingsProprioceptive exercises | Leg pressLeg curlsLeg extensionLeg raisekettlebell-swingsProprioceptive exercises | Leg pressLeg curlsLeg extensionLeg raisekettlebell-swingsProprioceptive exercises | Leg pressLeg curlsLeg extensionLeg raisekettlebell-swingsProprioceptive exercises | Leg pressLeg curlsLeg extensionLeg raisekettlebell-swingsProprioceptive exercises |

**Supplementary Table 2** Baseline differences between participants included in the analysis and participants lost to follow-up

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Lost to follow-up (n=40)** | **Included in analysis (n=39)** | **Difference, mean (SD) or P** |
| Sex, female (%)Age, Median IQRBMI, mean ±SDKOOS PainKOOS SymptomsKOOS ADLKOOS SportKOOS QOLKOS-ADLS | 14 (32)26.5 (23 to 30)25.1 ± 3.471 ± 1671 ± 1585 ± 1242 ± 2545 ± 1471 ± 16 | 21 (54)28 (24 to 35)24.1 ± 2.974 ± 1871 ± 1589 ± 850 ± 2654 ± 1274 ± 14 | 0.060.171.0 (-0.3 to 2.3)3 (-5.2 to 10.6)0 (-7.0 to 7)4 (-0.6 to 9.2)8 (-3.5 to 20.4)9 (2.8 to 15.4)3 (-3.9 to 10.8) |
| Chi square test was used to compare the proportions of females, Wilcoxon rank sum test was used to assess differences in median age, and unpaired t tests were used to assess differences in patient-reported outcomes.KOOS, Knee Injury and Osteoarthritis Outcome Score; KOS-ADLS, Knee Outcome Survey Activity of Daily Living Scale. |