**Supplementary Table 1** Exercise program

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| --- | --- | --- | --- | --- | --- | --- |
| 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 of exercises | Minimum 5 | Minimum 5 | Minimum 5 | Minimum 5 | Minimum 5 | Minimum 5 |
| Type of exercises | Leg press Leg curls Leg extension Calves Proprioceptive exercises | Leg press Leg curls Leg extension Leg raise kettlebell- swings Proprioceptive exercises | Leg press Leg curls Leg extension Leg raise kettlebell- swings Proprioceptive exercises | Leg press Leg curls Leg extension Leg raise kettlebell- swings Proprioceptive exercises | Leg press Leg curls Leg extension Leg raise kettlebell- swings Proprioceptive exercises | Leg press Leg curls Leg extension Leg raise kettlebell- swings Proprioceptive 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 IQR  BMI, mean ±SD  KOOS Pain  KOOS Symptoms  KOOS ADL  KOOS Sport  KOOS QOL  KOS-ADLS | 14 (32)  26.5 (23 to 30)  25.1 ± 3.4  71 ± 16  71 ± 15  85 ± 12  42 ± 25  45 ± 14  71 ± 16 | 21 (54)  28 (24 to 35)  24.1 ± 2.9  74 ± 18  71 ± 15  89 ± 8  50 ± 26  54 ± 12  74 ± 14 | 0.06  0.17  1.0 (-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. | | | |