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|  | **Intervention****(n=19)** | **Control****(N=19)** | **Mean difference in change between groups** |
| **Outcomes** | *Mean change**(SE)* | *Mean change**(SE)* | *Mean**(95% CI)* | *P-value* |
| Time spent inactive (min/day) | 4.4(21.2) | -6.5(21.2) | 10.9(-55.6 to 77.5) | 0.74 |
| Time spent standing (min/day) | -0.70(9.8) | -6.3(9.8) | 5.6(-25.0 to 36.3) | 0.71 |
| Time spent moving (min/day) | -5.7(16.4) | 14.9(16.4) | -20.6(-72.1 to 30.9) | 0.42 |
| ***KOOS*** |  |  |   |  |
| Function | 0.27(2.7) | 5.8(2.7) | -5.6(-14.0 to 2.8) | 0.19 |
| Quality of Life  | 1.9(3.6) | 4.7(3.6) | -2.8(-14.2 to 8.5) | 0.61 |
| Pain | 1.7(3.4) | 6.0(3.4) | -4.3(-14.9 to 6.3) | 0.41 |
| Sport/rec | 4.6(4.6) | 12.0(4.6) | -7.3(-21.7 to 7.1) | 0.31 |
| Symptoms | 0.13(2.8) | 6.6(2.8) | -6.5(-15.1 to 2.1) | 0.13 |
| ***Abbreviation***: KOOS, knee Injury and Osteoarthritis Outcome Score, where 0 is worst and 100 indicates no symptoms; Activity, sum of walking, other, exercise, and cycling; BMI, body mass index.\*Significant change from baseline  |

 **Sensitivity analysis:** Difference in change between the intervention and control group adjusted for age, KOOS function, KOOS pain, and KOOS symptoms. Presented as mean with 95% confidence interval (CI) and p-value.