

## Supplemental Digital Content 2. Demographic and baseline data

	ITT population (N=10)	Completed study (N=4)	Lost to follow-up (N=6)
<b>Sex</b>			
Female, n (%)	5 (50%)	1 (25%)	4 (67%)
Male, n (%)	5 (50%)	3 (75%)	2 (33%)
<b>Ethnic origin</b>			
White, n (%)	8 (80%)	4 (100%)	4 (67%)
Black, n (%)	2 (20%)		2 (33%)
<b>Age (years), mean</b>			
	44.6	44.6	44.6
(range)	(39.9-50.8)	(39.9-50.8)	(40.3-48.2)
<b>BMI (kg/m<sup>2</sup>), mean</b>			
	22.8	24.0	22.0
(range)	(17.5-25.6)	(22.3-25.6)	(17.5-24.3)
<b>Pinch test (cm), mean</b>			
	2.0	2.1	1.9
(range)	(1.5-3.0)	(1.5-3.0)	(1.5-2.0)
<b>Pain score (VAS, mm), mean</b>			
	48	50	46
(range)	(31-72)	(31-70)	(32-72)
<b>Time sitting (minutes), mean</b>			
	24	25	23
(range)	(15-28)	(20-27)	(15-28)

BMI: body mass index, VAS: visual analogue scale