Supplementary Table 1. Intra- and Inter-Group Comparisons of Pain, Physical Function, Proprioception, and Isokinetic Muscle Strength Values at Baseline Post-Treatment and 6-Month Follow-Up in Patients with Knee Osteoarthritis

Variable	Time	Group 1	Group 2	Group 3	P^1 value
		Mean ± SD			
VAS pain F	Baseline	54.59 ± 19.26 Aa	53.50 ± 18.48 Aa	63.69 ± 12.13 Aa	.185
	Post-treatment	20.06 ± 20.43 Ba	31.62 ± 17.36 Bb	40.31 ± 14.89 Bc	.008**
	6-month	12.47 ± 16.39 Ba	38.13 ± 27.49 Ab	44.31 ± 21.23 Bb	< .001***
	P^2	<.001***	.011*	.001**	
WOMAC pain F	Baseline	4.24 ± 1.82 Aa	5.31 ± 1.20 Aa	5.00 ± 1.28 Aa	.105
	Post-treatment	1.26 ± 1.26 Ba	2.69 ± 1.35 Bb	2.22 ± 1.06 Bb	.006*
	6-month	1.50 ± 1.48 Ba	2.75 ± 1.57 Ba	2.31 ± 1.70 Ba	.081
	P^2	<.001***	<.001***	<.001***	
WOMAC total F	Baseline	12.68 ± 4.82 Aa	14.25 ± 3.90 Aa	14.01 ± 3.61 Aa	.509
	Post-treatment	5.06 ± 4.48 Ba	8.56 ± 5.23 Ba	7.11 ± 3.58 Ba	.105
	6-month	4.49 ± 4.63 Ba	8.69 ± 6.20 Ba	5.57 ± 4.69 Ba	.067
	P^2	<.001***	<.001***	<.001***	
Lequesne knee index F	Baseline	8.88 ± 2.00 Aa	8.81 ± 1.47 Aa	9.00 ± 1.97 Aa	.958
	Post-treatment	4.06 ± 2.19 Ba	5.63 ± 3.05 Ba	5.50 ± 2.61 Ba	.173
	6-month	3.24 ± 2.91 Ba	6.56 ± 3.44 Bb	5.94 ± 1.98 Bb	.003**
	P^2	<.001***	<.001***	<.001***	
HAQ F	Baseline	10.18 ± 5.73 Aa	10.25 ± 4.34 Aa	12.44 ± 4.93 Aa	.359
	Post-treatment	2.94 ± 3.05 Ba	6.50 ± 4.84 Bb	7.25 ± 5.00 Bb	.015*
	6-month	4.29 ± 4.03 Ba	9.75 ± 5.56 Ab	6.63 ± 3.24 Ba	.003**
	P^2	<0.001***	0.036*	<0.001***	
MAAE F	Baseline	5.97 ± 1.52 Aa	6.08 ± 1.83 Aa	5.23 ± 1.35 Aa	.261
	Post-treatment	2.55 ± 0.59 Ba	5.97 ± 1.93 Ab	5.07 ± 1.22 Bb	< .001**
	6-month	2.56 ± 0.79 Ba	5.70 ± 1.78 Bb	5.24 ± 1.26 Ab	< .001**
	P^2	<.001***	.003**	.027*	
60°/s knee extension PT F	Baseline	73.19 ± 31.58 Aa	72.76 ± 22.26 Aa	84.97 ± 22.92 Aa	.329
	Post-treatment	88.26 ± 29.42 Ba	86.58 ± 17.01 Ba	83.73 ± 22.70 Aa	.859
	6-month	89.29 ± 29.42 Ba	84.55 ± 16.75 Ba	83.21 ± 17.68 Aa	.711
	P^2	.015*	<.001***	.686	
60°/s knee flexion PT F	Baseline	39.17 ± 16.69 Aa	33.58 ± 8.37 Aa	40.25 ± 11.18 Aa	.286
	Post-treatment	42.12 ± 16.96 Aa	34.82 ± 6.85 Aa	39.96 ± 9.89 Aa	.221
	6-month	41.36 ± 15.22 Aa	34.85 ± 7.24 Aa	40.47 ± 9.06 Aa	.209
	P^2	.357	.152	.703	
60°/s knee H/Q ratio F	Baseline	57.05 ± 20.31 Aa	48.03 ± 9.25 Aa	48.16 ± 8.08 Aa	.110
	Post-treatment	47.65 ± 8.78 Ba	40.91 ± 7.52 Bb	49.24 ± 9.84 Aa	.023*
	6-month	46.46 ± 7.46 Ba	41.80 ± 7.64 Bb	49.31 ± 7.79 Aa	.026*
	P^2	.035*	<.001***	.696	
180°/s knee extension PT F	Baseline	37.17 ± 14.60 Aa	42.40 ± 13.52 Aa	49.43 ± 13.04 Aa	.046*
	Post-treatment	65.08 ± 23.82 Ba	58.55 ± 13.89 Ba	56.55 ± 13.60 Ba	.365
	6-month	68.07 ± 22.47 Ca	58.96 ± 14.00 Ba	55.91 ± 11.44 Ba	.106
	P^2	<.001***	<.001***	.033*	
180°/s knee flexion PTH	Baseline	26.5 (13–64.3) Aa	29.25 (13.7–40.1) Aa	29.15 (20.1–46.7) Aa	.443
	Post-treatment	28.9 (23.9–65) Aa	27.85 (12.6–38.35) Ba	27.65 (21.6–43.2) Aa	.381
	6-month	32.4 (25.8–62.4) Aa	28.4 (15.2–38.25) Ab	26.9 (21.8–42.8) Ab	.042*
	P^2	.193	.039*	.21	
180°/s knee H/Q ratio H	Baseline	57.49 (36.59–108.97) Aa	52.85 (43.51–69.3) Aa	52.08 (36.66–71.13) Aa	.690
	Post-treatment	49.2 (37.04–83.69) Aa	48.18 (28.57–65.59) Ba	51.13 (35.65–96.88) Aa	.283
	6-month	50.39 (37.08–83.18) Aa	47.01 (32.07–65.75) Ba	51.04 (35.62–84.59) Aa	.357
	P^2	.059	< .001***	.144	

*Group 1, IAHA plus isokinetic strengthening exercise; Group 2, IAHA plus home-based exercise; Group 3, IAHA alone. IAHA, Intra-articular Hyaluronic Acid; VAS , Visual Analogue Scale; WOMAC, Western Ontario and McMaster Universities Osteoarthritis Index; HAQ , Health Assessment Questionnaire; MAAE, Mean Absolute Angular Error. Normally distributed data are presented as mean ± standard deviation, whereas non-normally distributed data are presented as median (minimum–maximum). p^1 values represent between-group comparisons at each time point and were calculated using one-way analysis of variance (F) or the Kruskal–Wallis test (H), as appropriate. p_2 values represent within-group changes over time and were calculated using repeated-measures analysis of variance or the Friedman test, as appropriate. Different lowercase letters within the same row indicate statistically significant differences between groups, whereas different uppercase letters within the same column indicate statistically significant differences between time points based on Bonferroni-adjusted post hoc comparisons. Statistical significance was defined as *P < .05, **P < .01, and ***P < .001.*