

Supplementary Table 1. The results of cardiopulmonary exercise testing

	Pre-treatment	Post-treatment	P
VO ₂ max (mL/kg/min)	11.4 ± 2.9	12.2 ± 3.1	.286
O ₂ pulse	70.1 ± 15.5	72.8 ± 14.1	.534
O ₂ pulse	9.2 ± 2.1	9.9 ± 2.8	.183
EqCO ₂	36.9 ± 4.8	35.7 ± 4.4	.252
PETCO ₂	29.1 ± 3.7	30.5 ± 3.4	.018
VO ₂ slo	6.7 ± 1.9	7.5 ± 1.7	.153
HR (bpm)	98.5 ± 20.3	100 ± 21	.670
HRR (bpm)	68.9 ± 22.5	67.1 ± 22.9	.624
BP, sys, rest (mmhg)	103.2 ± 19.8	94.8 ± 18	.007
Load	64.1 ± 23.6	72.4 ± 19.5	.088
Time	12.1 ± 2.1	13.2 ± 3	.117
RER	1.1 ± 0.1	1.1 ± 0.1	.574

Abbreviations: VO₂max: maximal oxygen consumption; O₂ pulse: oxygen pulse; EqCO₂: ventilatory equivalent for carbon dioxide; PETCO₂: end-tidal carbon dioxide pressure; VO₂slo: oxygen uptake slope; HR: heart rate; HRR: heart rate recovery; BP: blood pressure; sys: systolic; bpm: beats per minute; RER: respiratory exchange ratio.

Data are given as Mean ± Standard deviation. Statistically significant values are marked in bold.

Supplementary Table 2. Functional, quality of life and psychological assessments

	Pre-treatment	Post-treatment	P
Handgrip strength (kg)	28.9 ± 6.6	32.1 ± 9.1	.001
6MWT (m)	439.9 ± 76.7	454.3 ± 89.1	.253
SF-36			
Physical functioning	55 (35-80)	60 (55-85)	.364
Role limitations due to physical health	50 (0-100)	75 (25-100)	.163
Role limitations due to emotional problems	33 (0-100)	66 (33-100)	.196
Energy/fatigue	55 (15-75)	55 (35-80)	.032
Emotional well-being	76 (56-84)	76 (56-88)	.607
Social functioning	62 (37-87)	75 (50-100)	.024
Pain	75 (32-90)	70 (45-100)	.153
General health	50 (10-80)	55 (40-75)	.220
HADS			
Anxiety	6 (2-10)	4 (3-8)	.158
Depression	6 (2-7)	3 (1-7)	.287

Abbreviations: 6MWT: 6-minute walk test; HADS: Hospital Anxiety and Depression Scale; SF-36: Short Form-36 Health Survey.

Data are given as Mean ± Standard deviation or median (interquartile range). Statistically significant values are marked in bold.