

Change in functional performance in exercise and control group at 6 week and 6 month follow-up.

Test of physical function		Exercise group			Control group			p [†]
		n	mean	95% CI	n	mean	95% CI	
One-leg jump [*] cm	baseline	29	54	9.2 – 125.8	28	38	3.4 – 98.1	0.04
	Change at 6 w	27	1.3	- 27.7 – 35.8	25	3.1	- 19.8 – 21.2	0.60
	Change at 6 m	28	2.3	-34.0 – 51.1	26	1.3	- 23.1 – 25.2	0.95
Knee bendings/ 30 sec [*]	baseline	29	22	10 – 34	28	21	8 – 40	0.38
	Change at 6 w	27	3	- 9 – 10	24	2	- 12 – 15	0.63
	Change at 6 m	28	4	- 5 – 18	26	2	- 11 – 15	0.08
Toe raises/20 sec [*]	baseline	29	17	9 - 27	28	15	6 - 29	0.34
	Change at 6 w	27	1	- 6 – 8	24	3	- 3 – 10	0.22
	Change at 6 m	27	1	- 7 – 12	26	2	- 6 – 13	0.46
Lateral step-ups/30 sec [*]	baseline	29	14	7 – 26	29	13	2 - 25	0.60
	Change at 6 w	27	2	- 11 – 9	25	1	- 5 – 8	0.13
	Change at 6 m	28	2	- 9 – 7	26	1	- 6 – 7	0.22
One-leg rise [*] cm (lower value indicates better result)	baseline	30	44	28 - 61	29	48	30 - 64	0.04
	Change at 6 w	27	-1	- 9 – 11	26	0	- 9 – 11	0.13
	Change at 6 m	28	0	- 9 – 8	27	1	- 10 – 12	0.50
Aerobic capacity mlO ₂ /kg ^x min	baseline	27	25.9	16.2 – 41.8	24	25.2	11.5 – 33.2	0.66
	Change at 6 w	26	2.5	-4.0 – 9.7	23	2.0	-4.8 – 15.0	0.57
	Change at 6 m	27	2.1	- 7.0 – 13.0	22	3.4	- 9.1 – 18.5	0.40

*Mean of left and right leg

†Comparisons between groups