

Changes from baseline in primary and secondary iNPH scale scores for the ITT population

	Exercise group (n = 50)	p-value within group	Control group (n = 59)	p-value within group	p-value between groups	Difference between groups Mean (95% CI)
Primary outcome						
Total iNPH scale score (0-100)						
Baseline						
Mean (SD)	58.7 (15.3)		55.4 (16.3)		0.28	3.27 (-2.72; 9.34)
Median (min;max)	60.5 (27.2; 91.1)		52.9 (22; 89.6)			
	50		59			
Post-intervention						
	74.5 (15.9)		70.5 (15.9)		0.19	4.05 (-2.07; 10.14)
	78.1 (27.3; 97.5)		72.7 (34.2; 100)			
	n = 50		n = 58			
Change from baseline		<.0001		<.0001		
	15.9 (13.2)		14.9 (12.2)			0.94 (-3.86; 5.84)
	14.2 (-21.4; 48.4)		13.4 (-11.5; 53.3)			
	n = 50		n = 58			
6-month follow-up						
	77.8 (14.4)		73.4 (17.1)		0.18	4.38 (-2.12; 10.84)
	81.2 (47.2; 99.5)		77.9 (35.2; 99.5)			
	n = 43		n = 52			
Change from baseline		<.0001		<.0001	0.41	2.09 (-3.05; 7.14)
	19.1 (12.5)		17.0 (12.5)			
	16.2 (-3.3; 49.4)		15.4 (-15.7; 41.1)			
	n = 43		n = 52			
Secondary outcomes						
Gait iNPH scale score (0-100)						
Baseline						
	53.3 (22.9)		50.9 (23.7)		0.59	2.37 (-6.49; 11.22)
	50.5 (9.7; 100)		43.7 (9.7; 100)			
	n = 50		n = 59			
Post-intervention						
	74.9 (23.0)		70.1 (26.0)		0.31	4.78 (-4.55; 14.21)
	82 (19.7; 100)		72.8 (16.3; 100)			
	n = 50		n = 58			
Change from baseline		<.0001		<.0001	0.44	2.76 (-4.25; 9.83)
	21.6 (17.3)		18.8 (19.4)			
	21.5 (-36; 66.3)		17 (-18.3; 60.7)			
	n = 50		n = 58			
6-month follow-up						
	79.8 (21.7)		73.4 (25.9)		0.20	6.39 (-3.41; 16.20)
	85.3 (25.7; 100)		82 (16.3; 100)			
	n = 43		n = 52			
Change from baseline		<.0001		<.0001	0.18	5.32 (-2.50; 13.07)
	26.9 (17.2)		21.6 (20.6)			
	27.3 (-0.7; 76.3)		18.2 (-30; 69.7)			
	n = 43		n = 52			
Balance iNPH scale score (0-100)						
Baseline						
	68.8 (14.1)		67.0 (15.9)		0.56	1.73 (-4.00; 7.48)
	67 (33; 100)		67 (17; 100)			
	n = 50		n = 59			
Post-intervention						
	76.7 (11.5)		74.5 (10.2)		0.32	2.20 (-1.92; 6.32)
	83 (50; 100)		67 (50; 100)			
	n = 50		n = 58			
Change from baseline		0.0006		0.0004	0.98	0.196 (-5.731; 6.045)
	7.92 (16.14)		7.72 (14.96)			
	0 (-17; 67)		0 (-17; 50)			
	n = 50		n = 58			
6-month follow-up						
	80.9 (11.1)		74.7 (11.9)		0.0081	6.28 (1.52; 11.00)
	83 (67; 100)		83 (33; 100)			
	n = 43		n = 52			
Change from baseline		<.0001		0.0025	0.039	5.90 (0.54; 11.28)
	11.9 (14.2)		5.96 (12.69)			
	16 (0; 67)		0 (-34; 34)			
	n = 43		n = 52			

Neuropsychology iNPH scale score (0-100)

Baseline	57.0 (18.6) 57.5 (20; 87.5) n = 50		55.0 (19.2) 52.5 (17.5; 95) n = 59		0.61	1.91 (-5.36; 9.09)
Post-intervention	67.1 (16.8) 68.8 (25; 95) n = 50		62.8 (19.6) 65 (12.5; 100) n = 57		0.24	4.29 (-2.81; 11.39)
Change from baseline	10.2 (11.2) 8.8 (-25; 32.5) n = 50	<.0001	8.16 (12.31) 7.5 (-30; 45) n = 57	<.0001	0.40	1.99 (-2.50; 6.54)
6-month follow-up	68.5 (18.2) 70 (25; 97.5) n = 43		66.9 (20.7) 70 (17.5; 100) n = 51		0.69	1.63 (-6.36; 9.69)
Change from baseline	11.6 (11.1) 12.5 (-15; 37.5) n = 43	<.0001	10.4 (11.0) 7.5 (-20; 35) n = 51	<.0001	0.62	1.19 (-3.37; 5.68)

Continence iNPH scale score (0-100)

Baseline	61.2 (28.7) 60 (0; 100) n = 50		53.2 (30.3) 40 (0; 100) n = 59		0.18	7.98 (-3.48; 19.29)
Post-intervention	79.2 (28.6) 90 (0; 100) n = 50		74.3 (26.6) 80 (0; 100) n = 56		0.39	4.91 (-5.71; 15.71)
Change from baseline	18.0 (29.8) 10 (-40; 100) n = 50	<.0001	21.1 (28.4) 10 (-20; 100) n = 56	<.0001	0.64	-3.07 (-14.29; 8.00)
6-month follow-up	80.0 (23.1) 80 (0; 100) n = 43		78.5 (27.7) 100 (0; 100) n = 52		0.83	1.54 (-9.00; 12.17)
Change from baseline	18.1 (26.8) 20 (-40; 100) n = 43	<.0001	25.0 (28.0) 20 (-20; 100) n = 52	<.0001	0.25	-6.86 (-18.10; 4.35)

Changes from baseline for primary and secondary outcomes in iNPH scale scores at the post-intervention follow-up and the long-term follow-up six months postoperatively. **ITT** intention-to-treat. Bold values indicate significance of $p \leq 0.05$. Values are presented as mean (SD), median (min; max) and the difference between groups as mean difference and 95% CI.