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

	Exercise group (n=28)	p-value within group	Control-group (n=58)	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) Median (min;max)	56.8 (15.7) 58.6 (27.2; 88.3) n = 28		55.6 (16.4) 53.1 (22; 89.6) n = 58		0.75	1.25 (-6.12; 8.69)
Post-intervention	76.7 (14.7) 80.5 (37.2; 97.5) n = 28		70.5 (15.9) 72.7 (34.2; 100) n = 58		0.081	6.21 (-0.83; 13.45)
Change from baseline	19.9 (12.9) 16.8 (-0.5; 48.4) n = 28	**<.0001**	14.9 (12.2) 13.4 (-11.5; 53.3) n = 58	**<.0001**	0.094	4.96 (-0.86; 10.59)
6-month follow-up	77.1 (15.9) 79.7 (47.2; 99.5) n = 27		73.3 (17.3) 78.2 (35.2; 99.5) n = 51		0.35	3.74 (-4.09; 11.61)
Change from baseline	20.6 (14.1) 16.7 (-3.3; 49.4) n = 27	**<.0001**	16.7 (12.5) 15.2 (-15.7; 41.1) n = 51	**<.0001**	0.21	3.90 (-2.22; 9.98)
Secondary outcomes						
Gait iNPH scale score (0-100)						
Baseline	51.3 (24.3) 48.7 (9.7; 95.3) n = 28		51.2 (23.8) 43.7 (9.7; 100) n = 58		0.59	2.37 (-6.49; 11.22)
Post-intervention	76.8 (21.1) 82 (23; 100) n = 28		70.1 (26.0) 72.8 (16.3; 100) n = 58		0.23	6.71 (-4.28; 17.95)
Change from baseline	25.4 (17.1) 25.8 (-8.3; 66.3) n = 28	**<.0001**	18.8 (19.4) 17 (-18.3; 60.7) n = 58	**<.0001**	0.13	6.61 (-2.02; 15.19)
6-month follow-up	80.1 (22.6) 87 (25.7; 100) n = 27		72.9 (25.9) 82 (16.3; 100) n = 51		0.21	7.27 (-4.31; 19.18)
Change from baseline	28.7 (19.9) 29.7 (-0.7; 76.3) n = 27	**<.0001**	20.6 (19.6) 18 (-30; 57.7) n = 51	**<.0001**	0.092	8.05 (-1.33; 17.46)
Balance iNPH scale score (0-100)						
Baseline	66.1 (16.0) 67 (33; 100) n = 28		66.8 (15.9) 67 (17; 100) n = 58		0.56	1.73 (-4.00; 7.48)
Post-intervention	78.0 (12.7) 83 (50; 100) n = 28		74.5 (10.2) 67 (50; 100) n = 58		0.21	3.48 (-1.78; 8.57)
Change from baseline	11.8 (19.1) 16 (-17; 67) n = 28	**0.0029**	7.72 (14.96) 0 (-17; 50) n = 58	**0.0004**	0.31	4.10 (-3.61; 11.37)
6-month follow-up	81.4 (12.4) 83 (67; 100) n = 27		74.5 (12.0) 83 (33; 100) n = 51		**0.015**	6.95 (1.13; 12.71)
Change from baseline	15.3 (16.0) 16 (0; 67) n = 27	**<.0001**	6.08 (12.79) 0 (-34; 34) n = 51	**0.0027**	**0.0062**	9.25 (2.52; 15.74)
Neuropsychology iNPH scale score (0-100)						

Baseline	57.4 (19.9) 56.3 (20; 87.5) n = 28		55.2 (19.3) 52.5 (17.5; 95) n = 58		0.61	1.91 (-5.36; 9.09)
Post-intervention	69.1 (17.5) 71.3 (25; 95) n = 28		62.8 (19.6) 65 (12.5; 100) n = 57		0.16	6.30 (-2.24; 15.00)
Change from baseline	11.7 (9.2) 10 (-2.5; 32.5) n = 28	**<.0001**	8.16 (12.31) 7.5 (-30; 45) n = 57	**<.0001**	0.19	3.54 (-1.71; 8.68)
6-month follow-up	66.7 (19.1) 65 (25; 97.5) n = 27		67.0 (20.9) 72.5 (17.5; 100) n = 50		0.96	-0.283 (-9.833; 9.375)
Change from baseline	10.4 (11.8) 12.5 (-15; 37.5) n = 27	**<.0001**	10.3 (11.1) 7.5 (-20; 35) n = 50	**<.0001**	1.00	0.070 (-5.294; 5.385)
Continence iNPH scale score (0-100)						
Baseline	57.9 (25.7) 60 (0; 100) n = 28		53.4 (30.5) 40 (0; 100) n = 58		0.18	7.98 (-3.48; 19.29)
Post-intervention	82.9 (25.9) 100 (0; 100) n = 28		74.3 (26.6) 80 (0; 100) n = 56		0.20	8.57 (-3.33; 21.11)
Change from baseline	25.0 (28.6) 20 (-40; 100) n = 28	**0.0002**	21.1 (28.4) 10 (-20; 100) n = 56	**<.0001**	0.59	3.93 (-9.47; 16.84)
6-month follow-up	77.0 (26.4) 80 (0; 100) n = 27		79.2 (27.4) 100 (0; 100) n = 51		0.80	-2.18 (-14.74; 11.00)
Change from baseline	20.0 (28.3) 20 (-40; 100) n = 27	**0.0012**	25.5 (28.0) 20 (-20; 100) n = 51	**<.0001**	0.46	-5.49 (-18.82; 7.50)

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. *PP* Per protocol. Bold values indicate significance of p ≤ 0.05. Values are presented as mean (SD), median (min; max) and the difference between groups as mean difference and 95% CI.