



## Supplementary Material

10.1302/2633-1462.210.BJO-2021-0121.R1

**Table i.** EuroQol five-dimension questionnaire scores and pain scores through 24 weeks.

Component	Weeks	Control		Micromotion		Control vs Micromotion p-value*
		Median (IQR)	Mean (SD)	Median (IQR)	Mean (SD)	
EQ-5D Mobility Component Score†	6	3 (2 to 4)	3.2 (1.2)	3 (2 to 3)	2.7 (1.0)	0.242
	12	2 (2 to 3)	2.7 (1.0)	3 (2 to 3)	2.5 (0.8)	0.876
	18	2 (2 to 3)	2.3 (1.2)	2 (1 to 2)	2.0 (0.8)	0.467
	24	2 (1 to 2.5)	1.9 (1.2)	2 (1 to 2)	1.8 (0.7)	0.811
EQ-5D Self-Care Component Score†	6	2 (1.3 to 2)	2.0 (0.8)	2 (1 to 2)	1.8 (0.8)	0.446
	12	1 (1 to 2)	1.6 (0.9)	1 (1 to 2)	1.4 (0.5)	0.406
	18	1 (1 to 1)	1.2 (0.7)	1 (1 to 1)	1.2 (0.5)	0.611
	24	1 (1 to 1)	1.2 (0.6)	1 (1 to 1)	1.1 (0.3)	0.846
EQ-5D Usual Activities Component Score†	6	4 (3 to 5)	3.8 (1.2)	3 (3 to 4)	3.4 (1.0)	0.303
	12	3 (2 to 3.3)	2.8 (1.2)	2 (2 to 3)	2.7 (0.9)	0.813
	18	2 (2 to 3)	2.5 (1.2)	2 (2 to 3)	2.4 (1.0)	0.886
	24	2 (1.5 to 3)	2.1 (0.9)	2 (1 to 2)	1.9 (0.8)	0.414
EQ-5D Pain/ Discomfort Component Score†	6	2 (2 to 3)	2.4 (0.7)	2 (2 to 3)	2.2 (0.9)	0.369
	12	2 (2 to 3)	2.4 (0.7)	2 (2 to 2.8)	2.1 (0.8)	0.223
	18	2 (2 to 3)	2.1 (0.7)	2 (1 to 3)	2.0 (0.8)	0.504
	24	2 (2 to 3)	2.1 (0.7)	2 (1 to 2)	1.9 (0.6)	0.237
EQ-5D Anxiety/ Depression Component Score†	6	1 (1 to 2)	1.5 (0.8)	2 (1 to 2)	1.8 (0.8)	0.056
	12	1 (1 to 1.3)	2.1 (1.3)	1 (1 to 2)	1.9 (0.8)	0.366
	18	1 (1 to 1)	1.3 (0.6)	1 (1 to 2)	1.5 (0.8)	0.244
	24	1 (1 to 1)	1.3 (0.6)	1 (1 to 2)	1.4 (0.7)	0.372
EQ-5D Health	6	80 (70 to 80)	74 (11)	70 (55 to 80)	67 (22)	0.244

Component Score†	12	80 (75 to 91)	80 (14)	78 (70 to 85)	74 (15)	0.225
	18	88 (80 to 90)	82 (14)	75 (65 to 90)	73 (19)	0.060
	24	90 (88 to 93)	86 (13)	90 (70 to 92)	83 (16)	0.403
NRS Pain Score§	6	2 (0 to 3)	2.2 (1.0)	2 (1 to 5)	3.0 (2.5)	0.326
	12	2 (0.8 to 3.3)	2.5 (2.2)	2.3 (0.3 to 3.8)	2.5 (2.1)	0.805
	18	1.5 (0.3 to 3)	2.2 (2.3)	2 (1 to 3)	2.2 (2.0)	0.875
	24	2 (0.5 to 4)	2.1 (1.8)	1 (0 to 2)	1.9 (2.3)	0.523

\*Mann-Whitney U test

†1 = No problems, 2 = Slight problems, 3 = Moderate problems, 4 = Severe problems, 5 = Unable

‡0 = worst health you can imagine, 100 = best health you can imagine

§Current pain level rating: 0 = No Pain, 1 - 3 = Mild Pain, 4 - 6 = Moderate Pain, 7 - 10 = Severe Pain

EQ-5D, EuroQol five-dimension questionnaire; IQR, interquartile range; NRS, numerical pain scale; SD, standard deviation.