

Supplementary File 2 – Proximal rehabilitation compared to a control group study characteristics

<i>Author</i>	<i>Intervention</i>	<i>Control</i>	<i>Variables measured</i>	<i>Follow up</i>
<b>Proximal rehabilitation v Control Group</b>				
Khayambashi et al. <a href="#">26</a>	Bilateral proximal abductor & external rotator rehabilitation (n=14) 3xper week <ul style="list-style-type: none"> <li>• 5 minute walking warm up</li> <li>• Standing proximal abduction with band</li> <li>• Seated external rotation with band</li> <li>• Progressive band strength through sets and weeks</li> <li>• 20-25repetitions completed per exercise per set</li> <li>• All exercises performed bilaterally</li> <li>• 5minute walking cool down</li> </ul>	No exercise (n=14) <ul style="list-style-type: none"> <li>• 1000mg Omega-3 and 400mg calcium daily supplements</li> <li>• Pain relief medication as needed</li> </ul>	<ul style="list-style-type: none"> <li>• Pain</li> <li>• VAS</li> <li>• Health status</li> <li>• WOMAC</li> <li>• Strength</li> <li>• Proximal abduction</li> <li>• Proximal external rotation</li> </ul>	8 weeks & 6 months
Ferber et al. <a href="#">46</a>	Proximal abductor rehabilitation programme (n=15) <ul style="list-style-type: none"> <li>• Performed daily over 3weeks</li> <li>• Supervised initially and after 7-10 days to check technique</li> <li>• Standing proximal abduction and extension with the resistance of band 3x10repetitions on each leg, 2secs in each direction</li> </ul>	No exercise (n=10) <ul style="list-style-type: none"> <li>• Asymptomatic population</li> </ul>	<ul style="list-style-type: none"> <li>• Pain                             <ul style="list-style-type: none"> <li>• VAS</li> </ul> </li> <li>• Strength                             <ul style="list-style-type: none"> <li>• Proximal abduction strength</li> </ul> </li> <li>• Kinematics                             <ul style="list-style-type: none"> <li>• Peak knee genu valgum angle</li> <li>• Stride-to-stride knee-joint variability</li> </ul> </li> </ul>	3 weeks
VAS = Visual analogue scale, WOMAC = Western Ontario and McMaster osteoarthritis index				