

Table S1. Observed baseline and follow-up measurements.

	Sample size	Mean value at baseline (95% CI)	Mean value at 3 months (95% CI)	Mean value at 6 months (95% CI)	Mean value at 12 months (95% CI)	Mean change: 12 months minus baseline (95% CI)
Physical function						
6 MWT (m)						
Intervention group	28	412 (375.7–448.3)	492.4 (460.6–524.2)	502.1 (468.9–535.4)	513.7 (482.9–544.5)	96.8 (68–125.7)
Control group	21	407.2 (362.5–453)	480.2 (445.1–515.2)	456.3 (406.8–505.8)	458.1 (407.8–508.3)	64.2 (20.1–108.4)
MWD treadmill (m)						
Intervention group	26	398.6 (289.3–507.8)	657.5 (499.2–815.8)	831.8 (604.3–1059.3)	876 (654.9–1097.1)	429.5 (233.7–625.4)
Control group	21	284.6 (191.5–377.6)	445.5 (330.8–560.1)	513.1 (368.7–657.5)	516.9 (324.5–709.4)	274.7 (116.6–432.9)
PFWD treadmill (m)						
Intervention group	24	163.5 (113–214)	480.2 (242.5–717.9)	698.4 (355.8–1041)	705.9 (475.8–936)	566.7 (344.3–789)
Control group	20	137.3 (77.5–197.1)	250.6 (61–440.3)	476.9 (297.4–656.4)	460.9 (223.8–698)	402.3 (168.4–636.2)
Limb hemodynamics						
Ankle Brachial Index (%)						
Intervention group	27	58.9 (53.2–64.6)	92 (85.7–98.2)	93.3 (87.8–98.9)	91.9 (85.8–97.9)	31.4 (23.8–39)
Control group	20	57.2 (50–64.3)	89.6 (81.9–97.2)	87.3 (76.7–97.7)	84.9 (74.7–95)	29.8 (20.4–39.2)
Pulse Volume Registration (mm)						
Intervention group	27	4.4 (3.5–5.4)	9.7 (8.8–10.6)	9.9 (8.7–11)	10.1 (9–11.1)	5.9 (4.7–7.2)
Control group	20	4.7 (3.5–5.8)	8.6 (7–10.2)	8.8 (7–10.7)	9 (7.2–10.8)	4.5 (3.3–5.8)
HRQoL						
SF 36						

Table S1. Cont.

	Sample size	Mean value at baseline (95% CI)	Mean value at 3 months (95% CI)	Mean value at 6 months (95% CI)	Mean value at 12 months (95% CI)	Mean change: 12 months minus baseline (95% CI)
Physical component score						
Intervention group	25	51.7 (48.1–55.4)	50.7 (47.1–54.4)	53.1 (49.4–56.9)	53.1 (48.6–57.5)	−0.1 (−4.6–4.5)
Control group	21	48.4 (44.5–52.4)	48.5 (44–49.2)	46.6 (40.8–52.3)	48.5 (43.1–54)	1.7 (−2.7–6.1)
Mental component score						
Intervention group	25	50.3 (46.1–54.6)	49.2 (45.2–54.4)	51.3 (46.4–56.2)	48.2 (43.5–53)	−1 (−5.6–3.6)
Control group	21	51.5 (48.2–54.7)	50.4 (46.6–54.3)	49.8 (45.6–53.9)	51.5 (46–57)	−1.1 (−5.6–3.4)
Physical function (PF)						
Intervention group	29	50.3 (43.7–56.8)	73.5 (65.9–81.1)	84 (78.4–89.7)	75.6 (66.1–85.2)	25.4 (16.4–34.5)
Control group	21	47.6 (41.8–53.5)	74.1 (65.6–82.6)	68.5 (56.1–80.9)	65.5 (52.9–78.1)	19 (7.6–30.4)
Physical role (RP)						
Intervention group	26	53.3 (42.6–64)	72 (61.5–82.5)	78.6 (67.1–90.1)	73.7 (60.5–86.9)	20.9 (4.9–36.9)
Control group	21	54.8 (44.2–65.3)	68.8 (56.6–81)	72.8 (61.6–84)	75.7 (62–89.5)	23.5 (13.7–33.3)
Bodily pain (BP)						
Intervention group	28	41.7 (35.1–48.2)	67.9 (58.4–77.3)	75 (63.7–86.2)	70.6 (59.5–81.6)	24.9 (14.9–34.9)
Control group	21	38.3 (31.2–45.4)	54.2 (42–66.4)	58.9 (47.3–70.6)	63.8 (50.5–77.1)	27.5 (14.5–40.6)
General health (GH)						
Intervention group	27	59.4 (51.5–67.3)	64.3 (55.9–72.7)	68.1 (59.6–76.7)	66.3 (55.6–76.9)	8 (−1.4–17.3)
Control group	21	54 (43.4–64.7)	61.1 (51–71.2)	55.5 (42.3–68.6)	62.5 (47.4–77.6)	10.7 (1.2–20.2)
Vitality (VT)						
Intervention group	27	48.5 (42.2–54.8)	59.1 (52.6–65.6)	63.1 (55.7–70.5)	59.1 (51.6–66.6)	10.5 (3.5–17.4)
Control group	21	46.2 (40.3–52.1)	55.5 (50.3–60.7)	50.8 (43.9–57.7)	55.9 (45.5–66.4)	10.6 (2.9–18.3)
Social function (SF)						
Intervention group	29	75 (63.8–86.2)	84.9 (76.3–93.6)	91.1 (80.7–101.4)	80.2 (68–92.5)	6.8 (−5.2–18.7)
Control group	21	76.2 (65.3–87.1)	85.1 (75.8–94.4)	86.8 (77.3–96.3)	85.3 (73.4–97.2)	5.9 (−4.6–16.3)

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	Sample size	Mean value at baseline (95% CI)	Mean value at 3 months (95% CI)	Mean value at 6 months (95% CI)	Mean value at 12 months (95% CI)	Mean change: 12 months minus baseline (95% CI)
Emotional role (RE)						
Intervention group	28	58.1 (49.4–66.8)	66 (58.2–73.8)	75.4 (70.5–80.3)	65.8 (56.7–75)	7.8 (−1.9–17.6)
Control group	21	58.4 (50.6–66.2)	66.4 (67.8–73.3)	69.8 (63–76.6)	69.4 (59.1–79.7)	10.2 (1.2–19.2)
Mental health (MH)						
Intervention group	27	60.2 (53.3–67)	64.3 (59.1–69.5)	65.7 (58.8–72.6)	61.5 (54–68.9)	2.2 (−4.7–9)
Control group	21	65.9 (61–70.8)	65.1 (65.1–68)	62.8 (57.3–68.4)	64.9 (58–71.9)	−2.1 (−7–2.7)
CLAU-S						
Daily life (DL)						
Intervention group	28	66.9 (59–74.9)	83.1 (75.1–91.1)	80.3 (69.5–91)	83.3 (74.7–92)	14.7 (7–22.3)
Control group	21	58.7 (850.1–67.4)	79 (71–87)	75.3 (63.7–87)	78.4 (68.3–88.5)	22.6 (10.3–35)
Pain (P)						
Intervention group	28	52.6 (46.1–59.2)	76.6 (68.9–84.3)	80.3 (71.4–89.3)	80.9 (73.3–88.5)	26.1 (16.8–35.4)
Control group	21	43.7 (35.7–51.7)	72.1 (61.9–82.3)	69.5 (55.8–82.9)	73 (59.8–86.1)	29 (15.8–42.2)
Social life (SL)						
Intervention group	26	84.9 (76.9–92.8)	88.2 (77.7–98.8)	92.1 (83.4–100.7)	86.2 (75.6–96.8)	1.7 (−6–9.4)
Control group	21	87.2 (78.6–95.8)	94.2 (89.5–98.8)	94.5 (89.6–99.4)	92.1 (84.6–99.5)	4.6 (−1.5–10.6)
Disease-specific anxiety (DSA)						
Intervention group	26	82 (75–88.9)	91 (85.7–96.3)	92.3 (886.2–98.4)	88.8 (82.4–95.2)	5.5 (1.1–9.9)
Control group	21	81.2 (71.3–91.1)	86.9 (79.1–94.7)	86.6 (79.2–94.1)	86.9 (77.4–96.4)	5.8 (−8.4–20.1)
Psychological well-being (PWB)						
Intervention group	27	81.9 (74–89.8)	87 (79–95)	87.1 (77.5–96.6)	83.2 (73.5–92.8)	2.7 (−4.1–9.5)
Control group	21	82.7 (76–89.3)	89 (84.6–93.4)	87.7 (80.8–94.6)	88 (78.3–97.7)	3.4 (−2.3–9.1)