

## Supplementary Table 4. Indurometer scores

*Baseline Indurometer\* scores by stage and group.*

Stage	Group	N (legs)	Mean	SD
Stage 0	Standard self-care	52	3.44	0.78
	Enhanced self-care	58	3.53	0.63
Moderate	Standard self-care	53	3.33	0.67
	Enhanced self-care	59	3.64	0.74
Severe	Standard self-care	32	3.04	0.91
	Enhanced self-care	22	3.17	0.92

*Change in Indurometer scores from week 4 to 12- and 24- weeks by stage and group.*

	12 weeks		24 weeks	
	Control	Intervention	Control	Intervention
<b>Stage 0</b>	6.4%	13.9%	1.7%	5.4%
	-0.22 (-0.39, -0.04) P=0.015	-0.49 (-0.66, -0.33) P<0.001	-0.06 (-0.24, 0.11) P=0.478	-0.19 (-0.36, -0.02) P=0.030
<b>Moderate</b>	11.1%	17.9%	8.7%	11.3%
	-0.37 (-0.54, -0.2) P<0.001	-0.65 (-0.81, -0.48) P<0.001	-0.29 (-0.46, -0.11) P=0.001	-0.41 (-0.57, -0.24) P<0.001
<b>Severe</b>	13.2%	21.5%	7.9%	11.4%
	-0.4 (-0.62, -0.18) P<0.001	-0.68 (-0.91, -0.45) P<0.001	-0.24 (-0.45, -0.02) P=0.035	-0.36 (-0.59, -0.12) P=0.003

*Control = standard self-care, Intervention = enhanced self-care*

*Clinically relevant change  $\geq 10\%$*