Table S1. Physical functioning – The following items are about activities you might do during a typical day. Does your health now limit these activities? If so, how much?

		Before therapy	After therapy	X^2	p
Vigorous activities	**Yes, limited a lot**	28 (56%)	2 (4%)	**37.347**	**0.001**
	Yes, limited a little	22 (44%)	37 (74%)		
	No, not limited at all	0 (0%)	11 (22%)		
Moderate activities	**Yes, limited a lot**	20 (40%)	6 (12%)	**13.819**	**0.001**
	Yes, limited a little	23 (58%)	24 (48%)		
	No, not limited at all	7 (14%)	20 (40%)		
Lifting or carrying groceries	**Yes, limited a lot**	20 (40%)	0 (0%)	**25.154**	**0.001**
	Yes, limited a little	17 (34%)	26 (52%)		
	No, not limited at all	13 (26%)	24 (48%)		
Climbing several flights of stairs	**Yes, limited a lot**	11 (22%)	0 (0%)	**17.453**	**0.001**
	Yes, limited a little	21 (42%)	15 (30%)		
	No, not limited at all	18 (36%)	35 (70%)		
Climbing one flight of stairs	**Yes, limited a lot**	4 (8%)	0 (0%)	**6.071**	**0.048**
	Yes, limited a little	17 (34%)	12 (24%)		
	No, not limited at all	29 (58%)	38 (76%)		
Bending, kneeling, or stooping	**Yes, limited a lot**	14 (28%)	0 (0%)	**16.745**	**0.001**
	Yes, limited a little	16 (32%)	26 (52%)		
	No, not limited at all	20 (40%)	24 (48%)		
Walking more than a mile	**Yes, limited a lot**	16 (32%)	2 (4%)	**13.3**	**0.001**
	Yes, limited a little	14 (28%)	19 (38%)		
	No, not limited at all	20 (40%)	29 (58%)		
Walking several blocks	**Yes, limited a lot**	8 (16%)	0 (0%)	**8.97**	**0.011**
	Yes, limited a little	13 (26%)	13 (26%)		
	No, not limited at all	29 (58%)	37 (74%)		
Walking one block	**Yes, limited a lot**	4 (8%)	0 (0%)	**6.27**	**0.043**
	Yes, limited a little	13 (26%)	8 (16%)		
	No, not limited at all	33 (66%)	42 (84%)		
Bathing or dressing yourself	**Yes, limited a lot**	7 (14%)	0 (0%)	**10.259**	**0.006**
	Yes, limited a little	28 (56%)	24 (48%)		
	No, not limited at all	15 (30%)	26 (52%)		

Table S2. Mental health and vitality

		Before therapy	After therapy	X^2	P
Did you feel full of pep?	**All of the time**	2 (4%)	7 (14%)	**20.253**	**0.001**
	Most of the time	12 (24%)	29 (58%)		
	A little of the time	16 (32%)	8 (16%)		
	Some of the time	19 (38%)	6 (12%)		
	None of the time	1 (2%)	0 (0%)		
Have you been very nervous person?	**All of the time**	1 (2%)	0 (0%)	**26.948**	**0.001**
	Most of the time	12 (24%)	2 (4%)		
	A little of the time	14 (28%)	36 (72%)		
	Some of the time	23 (46%)	9 (18%)		
	None of the time	0 (0%)	3 (6%)		
Have you felt so down in the dumps that nothing could cheer you up?	**All of the time**	1 (2%)	0 (0%)	**21.585**	**0.001**
	Most of the time	14 (28%)	2 (4%)		
	A little of the time	13 (26%)	29 (58%)		
	Some of the time	17 (34%)	8 (16%)		
	None of the time	5 (10%)	11 (22%)		
Have you felt calm and peaceful?	**All of the time**	1 (2%)	5 (10%)	**27.77**	**0.001**
	Most of the time	8 (16%)	29 (58%)		
	A little of the time	24 (48%)	6 (12%)		
	Some of the time	16 (32%)	10 (20%)		
	None of the time	1 (2%)	0 (0%)		
Did you have a lot of energy?	**All of the time**	0 (0%)	5 (10%)	**29.418**	**0.001**
	Most of the time	10 (20%)	29 (58%)		
	A little of the time	29 (58%)	6 (12%)		
	Some of the time	11 (22%)	10 (20%)		
Have you felt downhearted and blue?	**All of the time**	1 (2%)	0 (0%)	**39.75**	**0.001**
	Most of the time	13 (26%)	1 (2%)		
	A little of the time	9 (18%)	35 (70%)		
	Some of the time	26 (52%)	8 (16%)		
	None of the time	1 (2%)	6 (12%)		
Have you felt worn out?	**All of the time**	7 (14%)	0 (0%)	**35.185**	**0.001**
	Most of the time	14 (28%)	4 (8%)		
	A little of the time	9 (18%)	31 (62%)		
	Some of the time	26 (52%)	8 (16%)		
	None of the time	0 (0%)	7 (14%)		
Have you been a happy person?	**All of the time**	2 (4%)	5 (10%)	**16.722**	**0.001**
	Most of the time	10 (20%)	27 (54%)		
	A little of the time	23 (46%)	9 (18%)		
	Some of the time	15 (30%)	9 (18%)		
Have you felt tired?	**All of the time**	16 (32%)	0 (0%)	**37.617**	**0.001**
	A little of the time	10 (20%)	36 (72%)		
	Some of the time	23 (46%)	10 (20%)		
	None of the time	1 (2%)	4 (8%)		