

Supplementary Table 1. Summary of the self-care protocols

Summary of the standard self-care (control group) and enhanced self-care (intervention group) protocols

| Activity | Group | Frequency | Materials supplied (timepoint) |
|---|--------------|--|--|
| Daily washing and drying of affected body parts | both | At least twice per day | 2 bars of plain soap, 2 wash cloths & drying towels (B0,F12) |
| Treating entry lesions | both | Daily | 1 tube of antibiotic cream & a gauze bandage (B0,F12) |
| Treating interdigital lesions | both | Daily | One tube of antifungal cream (B0,F12) |
| Trimming nails | both | As needed | Nail clippers (B0,F12) |
| Standing exercises | both | Once or twice per day | None needed |
| Seated exercises | both | Once or twice per day | None needed |
| Daytime elevation | both | Whenever possible | None needed |
| Overnight elevation | both | Every night | None needed |
| Massage | IG | Once or twice per day | 500ml coconut oil (B0,F12) |
| Skin and tissue mobilisation | IG | Once or twice per day | None needed |
| Breathing exercises | IG | 5 breaths at least 5 times per day | None needed |
| Lying down exercises | IG | 5 movements each leg once or twice per day | None needed |
| Walking | IG | At least 15 minutes, 4 times per day | None needed |
| Water | IG | At least 5 glasses per day | Usual source |
| Fresh fruit and veg | IG | One serve on at least 4 days per week | Usual source |

IG = Intervention Group B0 = baseline, F12= 12 week follow-up